



WEASEL NOTAM – 35FW-18-02
Supplement Safety
26 Jan 18



PURPOSE: To publicize information on dietary supplement safety to Misawa Air Base.

COMMANDER'S INTENT: To communicate educational information on safe dietary supplement use to the Misawa Air Base community.

BACKGROUND: Dietary supplement use is prevalent across the military; unfortunately, adverse events may result from improper use of these supplements. Many supplement users are unaware that dietary supplements are neither approved nor regulated by the FDA.

IMPLEMENTATION: In an effort to educate the Misawa AB Community on dietary supplements:

- a. Instillation leadership will be annually communicating this supplement safety message.
- b. Personnel are encouraged to visit <https://www.opss.org/> for information on high risk supplements and scientific evidence on dietary supplement effectiveness.

POC: Contact the Health Promotion Program Coordinator at 226-6420 with questions.

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