

YIKES!

Things You Might Find in Online Supplements

You've probably heard that fly-by-night online supplement companies are bad news.

It's true: these unscrupulous businesses engage in financial scams, make exaggerated claims, shortcut quality, ignore manufacturing and labeling regulations, and include undisclosed, illegal, or potentially dangerous ingredients.

The FDA routinely inspects food/supplement facilities and posts inspection violations online. Reading these violations would be comical if it weren't for the health risks they pose.

Here are summaries of recent real-life inspection results* from around the country:



FDA inspected your facility and found an apparent dead rodent, attached to a glue trap inside of an open cardboard box, located next to the standing mixer. FDA also observed apparent rodent excreta pellets, too numerous to count, between ingredient bags and directly below a storage rack used to store bulk dry ingredients and approximately ten apparent rodent excreta pellets with a black, shiny, and soft appearance inside of a junction between preparation tables.



FDA confirmed through laboratory analysis that a sample of your product contains the undeclared active pharmaceutical ingredients diclofenac, dexamethasone, and methocarbamol. Dexamethasone is a corticosteroid commonly used to treat inflammatory conditions. Corticosteroid use can impair a person's ability to fight infections and can cause high blood sugar levels, muscle injuries and psychiatric problems. When corticosteroids are taken for a prolonged period, or at high doses, they can suppress the adrenal gland. Abrupt discontinuation can cause withdrawal symptoms. In addition, the undeclared dexamethasone in your product may cause serious side effects when combined with other medications.



FDA has also observed that your website introduces into interstate commerce unapproved and misbranded benzodiazepines. Benzodiazepines are drug products with an acknowledged potential for abuse, especially with alcohol, prescription opioids, and illicit drugs. Associated harms of benzodiazepine nonmedical use are substantial, but occur primarily when people use benzodiazepines in combination with other drugs.

So, when you purchase supplements online, you're risking adverse effects, allergic reactions, toxicity, or long-term health complications.

That's why your healthcare professional only recommends or dispenses products from reputable, professional brands.

Professional brands follow all the regulations, use only high-quality ingredients, and their products have been time-tested in clinical practice. **It's just another way your practitioner is helping you achieve your health goals – safely.**

*Source: <https://www.fda.gov/inspections-compliance-enforcement-and-criminal-investigations/compliance-actions-and-activities/warning-letters>