

Dietary Supplement Conversations: Engagement of Providers and Patients for Informed Decision Making

Presenters:

Amanda H. Corbett, PharmD

Keturah R. Faurot, PA, PhD

Contributing Author:

Andrea T. Lindsey, MS

March 7, 2025

Participants will be able to...

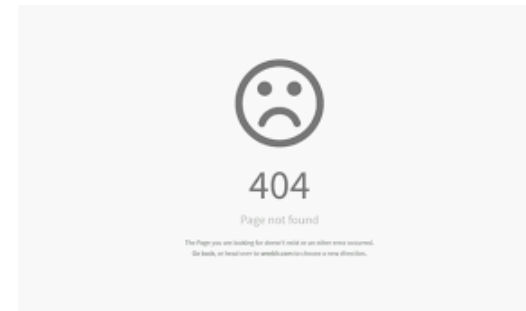
- Utilize a set of questions during any healthcare encounter regarding dietary supplement use
- Provide feedback to the presenters on the utility of the proposed healthcare encounter questions regarding dietary supplement use
- Empower yourselves and patients/consumers in attaining and sharing dietary supplement educational resources readily available that can be added to a whole health toolkit

Plan for the Experiential Workshop

- **Background on Dietary Supplement Conversations & Intro to Operation Supplement Safety / UNC Collaboration (*10 min*)**
- **Provider-Patient/Consumer Encounter Questions Role Play Activity (*20 min*)**
 - **Dietary Supplement Conversation for Understanding, Safety, & Support (DISCUSS) Role Play Activity**
 - **Using Questions & OPSS scorecard**
- **Large group discussion on DISCUSS activity (*15 min*)**
 - **Using Poll Everywhere for Feedback on DISCUSS Guide**
- **Wrap-Up and Additional Feedback (*5 min*)**

Data on Dietary Supplement Conversations...

- **2023: DS market size ~\$53billion**
- **>70% of Americans take a Dietary Supplement**
 - Many take them along with prescribed medications
- **~190,000 DS products listed on the Office of Dietary Supplement-Dietary Supplement Label Database (DSLDB)**



<https://www.grandviewresearch.com/industry-analysis/us-dietary-supplements-market-report>

<https://www.crnusa.org/newsroom/three-quarters-americans-take-dietary-supplements-most-users-agree-they-are-essential>

<https://www.aafp.org/pubs/afp/issues/2017/0715/p101.html#afp20170715p101-b1>

Data on Dietary Supplement Conversations...

- Many patients do not disclose to providers they are taking dietary supplements
- Work from UNC found:
 - ✓ Patients are concerned about DS safety and inaccurate documenting in the EMR AND interested in an app for DS documentation that maintains health autonomy & privacy¹
 - ✓ Healthcare professionals admit to poor patient-provider communication about and inadequate documentation of DS AND most are supportive of an app to assist with DS

¹Post E, Faurot K, Kadro Z, Hill J, Nguyen C, Asher G, Gaylord S, Corbett A. *Glob Adv Health Med* 2022

²Kadro Z, Chilcoat A, Hill J, Kenny S, Nguyen C, Post E, Corbett A, Asher G, Faurot K. *Glob Adv Integr Med Health* 2023

Description of OPSS & OPSS/UNC Collaboration

- Collaboration between DoD Operation Supplement Safety (OPSS) & Faculty from The Univ of North Carolina Program on Integrative Medicine
- Goal to Advance Dietary Supplement Safety
 - mHealth app for providers and consumers
 - Dietary supplement ingredient database (OPSSID)
 - Provider-Patient conversations about safe use of dietary supplements



Pictured from L to R: Keturah (Kim) R. Faurot (UNC), Amanda H. Corbett (UNC), Andrea T. Lindsey (DOD/OPSS)



OPSS

Operation Supplement Safety is the established program of record in the DoD for anything related to health, wellness, and performance products.

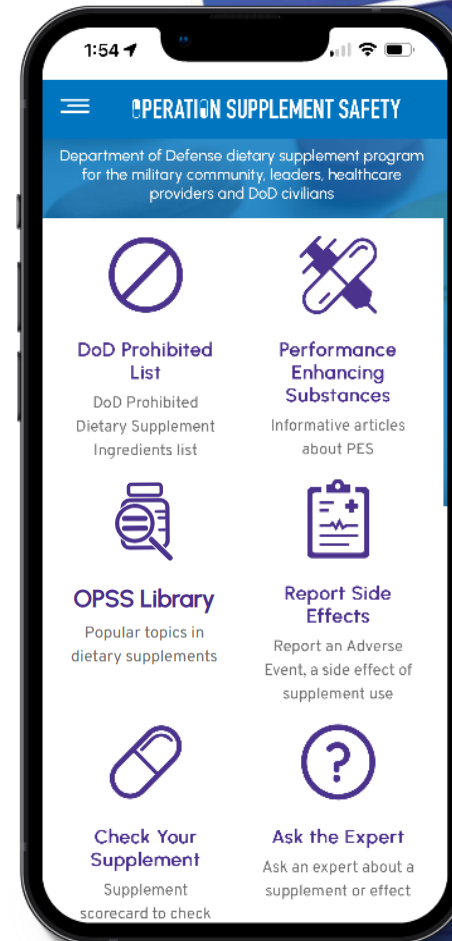
OPSS partners with other federal departments, professional organizations, and academic institutions to provide **evidence-based information**, resources, and tools for education and decision making.

OPSS.ORG WEBSITE

Evidence-based articles





Other resources

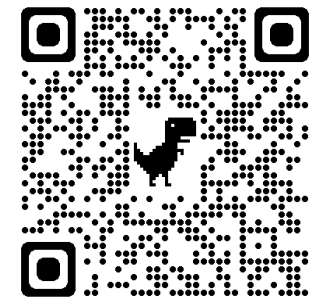
- Videos
- Handouts
- Infographics
- More





Screen your supplement for safety. Read the label on your supplement and mark 1 for “yes” and 0 for “no.”

Key questions you can answer:	Yes=1	No=0
Is any one of these third-party certification seals on the product label? <div style="display: flex; justify-content: center; gap: 10px;">     </div>		
Are there less than six ingredients on the Supplement Facts label?		
Is the label free of the words proprietary, blend, matrix, or complex ?		
Can you easily pronounce the name of each ingredient on the Supplement Facts label?		
Is the amount of caffeine listed on the label 200 mg or less per serving? (If caffeine is not listed, mark “1.”)		
Is the label free of questionable claims or statements ?		
Are all the % Daily Values (% DV) on the Supplement Facts label less than 200% ? (If % DV is not listed, mark “0.”)		
Total: Add up the “1s.” 4 or more is okay. Less than 4 is a “no-go.”		

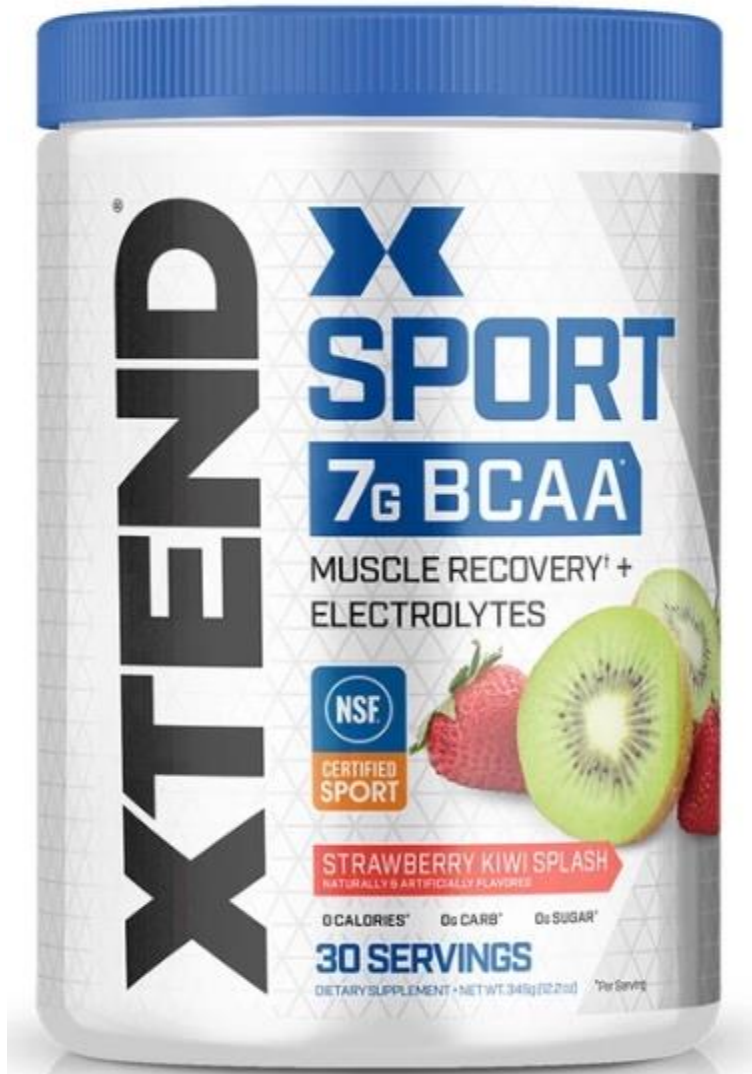


Questions about dietary supplements?

Ask the OPSS experts at [OPSS.org/ask-the-expert](https://www.opss.org/ask-the-expert)

OPERATION SUPPLEMENT SAFETY (OPSS)

XTEND Sport



Prohibited Ingredients: None

SUPPLEMENT FACTS

Serving Size: 1 Level Scoop (11.5 g)

Servings Per Container: 30

	Amount Per Serving	%DV
Calories	0	
Total Carbohydrate	0 g	0%*
Sugars	0 g	**
Magnesium	10 mg	3%
Sodium	220 mg	9%
Potassium	180 mg	5%
L-Leucine	3500 mg	**
Electrolyte Blend	1890 mg	**
[BetaPower® Betaine Anhydrous, Sodium Citrate, Potassium Chloride, Sodium Chloride, Magnesium Citrate, Coconut (<i>Cocos nucifera</i>) water powder]		
L-Isoleucine	1750 mg	**
L-Valine	1750 mg	**

*Percent Daily Values (%DV) based on a 2,000 calorie diet.

**Daily Value (DV) not established.

Other Ingredients: Malic Acid, Citric Acid, Silicon Dioxide, Natural & Artificial Flavors, Sucralose, Acesulfame Potassium, FD&C Red #40.

CONTAINS: Tree Nuts (Coconut).

XTEND Sport



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Is the label free of questionable claims or statements?

Are all the % Daily Values (% DV) on the Supplement Facts label less than 200%? (If % DV is not listed, mark "0")

Total Score

The background of the slide features a solid blue color with a pattern of white, pill-shaped capsules scattered across it. The capsules are oriented in various directions, some lying flat and others slightly tilted, creating a sense of depth and movement. The lighting is soft, highlighting the smooth texture of the capsules.

ROLE PLAY

QUESTIONS FOR PROVIDERS TO FACILITATE PATIENT DISCUSSIONS*

- Are you still taking [NAME MEDS & DOSES ONE AT A TIME/Rx and OTC] medications?
- Are you taking any new prescribed medications?
- Are you taking any dietary supplements (Encourage patient to bring or send pictures)
 - Are you taking any vitamins (such as vitamin C, vitamin D, etc)?
 - Are you taking any herbs or plant-based products (such as turmeric, echinacea, etc)?
 - Are you taking any other types of supplements like fish oil, glucosamine, melatonin, etc?
 - Are you taking any other natural products?
- What led you to consider taking the supplement(s)?
- What is your goal for taking the supplement(s)?
- I am here to partner with you to support your health. May I discuss [OR follow up] with you about these supplements?

* This is a return patient encounter where a previous prescription medication reconciliation has been completed and documented

QUESTIONS FOR PATIENTS TO FACILITATE PROVIDER DISCUSSIONS*

- **Can we talk about a supplement I am interested in taking [OR I am taking]?**
- **Are there any concerns with the quality of this product?**
- **Can I take this supplement with my prescribed medications?**
- **Are there any known side effects?**
- **Are there any risks for me taking this supplement and doing my job?**
- **Are there any tools I can use when deciding if I can take a supplement?**

* This is a return patient encounter where a previous prescription medication reconciliation has been completed and documented

- **Role Play Provider & Patient/Consumer using the score card and the DISCUSS questions**
 - Then switch roles
- **Coming up next (after your role play) is a poll to enable you to give us feedback on the questions**
- **You should be able to add a response and upvote or downvote the responses of others.**

**DISCUSS (Dietary Supplement Conversation for Understanding, Safety, & Support
Role Play Activity**



ROLE PLAY

Arsynist



SUPPLEMENT FACTS

Serving Size: 2 Capsules
Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin B12 (as Methylcobalamin)	300 mcg	5000%
L-Tyrosine	375 mg	**
Caffeine Anhydrous	300 mg	**
2-aminoisoheptane Hydrochloride	200 mg	**
White Willow Extract (bark)(≥25% Salicin)(Salix alba L.)	100 mg	**
Matcha Green Tea Powder (leaf)(Camellia sinensis L.)	50 mg	**
Synephrine Hydrochloride	50 mg	**
Higenamine Hydrochloride	50 mg	**
Hordenine Hydrochloride	50 mg	**
Cayenne Pepper Powder (fruit)(40,000 SHU) (Capsicum annum)	25 mg	**
Grapefruit Extract (seed) P.E 10:1 (Citrus paradisi)	25 mg	**
Paradoxine® Grains of Paradise Extract (seed) (≥12.5% 6-Paradol)(Aframomum melegueta)	15 mg	**
Vinpocetine	5 mg	**
BioPerine®(fruit)(Black Pepper Extract) (≥95% Piperine)(Piper nigrum)	5 mg	**
Yohimbine Hydrochloride	3 mg	**
Huperzia serrata (aerial) (≥1% Huperzine A)	300 mcg	**

Percent Daily Values (%DV) are based on a 2000 calorie diet
** Daily Value Not Established.

Other Ingredients: Gelatin, Rice Flour, Magnesium Stearate, Silica.

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What is your Feedback??



What additional questions might the provider have asked?

Nobody has responded yet.

Hang tight! Responses are coming in.

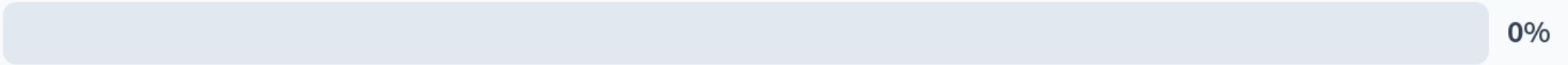
What additional questions might the patient have asked?

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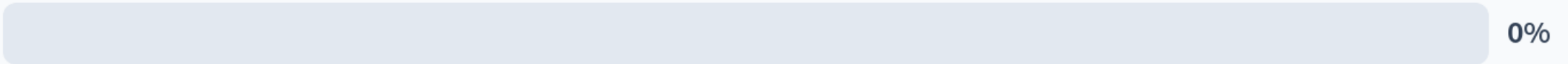
Hang tight! Responses are coming in.

How useful did you find the scorecard in your discussion with a patient?

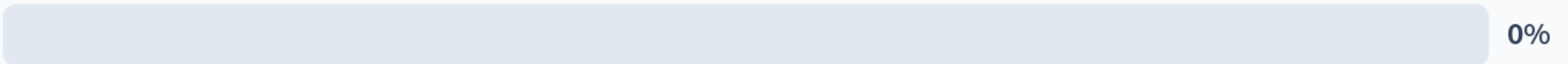
Very useful



Somewhat useful



Not useful



What changes do you recommend for the scorecard?

Nobody has responded yet.

Hang tight! Responses are coming in.

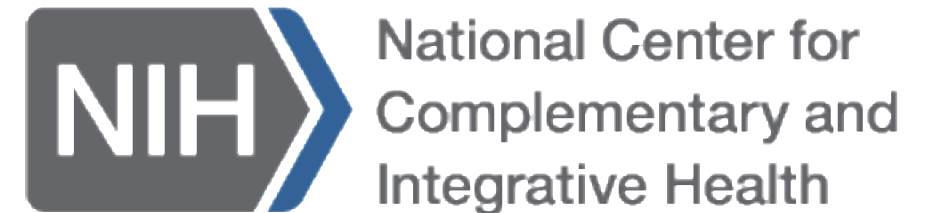


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Additional Resources

Resources for Dietary Supplements

- Natural Medicines aka NatMed
 - <https://naturalmedicines.therapeuticresearch.com/>
- Lexi-Natural Products
 - <https://www.wolterskluwer.com/en/solutions/lexicomp>
- Examine
 - <https://examine.com/>
- NIH National Center for Complementary and Integrative Health
 - <https://nccih.nih.gov/health/herbsataglance.htm>
- NIH Office of Dietary Supplements
 - <https://ods.od.nih.gov>
- Memorial Sloan Kettering
 - <https://www.mskcc.org/cancer-care/treatments/symptom-management/integrative-medicine/herbs>
- American Botanical Council
 - <http://abc.herbalgram.org/site/PageServer>
- American Herbal Product Association (AHPA)
 - <http://www.ahpa.org>



Nongovernmental Evaluation of Dietary Supplements in the U.S.

- *United States Pharmacopeial Convention (USP) Dietary Supplements Compendium-2015*
 - <http://hmc.usp.org/>
- *USP Dietary Supplement Verification Program (DSVP)*
 - <http://www.quality-supplements.org/verified-products>
 - <http://www.usp.org/dietary-supplements/overview>
- *NSF International*
 - <http://www.nsf.org/consumer-resources/health-beauty/supplements-vitamins/supplement-vitamin-certification>
- *Consumer Lab*
 - <https://consumerlab.com>

Product Selection and Quality

- Amazon policy as of 2021:
 - GMP certificate required
 - A Certificate of Analysis (COA) from an ISO 17025 accredited lab must be provided (accuracy and safety)
 - Must include quantitative analysis of active ingredient
 - Sexual enhancement and weight loss compounds must be tested

Fake supplements: Amazon warned customers some Align products it sold were counterfeit

Edward C. Baig, USA TODAY Published 11:22 a.m. ET July 22, 2019 | Updated 11:50 a.m. ET July 22, 2019

CONNECT TWEET LINKEDIN COMMENT EMAIL MORE



Align Probiotic



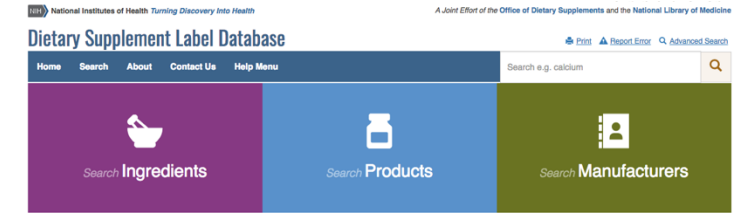
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Product Selection

- Consumer Lab <https://www.consumerlab.com/>



- Dietary Supplement Label Database

- https://ods.od.nih.gov/Research/Dietary_Supplement_Label_Database.aspx
- Reputable Distributors
- <https://fullscript.com/>
 - <https://www.emersonecologics.com/>



A Fullscript company

- Relationships with Manufacturers



Some Brands of DS....

- USP Certified –SOME Products...check USP Verified Products List <https://www.quality-supplements.org/verified-products>



- Some Reputable Brands (IMHO...:)

