

INTRO TO DIETARY SUPPELENTS

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DIETARY SUPPLEMENTS

Description

“More than half of all Americans use some type of dietary supplements (DS) and if they do not feel they can talk to their healthcare provider about their use, people will search the Internet, ask their neighbors, or seek advice from store clerks. It is incumbent upon each one of us to have a basic working knowledge of common dietary supplements, how to interpret dietary supplement labels, document their use, make recommendations for their use wisely, and document/report potential adverse effects.

This introductory presentation is intended to provide you with a basic working knowledge. We will be primarily discussing vitamins, minerals and a small number of popular dietary supplements.”

Learning Objectives

1. What is a "dietary supplement"
2. Safety overview
3. Reporting an adverse event
4. Understanding terminology: RDA, DRI, UL and DV
5. Dietary supplement delivery forms
6. Deconstructing the dietary supplement label
7. How to make appropriate recommendations: vitamins, minerals and popular dietary supplements.