

Synopsis

Are you looking for a healthy body? Quick weight loss with no dieting? Top athletic performance without breaking a sweat? Websites, infomercials, magazine ads, and celebrity tweets make an astonishing array of claims about the improvement to health and performance that will come from using dietary supplements. If you take supplements, you're not alone. The majority of Americans take at least one dietary supplement every day. Consumers have tens of thousands of supplements to choose from, spending an estimated \$32 billion each year on such products. By law, the US Food and Drug Administration has limited regulatory powers over dietary supplements. Many supplements are manufactured overseas in nations with loose quality-control standards. Scientific evidence supporting the safety and effectiveness of supplements is minimal, and in some cases, supplements have led to serious illness and death. Registered nurse Connie Goldsmith takes an in-depth look at the wide world of dietary supplements--vitamins, minerals, herbal supplements, weight-loss products, performance-enhancing products, energy boosters, and more. What do doctors, dieticians, and other experts have to say? Is it ever safe to take a supplement? What are the red flags to watch for when considering these products? Goldsmith gives teens the tools to be smart consumers, urging all readers to consult with a qualified medical professional when considering any supplement.

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Customer Reviews

All around us we're seeing the hype about dietary supplements, many of which claim to cure just about anything that ails us and a few things they don't. According to the Mayo Clinic, "supplements aren't intended to be a food substitute because they can't replicate all of the nutrients and benefits

of whole foods such as fruits and vegetables." Of course they aren't dismissing them out of hand, but are rather sending out a cautionary note. In this book you'll learn just what supplements are and will be able to figure out whether or not they are beneficial or just plain old harmless or hurtful. Maggie DeWolfe thought she could take a weight-loss supplement, a magic pill that would dump those unwanted pounds. She'd been bullied mercilessly about her weight and the fat shaming was getting to her. There are many on the market and she selected one that contained "several herbs, caffeine, and green bean extract." The only thing she lost were days at school and work when she became violently ill. A magic pill it was not and she was actually one of the fortunate ones because others have not been quite as lucky. All kinds of supplements, and not just dietary, are a mega-business in the United States. Well, aren't supplements supposed to be regulated by the FDA? If you think that you're dead wrong and could be literally dead if you aren't careful. Check out the labels on supplements and you'll quickly notice something that might say "This statement has not been evaluated by the Food and Drug Administration." You'll learn about what the FDA can and cannot regulate and just when they'll step in to regulate the supplement industry. Perhaps then you'll pay much more attention to supplements and what they are and aren't!

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