



## The Bee's of Dietary Supplements

Dietary supplements can be really good when the diet can't provide all nutrients needed for health and well being. However, too much of a good thing can be hazardous to health.



**Before** you use dietary supplements,

- Be educated.
- Beware!
- Be sure, before you begin.

### **Be Educated**

1. Pay attention to your nutritional habits.
2. Know everything there is to know about your dietary supplement. For instance:
  - Background information
  - Scientific evidence
  - Proper dosage
  - Safety including potential side effects
  - Health benefits and risks
  - Potential symptoms
  - Expiration dates on dietary supplements
3. Read the labels
  - Look for the mandatory words "dietary supplement" on the label
  - Read about all ingredients
  - Directly contact the brand manufacturer to determine safety information
4. Speak with a qualified health care professional before using dietary supplements
5. For information, refer to reputable resources such as
  - Reputable health or medical associations
  - US government
  - Universities

6. Know your personal risks due to
  - Chronic medical conditions especially hypertension, diabetes, heart disease
  - Pregnancy or nursing a baby

### **Beware**

1. Beware of warnings
2. Beware of potential side effects with prescription and over the counter medications
3. Beware of potential interactions with other herbs, supplements, and foods
4. Beware that too much of some nutrients can cause problems
5. Beware of dietary supplements that promote itself as a prevention, treatment or cure for a specific disease or health condition
6. Beware of risks that could affect surgery outcomes such as
  - Changes in heart rate
  - Blood pressure
  - Increased bleeding
7. Beware of gimmicks and quackery
8. Beware of unproven advertisement claims

### **Be Sure**

1. To consult with a reputable health care professional
2. To make informed decisions when choosing the best dietary supplements for you
3. To use dietary supplements wisely
4. To avoid "megadoses" supplements
5. To keep supplements in a cool, dry and secure location, out of the reach and sight of children