

# ODS Digest

April 1, 2026



## Director's Message

Spring has sprung here in Bethesda, and while longer days and sunnier weather may boost moods, life's daily stresses remain. April is National Stress Awareness Month - so to celebrate, we are highlighting the many ways in which dietary supplements can support stress management.

High-quality sleep is an important part of managing stress. To learn more about how ODS is supporting science on the role of dietary supplements in sleep, read the summary of our workshop, 'Sleep in a Bottle', in our **Science Spotlight** on **page 3**.

Many Americans take magnesium supplements to combat stress and insomnia. But do they actually help? To find out, see our **Vitamin Verdict** on **page 5**.

Throughout the centuries, all sorts of natural remedies have been used to manage stress. For more ODS resources on common stress-busting ingredients, visit the **Supplement Corner** on **page 6**.

Wishing you a happy - and stress-free! - April,

**Andrew Bremer**  
Acting Director, ODS

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## ODS Activities

### Deadline Extended: Act Now to Join Our Challenge!

Do you want to use health information to improve the way people live? Launched in January 2026, the Supplements, Facts First Challenge invites innovators, creators, and health communicators to do something bold: transform ODS trust into digital impact. That means taking authoritative dietary supplement information and reimagining how it reaches the public and, more importantly, how it moves people to make healthier choices.

The submission deadline for Phase 1 written proposals has been extended until **May 7, 2026**. The strongest proposals will advance to Phase 2, where teams build and test working prototypes.

Learn more and register at <https://www.herox.com/SupplementsFactsFirst>.



### Recently Published Research

Stefan M. Pasiakos, Marcas M. Bamman, Stephanie H. Cook, Jonathan M. DePierro, Jacob M. Haus, Harris R. Lieberman, Karen A. Litwa, Mary M. McDermott, Herman A. Taylor, Michael Ungar, Barbara E. Cohen, Advancing Resilience Science Through Cross-Domain Integration: Proceedings of an NIH Workshop, *Neuroscience & Biobehavioral Reviews*, 2026, <https://doi.org/10.1016/j.neubiorev.2026.106660>

Janet A. Novotny, Johanna Dwyer, Mario G. Ferruzzi, Bill Gurley, Tasija Karosas, Colin D. Kay, Esther Myers, Andrew Shao, Connie Weaver, A Framework for Developing Intake and Use Guidance for Dietary Supplement Bioactives, *Advances in Nutrition*, 2026, [10.1016/j.advnut.2026.100623](https://doi.org/10.1016/j.advnut.2026.100623)

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## Science Spotlight

On September 15-16, 2025, ODS co-hosted a workshop with the National Center on Sleep Disorders Research titled “Sleep in a Bottle? Research Needs and Gaps in Ingested, Non-Prescription Interventions for Better Sleep”. The two-day workshop aimed to better understand the most important gaps in knowledge of dietary supplements and other non-prescription products used to improve sleep, with a focus on priorities for future research.

Workshop presenters shared that 1 in 5 U.S. adults use either a prescription or over-the-counter sleep aid, and there are approximately 2,700 dietary supplements on the market that advertised as supportive of sleep.

Much of the workshop discussion also centered around melatonin: the greatest percentage (52%) of sleep-related dietary supplements are melatonin or include melatonin as an ingredient. This is particularly relevant for the use of sleep aids in children - in 2024, 20% of children received melatonin from a parent, despite a lack of data on the efficacy and long-term effects of melatonin use in pediatric populations.

Throughout the workshop, speakers and participants highlighted key research gaps, including a lack of rigorous clinical trials on commonly used products such as kratom, cannabis, and melatonin; a lack of objective measures of sleep sufficiency; and few studies in population groups such as pregnant women. Limited longitudinal data on the effects of extended use of sleep aids, and a lack of dose-response trials were also identified as gaps.

New approaches to collecting data, such as leveraging the use of wearable health technologies, highlighting innovation and new opportunities in moving the field forward.

To learn more and see the workshop agenda, visit the ODS [News and Events](#) page.



## The Scoop on Supplement Science

*What is a dose-response study, and why is it important in dietary supplement research?*

Dose-response studies examine the relationship between different amounts (the dose) of a dietary supplement consumed and health outcomes (the response) in an individual. This type of study helps identify the dose(s) at which a dietary supplement is both safe and effective.

Safe and effective supplement dosages may vary by age, sex, or health status, so it is important that dose-response studies consider different populations in their design.

## ODS Events



**ODS 2025-2026 Seminar Series: Register Here**

**April 22, 2026, 11 am ET — Metabolic Disease and Disorders**

**Carlos Bernal-Mizrachi, M.D.**— Director; DRC Enrichment Program; Chief of Medicine at the Veterans Affairs St. Louis Health Care System; Professor of Medicine and of Cell Biology and Physiology; Division of Endocrinology, Metabolism & Lipid Research; Washington University

**Natalia Kedishvili, Ph.D.**— Professor, Department of Biochemistry and Molecular Genetics, Nutrition Obesity Research Center, University of Alabama



## Co-Funding Opportunities

ODS provides funding support to the NIH Institutes, Centers, and Offices (ICOs) through our co-funding program. Co-funding allows ODS to promote dietary supplement-related science by supporting NIH extramural dietary supplement-related research project grants, training and career development grants, and scientific conferences with primary ICOs. The submission deadline for FY 2026 applications has passed: applications will reopen in Fall 2026.

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## The Vitamin Verdict

### *Busting Common Misconceptions About Supplements*

**Misconception:** Anyone who is having trouble with anxiety or with falling asleep should take a magnesium supplement.

**Fact:** Magnesium is an important mineral responsible for many processes in the body, and some observational research has indicated a role in improving mood and sleep, but clinical trials have yet to replicate these findings. Unless you have a magnesium deficiency, a supplement may be unnecessary. Try increasing consumption of food sources of magnesium, like leafy greens, nuts, fruits, and dark chocolate instead.

To learn more, visit the ODS Fact Sheet on magnesium.



## Supplements in the News

- Feds close Salmonella investigation into supplement after 97 illnesses
  - FDA and CDC probed three different outbreaks involving moringa leaf powder, which is known for containing antioxidants, calcium and vitamin A
- Idaho Senate committee introduces bill to regulate, rather than ban kratom
  - The bill's purported intent is to preserve adult access to natural kratom while banning the sale of "unsafe, adulterated, or synthetic products."
- Governor Hochul signs two pieces of landmark legislation
  - The new public health law protects New Yorkers against the harmful effects of commercial herbal product known as kratom

## Supplement Corner



ODS has fact sheets on several supplement ingredients that are used to manage anxiety and stress, including [ashwagandha](#), [St. John's Wort](#), [chamomile](#), and more. Consuming some of these supplements with other medications meant to treat these conditions can sometimes cause negative side effects, so always talk to a healthcare provider before adding these products to your routine.

Interested in learning about supplements that can support other stress-management activities, like exercise? Check out the ODS fact sheet on [Exercise and Athletic Performance](#).



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### About ODS

The [Office of Dietary Supplements \(ODS\)](#) is part of the National Institutes of Health (NIH), the nation's medical research agency—supporting scientific studies that turn discovery into health.

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