

Dietary Supplements Regulation:

A call for proactive strategies to protect children & young adults from supplements sold for weight loss & muscle building

U.S. Food and Drug Administration (FDA) has limited statutory authority for premarket oversight¹ over the \$40 billion² supplement industry

These products have been found to contain:

- Undeclared pharmaceuticals
- Steroids
- Toxic substances

Associated with:

- Organ failure
- Testicular cancer
- Heart attack
- Stroke
- Death³⁻⁶

RESULT:

Dietary supplements lead to 23,000 emergency room visits per year in the U.S.⁷

~30% of adolescents take dietary supplements regularly⁸ for the purposes of:

- Weight loss
- Muscle building
- Energy
- Cleanse
- Sexual function
- Vitamins

New Study Findings on Dietary Supplement Risk in FDA Adverse Event Reporting System (FAERS)⁹

- 1392 adverse events from supplement use reported Jan 2004–April 2015
 - 40% of 977 single-supplement-related reports involved severe medical events in youth age 0-25 years, including hospitalization, disability, death
- Compared to vitamins, supplements sold for weight loss, muscle building, and energy were associated with **3x the risk for severe medical events**
- Compared to vitamins, supplements sold for sexual function and colon “cleanse” were associated with **2x the risk for severe medical events**
- Severe medical events associated with vitamins were most common among young children; events associated with weight-loss, muscle-building, and energy supplements were most common among adolescents and young adults

WHAT WE CAN DO



Enhance statutory authority of federal premarket oversight over the dietary supplement industry



Implement proactive enforcement of existing regulations



Regulate sale of muscle-building, weight-loss, and energy supplements to minors



Require that manufacturers use child-proof medication caps



Consider taxation strategies to reduce adolescents' use of supplements most linked with health risks



Expand public education efforts to highlight the harms of riskier types of dietary supplements

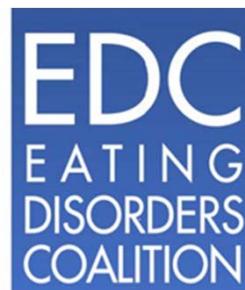
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Strategic Training Initiative for the Prevention of Eating Disorders

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