




FDA U.S. FOOD & DRUG
ADMINISTRATION



Dietary Supplements

If You Take Them, Tell Your
Healthcare Professional



Keep all healthcare professionals “in the know” about the dietary supplements you are taking - including doctors, nurses, pharmacists, and nutritionists

Some dietary supplements are beneficial, but some are not. That’s why it is critical for you to talk with your healthcare professional (doctor, nurse, or pharmacist) to see whether a particular supplement is recommended for you.

Many factors play a role in deciding if a dietary supplement is right for you, including possible drug interactions and side effects.

Although some individual supplements can help you meet daily requirements for specific nutrients, some dietary supplements can be ineffective or have **unexpected consequences, such as a reaction or illness.**

For example, problems can occur if you:

- Combine certain supplements with other supplements;
- Take supplements along with certain prescription or over-the-counter medicines;
- Consume too much of a particular supplement ingredient; or
- Take dietary supplements *in place of* prescribed drugs.

In Case of Adverse Events: Alert your health care professional *and* FDA

If you think that a dietary supplement might have caused a reaction or illness, immediately stop using the product, contact your healthcare professional, and submit a complaint to the FDA using the [Safety Reporting Portal \(http://www.safetyreporting.hhs.gov\)](http://www.safetyreporting.hhs.gov).

Learn more at:

- U.S. Food and Drug Administration, Office of Dietary Supplement Programs:

<https://www.fda.gov/food/dietary-supplements>
