



Consumer Traps & Tips # 47 - Dietary Supplements

For immediate release: October 19, 2009

Contact: Dennis Moore, 561-712-6600 • PBC Consumer Affairs Division

A weekly service of the Palm Beach County Consumer Affairs Division

Public Affairs Department

P.O. Box 1989
West Palm Beach, FL
33402-1989
(561) 355-2754
FAX: (561) 355-3819
<http://www.pbcgov.com>



Palm Beach County Board of County Commissioners

Jeff Koons, Chairman

Burt Aaronson,
Vice Chairman

Karen T. Marcus

Shelley Vana

Steven L. Abrams

Jess R. Santamaria

Priscilla A. Taylor

County Administrator

Robert Weisman



*"An equal opportunity
Affirmative Action
Employer"*

Electronic Press Release

Trap

Health-conscious, 52-year-old Mary was looking to slow the effects of aging and improve her overall health. She ordered a free trial of a product she saw on the Internet. It promised to increase her energy and help her sleep at night too. After taking some pills for two weeks, she started having headaches and chest pains. Her doctor told her to stop taking the supplements immediately. What should Mary have done?

Tips

Many online companies offer dietary supplements, and while supplements can be used safely by most people, some can be harmful. Some important tips to consider before purchasing supplements are:

- Don't be influenced by celebrity endorsements of a product. Check with your doctor first as some supplements may interact with your prescription drugs.
- Shop around before you buy from an out-of-state or foreign company. You may be able to find comparable products locally.
- Read all the terms and conditions of the purchase sale. A free trial may obligate you to buy additional product with automatic monthly billing and deliveries or convert to a membership if not canceled within the trial period.
- Be skeptical of "miracle" supplements, "wonder" cures or any product offering a "quick fix." If it sounds too good to be true, it probably is.
- Do your own research with agencies such as National Institutes of Health, <http://www.nlm.nih.gov/medlineplus/dietarysupplements.html>, the U.S. Food and Drug Administration, <http://www.fda.gov>, and the U.S. Department of Agriculture, <http://www.nutrition.gov>.

Check on the company you are considering by going to the Palm Beach County Consumer Affairs Web site: <http://www.pbcgov.com/consumer> or call at 561-712-6600 (Boca/Delray 1-888-852-7362 toll free).

###