

Buyers beware in the world of “dietary supplements”

In the Dietary Supplement Health and Education Act (DSHEA) of 1994 The United States congress defined the term “dietary supplement” as a product taken by mouth that contains a “dietary ingredient” intended to supplement the diet. The dietary ingredients in these products may include: vitamins, minerals, herbs, botanicals, amino acids, and substances such as enzymes, organ tissues, glandulars, and metabolites. Dietary supplements, extracts, or concentrates may be found as tablets, capsules, liquids, powders, or bars.

In over 25 years of experience in researching, trying, and again researching the use of supplements I have come to this conclusion: Dietary supplementation is the most overrated, over-hyped, and overpriced aspect of human health and performance! While I still use and recommend some supplements the meaning of the term “supplement” must never be forgotten and the use of supplements should be a last resort when better sources from real food are not available or practical.

When considering dietary supplementation remember these points:

- Supplements have often been found to contain substances that are not listed on the label.
- There are supplements available legally that will metabolize into illegal substances after you ingest them into your body. These illegal substances will cause a positive test for performance enhancing drugs if you are tested for performance enhancing substances under World Anti Doping Agency (WADA) guidelines.
- Most sports governing bodies warn their athletes not to use any supplements due to drug testing and health safety concerns.
- The supplement industry is a multi-billion dollar industry with very powerful lobbyists.
- The Dietary Supplement Health and Education Act (DSHEA) of 1994 is a prime example of lobbyists putting profit ahead of public health and safety.
- The history of government actions against supplement companies for false claims, false labeling, and mis-branding, goes back almost 50 years.
- Supplementation is not harmless there can be interactions between supplements and medications you are already using.

If you find this article alarming please do something about it! The supplement industry needs to be reeled in. Write your congressional representatives and tell them you are tired of the muscle building scams being pushed on our youth and the weight loss scams being peddled to those who are overweight. The problem is real and it is growing let your concerns be known!

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