



WEASEL NOTAM – 35FW-18-02
Supplemental Safety
20 August 2019



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 the use of these supplements. Many supplement users are unaware that dietary supplements are regulated under a different set of regulations than those covering drug products. The FDA is responsible for taking actions against any adulterated or misbranded dietary supplement product AFTER it reaches market. Currently there are no service-wide policies to help educate military personnel on safe use of dietary supplements.

IMPLEMENTATION: In an effort to educate the Misawa Air Base community on safe use of dietary supplements:

- a. All personnel are encouraged to visit the following websites for information on high risk supplements and scientific evidence on dietary supplement effectiveness.
<https://www.opss.org> or <https://www.fda.gov/food/dietary-supplements>

POC: For questions regarding supplement use and supplement safety contact Coswin Saito, Health Promotion Coordinator, 35 AMDS/SGPZ, at 226-6420 or coswin.k.saito.civ@mail.mil, Maj Landon Hatfield, Pharmacy Flight Commander or Maj Michael Hsu, 35 MDSS/SGSD at 226-6607, or landon.l.hatfield.mil@mail.mil or michael.j.hsu4.mil@mail.mil.

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