



DEFENSE COMMISSARY AGENCY  
HEADQUARTERS  
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MPM

December 6, 2017

NOTICE TO THE TRADE – DeCA NOTICE 18 - 04

SUBJECT: Operation Supplement Safety

Many military service members use dietary supplements for promoting health, improving performance, bodybuilding, losing weight, and more. Unfortunately, some supplements have resulted in adverse events that can compromise rather than improve performance, and in some cases result in positive drug tests.

To prevent the sale or accidental inclusion of products with illegal ingredients in any Defense Commissary Agency store, industry is requested to verify that their products do not contain any ingredients listed on the Operation Supplement Safety (OPSS) [Dietary supplement “ingredients” prohibited by the Department of Defense site](#), prior to presenting such products to a category manager. OPSS is a program of the Consortium for Health and Military Performance, the Defense Center of Excellence for human performance at the Uniformed Services University of the Health Sciences.

Increasing awareness within the DoD community about potential health risks and how to choose safe dietary supplements are the primary focuses of OPSS. OPSS maintains the list of dietary supplement “ingredients” prohibited by the DoD, including ingredients the Food and Drug Administration (FDA) has stated are not allowed in dietary supplement products.

If you have questions regarding specific substances, please refer to the OPSS [“Ask the Expert” portal found on the main page of the OPSS website \(opss.org\)](#). Updates to the dietary supplement “ingredients” list will be added as applicable.

For specific questions about Operation Supplement Safety, please email [OPSS@usuhs.edu](mailto:OPSS@usuhs.edu). If you would like to receive OPSS newsletters for the newest information about educational resources and other announcements regarding dietary supplements, sign up on the OPSS website, [www.opss.org](http://www.opss.org).

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