



OPERATION SUPPLEMENT SAFETY (OPSS)

(This card is used to facilitate instruction, questions to ask – answers ETC... If the back is required – that's OK – but try to limit to one card for reference)

Check on Learning Questions

1. What is OPSS?
 - Initiative to educate SMs, family members, and DoD civilians about supplements and to choose them wisely.
2. Where can I go for more information?
 - Human Performance Resource Center website, dietitian, or other health professional.
3. Why can supplements be dangerous?
 - Supplements are not regulated, may contain harmful ingredients, may cause adverse reactions.