

Could Your Dietary Supplement be **Spiked**?



More than **3 out of 4** Americans take dietary supplements.¹

In the past 25 years, the dietary supplement industry grew from

\$4 billion with **4,000 products** to

\$40 billion with **50,000+ products**.²



The FDA does not approve dietary supplement products before they go to market but can take action against unsafe or adulterated dietary supplements containing hidden drugs or other undeclared ingredients.

From 2007-2019, **965 of the products** tested by the FDA were identified to include potentially hazardous substances or hidden ingredients, including:

- **Sildenafil** (the active ingredient in Viagra®)
- **Sibutramine** (a weight loss drug withdrawn from use because of an increased risk of cardiovascular events)
- **Steroids**

Of these products, most fall into **3 categories**:

52%

Sexual Enhancement

37%

Weight Management

10%

Muscle Building

Dietary supplements are intended to complement a well-balanced diet and healthy lifestyle, not to replace it, and include:

- **Vitamins & Minerals** (nutrients the body needs to function)
- **Herbs & Botanicals** (supplements sourced from plants)
- **Specialty Supplements** (sports nutrition, weight management, sexual enhancement and others)



Spiked supplements may contain:



Ingredients not on the label



Prescription drugs



Controlled substances

Some ways to tell if a dietary supplement could actually be a spiked product:



It promises effects **too good to be true**

It warns you **may test positive** in performance enhancement drug tests



It was manufactured or sold by a company **without a credible** website, reputation, or that operates from a P.O. box



It features extreme claims, drug-like claims, or **promises miracle results**

What risks are involved with spiked supplements?



Unexpected allergic reactions



Negative interactions with prescription drugs



Adverse health effects



Consumption of illegal substances

How to choose and use dietary supplements responsibly:



Avoid supplements with claims like **"quick fix"** or **"miracle"**



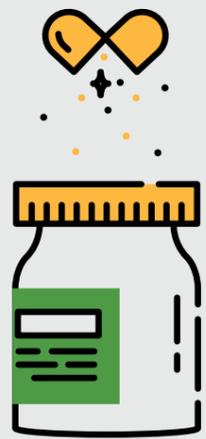
"Natural" **does not** always mean **"safe"**



Remember that problems with products labeled as dietary supplements can be reported to the FDA [here](#)



Talk to your health care team to determine if dietary supplements should play a role in your health care regimen



1. Council for Responsible Nutrition. (2019). 2019 CRN Consumer Survey on Dietary Supplements. Retrieved October 16, 2019, from <https://www.crnusa.org/CRNConsumerSurvey>

2. Advisory Board. (2019, February 13). FDA says it's cracking down on the \$40B dietary supplement industry—but is it just a 'big PR push'? Retrieved October 16, 2019, from <https://www.advisory.com/daily-briefing/2019/02/13/fda-supplements>

3. U.S. Food & Drug Administration. (2019, October 2). Tainted products marketed as dietary supplements. Retrieved from https://www.accessdata.fda.gov/scripts/sda/sdnavigation.cfm?sd=tainted_supplements_cder