



## **FACTS ABOUT VITAMINS AND OTHER DIETARY SUPPLEMENTS**

### **What are dietary supplements?**

They are products people use in addition to the foods we eat. Examples include vitamins, minerals, herbs or other botanicals, amino acids and other substances.

### **Are dietary supplements regulated by the Food and Drug Administration (FDA)?**

FDA can not by law review or evaluate the safety or the effectiveness of the supplement ingredients in the products before they are sold in stores or catalogs.

### **How can I find out if a dietary supplement does what the label or advertisement says it does?**

Some dietary supplements may be good for you, but others may harm you. Dietary supplements cannot make claims that they can prevent, treat or cure a specific disease. For example, a product cannot claim that it can "cure cancer" or "treat arthritis."

### **Where can I get information about a specific Dietary Supplement?**

The company that makes the product may provide information. You can ask your doctor, pharmacist or nurse, or visit the public library.