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Yes, the FDA Regulates Nutritional Supplements

A common misconception is that supplements are not regulated. That is not true. In fact, the supplement industry long has been governed by the Food and Drug Administration.

Two federal statutes — the Food, Drug and Cosmetic Act and the Dietary Supplement Health and Education Act (DSHEA) — give the FDA authority to define and regulate the supplement industry. The Food, Drug and Cosmetic Act is a set of laws passed by Congress in 1938 giving authority to the U.S. Food and Drug Administration (FDA) to oversee the safety of food, drugs and cosmetics.

With the Dietary Supplement Health and Education Act of 1994, Congress recognized the role supplements can play in health promotion and in the prevention of chronic diseases such as cancer, heart disease and osteoporosis, according to a summary of the act by the Council for Responsible Nutrition. This comprehensive piece of legislation established a new regulatory framework for supplements, ensuring continued access to safe products, made to quality standards. It also allowed for increased dissemination of information about the health benefits of these products.



Good Manufacturing Practices

Compliance with Good Manufacturing Practices (GMPs) is mandatory for all supplement companies. Any companies that fail to follow these rules risk a warning letter from the FDA. The letter must be answered with proof the companies have brought their products into compliance or the products may be seized, facilities closed and licenses suspended, according to statute.

Call for New Legislation

Two decades after DSHEA passage, some in Congress are calling for expanded legislation for the now \$37 billion nutritional supplements industry. Although industry insiders are divided on the need for more

legislation, almost everyone agrees that vigorous enforcement of current regulations — especially when it comes to unethical companies in key segments such as weight loss and sexual enhancement — is needed.

Industry groups such as the Council for Responsible Nutrition and the American Botanical Council continue to urge their members to prioritize quality control, calling for increased FDA action against subpar manufacturers and suppliers, according to CRN.

In January 2016, the FDA unveiled a newer, higher-profile status for its supplement oversight efforts: the Office of Dietary Supplements (ODS). Industry groups applauded the move as an indication the agency will devote more resources to enforcement.

Other initiatives by industry groups should help ensure that consumers get what they pay for down the road. CRN recently announced that its member will be required to submit their product labels to the ODS's public database — the start of a supplements registry expected to improve accountability and transparency.



July ALTRUM NEWS Healthy Diet for Heart also Helps Waistline

The same healthy diet that can be good for your heart can also benefit your waistline, according to researchers at Cleveland Clinic. “You can definitely reduce your risk of developing cardiovascular disease by eating certain foods every day,” said Julie Zumpano, RD, LD, a dietitian in the Preventive Cardiology and Nutrition Program at Cleveland Clinic. Those same healthy foods also help maintain a healthy weight.

Learn more about the foods that not only help protect your heart, but keep you slim in the July issue.

Price Adjustment for Ultra Omega-3

ALTRUM has received reduced prices on raw materials for ALTRUM Ultra Omega-3 and we are passing the savings on to you.

Stock #	Units	Pkg/Size	Wt.Lbs.	Wholesale Price	Catalog Price
DUO01	EA	(1) 60 ct.	0.2	\$9.00	\$12.35
DUO01	CA	(6) 60 ct.	1.2	\$51.60	\$73.55

* These statements have not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure or prevent disease.

Please check with your physician when using prescription medication in combination with food supplements.

ALTRUM News brings you the most recent information on ALTRUM nutritional supplements and how nutrition helps maintain youthful vigor, health and mobility — plus much more.



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