

Title: DIETARY SUPPLEMENT DILEMMA – MAGIC POTION, DANGEROUS DELICACY, OR WASTE OF MONEY?

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In North America alone, the sale of dietary supplements is currently a 23 billion dollar a year business. This unregulated industry spends enormous amounts of money attempting to convince potential customers that their products have the answers to such common concerns as health, happiness, longevity and even sexual fulfillment. Military personnel are not immune to these marketing messages. We know that many military personnel are currently using one or more of these products for a wide variety of reasons. Force Health Protection personnel are frequently asked questions related to the use of these products and many health care professionals, health promoters and fitness staff are seeking additional information about this important issue.

Operational medicine personnel receive many questions about dietary supplements and this presentation will focus on providing health care and fitness professionals with a greater understanding of this issue and how it relates to the military. The issues to be covered would include:

- an introduction to the subject;
- CF and US Armed Forces members use;
- concerns;
- a review of the more common substances in use and their advertised benefits – what works and what doesn't;
- adverse effects and reality;
- conclusion and discussion;
- resource materials – will be provided to those in attendance