DISCLAIMER: This special report is intended for educational purposes only. Consumers should never disregard medical advice or delay in seeking it because of something they may have read in this report. This Special Report is not intended to provide advice on personal medical matters or to substitute for consultation with a physician.
8. **Cancer cure – really?** Do not take supplements as a way to cure cancer. No matter what the product claims it can do, if it sounds too good to be true, it probably is.

9. **Don’t overdose.** Just like prescription medications, you can take too much of some supplements. So make sure you follow the dosage suggestions on the label. And if you feel like you are getting sick (or took too much of a supplement) see a doctor immediately.

10. **Expiration dates.** Be sure to check the expiration date before you buy a supplement. Expiration dates have to be displayed on the product. And if you can’t find this date, then do not buy the product. Or if the product is expired, then don’t buy it either.

11. What kind of claims can manufacturers make? As we already talked about, beware any product that claims to cure everything. Keep in mind that according to the FDA’s website, “By law, manufacturers may make three types of claims for their dietary supplement products: health claims, structure/function claims, and nutrient content claims.” So if you see outrageous claims on a website, or on the product itself, then chances are they are bogus and possibly even illegal.

12. **Beware of celebrity endorsements.** Celebrities can be paid to endorse anything. And since many believe a celebrity’s opinion over good logic, that results in more sales for the company. So if a company uses a celebrity to endorse their product, it’s good to weigh this endorsement with the grain of salt.

So there you have it.

Twelve ways to select supplements that are safe and effective. And if you want more information on the FDA’s role in regulating supplements, I suggest you check out the following website:

www.fda.gov/food/dietarysupplements/default.htm

Sincerely,

Mr. X

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**BEHIND THE SCENES with a Former FDA Inspector**

**Is the supplement industry crooked?**

What you should look for before you buy another herbal supplement? Is there a foolproof way to get what you’re paying for?

by Mr. X

I cannot tell you my name.

I cannot tell you where I live.

I cannot even tell you what I did when I worked at the FDA.

If I revealed any of this, I would risk losing a hefty retirement package that keeps my wife and me happy in our golden years. What I can tell you is that more needs to be done to regulate supplements and the manufacturers who make them so consumers like you get the ingredients you’re paying for instead of buying a bag of supplements that contain inert and sometimes even harmful ingredients.

Sadly a majority of consumers think the FDA has tight control over the supplement industry. And this is not true. The reality is that the FDA has lax regulations, and only gets involved once something bad happens like somebody gets sick.

Take a look at what it says on the FDA’s website:

“The FDA regulates both finished dietary supplement products and dietary ingredients under a different set of regulations than those covering “conventional” foods and drug products. Under the Dietary Supplement Health and Education Act of 1994 (DSHEA), the dietary supple-
ment or dietary ingredient manufacturer is responsible for ensuring that a dietary supplement or ingredient is safe before it is marketed. FDA is responsible for taking action against any unsafe dietary supplement product after it reaches the market…”

http://www.fda.gov/food/dietarysupplements/default.htm

The bottom line is the responsibility of making safe supplements falls on the shoulders of manufacturers. And while most supplement companies are committed to giving their customers high quality products, there are a few unscrupulous manufacturers that use shoddy ingredients that contain barely enough of the active ingredient to do anything, or that have mercury, lead and other pesticides in their supplements.

Think this doesn’t happen?

Take a look at this 2005 report by ABC News:

“Another problem with supplements involves contamination. In two separate cases last month, pesticide residue was found in a batch of ginseng at a distributor in New Jersey, and toxic heavy metals like mercury, lead and arsenic were discovered in herbal supplements on sale in stores in the Boston area.”

http://abcnews.go.com/Health/HealthyWoman/story?id=403037&page=1#.T3NX0tnpiSo

So what can you do to make sure you buy quality supplements...

...that contain active ingredients...

...in the right dosages...

...without any harmful ingredients you don’t want entering your body?

Here are twelve suggestions:

1. Investigate the supplement company. There are many resources in libraries and on government websites that offer reliable third party information on many of the claims made about supplements, as well as the reputation of the maker of the product. If you are serious about getting good quality ingredients, then Google search the company... the supplement... and the ingredient until you find information to help you make an informed decision.

2. Ask your doctor. Whenever you take a supplement it’s important to know if the substance will be safe especially if you take other medications. For this reason, always check with your doctor before taking a supplement.

3. Avoid botanicals. Plants contain active ingredients to help you. Make sure your supplement contains only the active ingredients of the plant and not botanicals which use the entire plant, and are inert. This would be like buying a soft drink. Drinking it. And then eating the aluminum can. Same goes for botanicals which are put in supplements to add bulk and weight. So be cautious.

4. Does the label contain a phone number? The label of your product should contain the contact information of the manufacturer, including their phone number. If you have any questions about the product simply pick up the phone, and call the manufacturer. If you can’t find this information on the product’s label, then do not buy it.

5. Avoid “miracle” products. Some products claim they can cure everything under the sun which is not possible. So avoid products like this.

6. Try one product at a time. That way you know what was responsible for any positive side effects, as well as any negative side affects you experienced.

7. Tell your surgeon. If you are going in for any kind of surgery (even if it’s dental or outpatient surgery) make sure you tell your doctor about everything you take including over the counter supplements since some stay in your body for up to 14 to 21 days.
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SPECIAL REPORT

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