



Women's Health Library

Supplement Safety



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Founder

Additional Recommended Supplements for Optimal Health...

Foundation of Health:

- [Ultimate One](#)
- [CoQ10](#)
- [Omega 3 Fatty Acids](#)
- [Greens N' Things](#)
- [Chewable Calcium & D](#)
or
- [Liquid Cal-Mag-Zinc](#)

These supplements may be
purchased on Our Store:

FreedomFromMenopause.com

These recommendations are for informational and educational purposes only. They are not intended as a substitute for advice from your medical professional, nor intended to diagnose, treat, cure, or prevent any disease. The information provided herein has not been evaluated by the Food and Drug Administration. WARNING: Before taking any of the products listed here, please consult with your healthcare professional if you are pregnant, nursing or if you have any medical condition or are taking any medicines. Dietary supplements can affect the way medicines work. If you are given a prescription for medicine, always tell your healthcare professional what dietary supplements you are taking.

Confused about dietary supplement safety?

Approximately 50% of Americans take some type of dietary supplement, so it's logical to wonder how the U.S. government plays a role in dietary supplement regulation. Below are a few common concerns and responses:

Dietary supplements are well regulated.

Both the U.S. Food and Drug Administration (FDA) and the Federal Trade Commission can and do take action when necessary to police the market place. The Dietary Supplement Health and Education Act (DSHEA) of 1994 gave the FDA the power to ensure dietary supplements are safe, properly labeled and that the claims they make are substantiated. And because of DSHEA, a new regulation addressing good manufacturing practices for dietary supplements that ensures their quality and purity will be soon be issued.

Dietary supplements have a great safety record,

especially compared with other consumer goods, such as prescription drugs and even other foods.

Dietary supplements do work,

and every week more and more scientific research upholds this fact. Americans are always looking for ways to improve their health, and dietary supplements have proven to be a safe and effective way to do that. The Natural Products Association (an industry advocacy group) is always looking for solutions to save healthcare dollars. Leading a healthy life and taking supplements with proven benefits is a way to achieve both.