



SUPPLEMENTS

What is a dietary supplement?

Food is your primary source for essential nutrients. A dietary supplement increases total dietary intake of nutrients essential for growth, function, and overall health. Supplements are meant to be part of a well-balanced diet.

Per **SAFEST BRAINS**, supplements are important for brain development, maintenance, resilience starting from the unborn baby

INFANTS

For growth and development.
Supplements breastmilk, formula, or baby food.

CHILDHOOD-ADOLESCENCE

For growth and development.
Supplements school nutrition and food choices.

ADULTHOOD

For general health and performance.
Supplements dietary and food choices.

ELDERLY

For daily living activities.
Supplements diet and home food programs.

FDA DOES NOT

Review and approve dietary supplements for safety, effectiveness, or quality before marketing

FDA DOES

- Review scientific data for *some* qualified health claims
- Requires % Daily Value information on labels
- Can act against unsafe or misbranded products
- Works with the FTC on enforcement

Check Daily Values (DV) developed by FDA

- Level of essential nutrients in Supplements, Packaged Food, Drinks
- Minerals, Vitamins, Fiber, Proteins, Fats, Sugars, Carbohydrates, Sodium
- Product label provides %DV - how much a serving contributes to daily diet
- 5% DV or less - Low
- 20% DV or more - High



MAKE THE RIGHT CHOICE

Do your own check before choosing or using a supplement

READ LABEL

- Health claims, required disclaimers (*not FDA-reviewed*)
- Must state 'Supplement'
- Serving size, servings per container
- Each dietary ingredient, %DV, other ingredients
- Use information
- Cautions, Warnings

CHECK CLAIMS, SAFETY

- *Cannot* claim to diagnose, treat, cure, or prevent disease
- Check FDA-qualified claim wording
- Watch for proprietary blends, hidden drugs, caffeine
- Check interactions with medicines, tests, procedures

CHECK QUALITY

- Manufacturer history
- Independent seals like NSF, USP, Eurofins, BSCG
- Expiration date, changes in looks, smell, taste
- Contact company with questions

General Benefit -Risk

BENEFITS

- Can help meet nutrient needs
- Supports brain development and health
- Some supplements have FDA-qualified claims

RISKS

- Effectiveness, Safety not FDA reviewed
- Ingredient amounts may vary
- May cause side effects, interactions

Check with a doctor, pharmacist when needed

IF YOU EXPERIENCE A HARMFUL EFFECT

STOP USING THE PRODUCT AND SEEK MEDICAL CARE

Report serious problems to the FDA. 1-888-SAFEFOOD

Do your own Benefit/Risk before purchase

Learn more from Vysta website

Get a Vysta Personal Report

www.vysta.org/supplements

