National Institutes of Health
Office of Dietary Supplements

ODS Digest

May 7, 2026

Director's Message

This month, ODS is excited to celebrate Older Americans Month, an initiative led by our colleagues at the Administration for Community Living. The 2026 theme is **Champion Your Health**, which underscores prevention and wellness as cornerstones of healthy aging.

For older adults, nutrient deficiencies may exacerbate or contribute to age-related disease. Dietary supplements play a key role in supporting wellness in this population, for whom meeting nutrient needs through diet alone may be challenging.

ODS is committed to the health of older Americans. This month's Science Spotlight, on **page 3**, shares ongoing work at ODS on the role of dietary supplements to support the menopause transition, and our Supplement Corner on **page 6** highlights important but often overlooked nutrients during this life stage, such as vitamin E.

No matter your age or life stage, wishing you a happy and healthy May!

Drew Bremer
Acting Director, ODS

INSIDE:

ODS Activities

Last Chance: 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 closes **today**, **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

S.A. Wise, **A.J. Kuszak** et al. 2026. *Interlaboratory comparison with a reference measurement procedure (RMP) for determining 24,25-dihydroxyvitamin D3 in human serum using liquid chromatography-tandem mass spectrometry (LC-MS/MS)*. https://link.springer.com/article/10.1007/s00216-026-06480-8

C.Q. Burdette, **A.J. Kuszak** et al. *Value Assignment of Vitamin D and 25-Hydroxyvitamin D in Food-Matrix Standard Reference Materials (SRMs) Using Isotope Dilution Liquid Chromatography–Tandem Mass Spectrometry (ID LC–MS/MS)*. https://pubs.acs.org/doi/full/10.1021/acs.jafc.6c01298

Dietary Supplement Research to Support Women in the Menopause Transition

The menopause transition is characterized by physiological changes and the emergence of symptoms that negatively affect quality of life and increase risk of adverse health outcomes.[1] An estimated 1.3 million U.S. women enter menopause annually at an average age of 45-56 years, with symptoms starting as early as in their 30s.[1, 2] Hormonal and non-hormonal pharmacological interventions are available to alleviate symptom burden, prevent bone loss, and improve quality of life during this time, but may not be suitable for all women.[1, 3, 4] Dietary supplements are perceived as natural, safe, and convenient ways to provide symptom relief and support overall health. Over 50% of women in the U.S. and Europe report using over-the-counter products to manage moderate-severe vasomotor symptoms.[5] Such widespread use necessitates a comprehensive evaluation of the research landscape to inform gaps and priorities moving forward.

Recent analyses conducted by the ODS highlight a lack of research on dietary supplements studied in menopause. Over the past two decades, the field has grown slowly, with relatively few publications each year. Most studies focused on postmenopause, whereas perimenopause received much less attention. Across the studies identified, more than 80 different ingredients were examined, with calcium, vitamin D, and isoflavones among the most frequently studied. With over half of these ingredients investigated in two or fewer studies, the lack of replication makes it difficult to develop clear, evidence-based guidance. Nevertheless, the findings from this work present an opportunity to encourage replication studies of promising ingredients, strengthen the evidence base, and support the development of clear, evidence-based guidance on dietary supplement use during the menopause transition. A portion of this work will be presented as a poster at the American College of Sports Medicine Annual Meeting (May 26-29th, 2026).

1. Crandall, C. J., Mehta, J. M., & Manson, J. E. (2023). Management of Menopausal Symptoms: A Review. *JAMA*, *329*(5), 405-420. https://doi.org/10.1001/jama.2022.24140; 2. Peacock, K., Carlson, K., & Ketvertis, K. M. (2025). Menopause. In *StatPearls*. StatPearls Publishing. https://www.ncbi.nlm.nih.gov/pubmed/29939603; 3. The Hormone Therapy Position Statement of The North American Menopause Society Advisory Panel. (2022). The 2022 hormone therapy position statement of The North American Menopause Society. *Menopause*, *29*(7), 767-794. https://doi.org/10.1097/GME.0000000000002028; 4. The Nonhormone Therapy Position Statement of The North American Menopause Society Advisory Panel. (2023). The 2023 nonhormone therapy position statement of The North American Menopause Society. *Menopause*, *30*(6), 573-590. https://doi.org/10.1097/GME.0000000000002200; 5. Kingsberg, S., Banks, V., Caetano, C., Janssenswillen, C., Moeller, C., Schoof, N., Harvey, M., Scott, M., & Nappi, R. E. (2024). Real-world evaluation of treatment utilization by women experiencing vasomotor symptoms associated with menopause in the United States and Europe: Findings from the REALISE study. *Maturitas*, *189*, 108096. https://doi.org/10.1016/j.maturitas.2024.108096.

The Scoop on Supplement Science

What are replication studies?

When scientists investigate a scientific question more than once using the same methods and the same (or similar) tools, that is called a replication study. When these studies product similar results to the original experiment, it builds confidence in the certainty of the findings. In dietary supplement research, where many chemically complex ingredients are studied, replication studies can help researchers better characterize these ingredients and understand their effects.

Interested in this topic? Read more about it in this ODS paper!

ODS Events

ODS 2025 – 2026 Seminar Series

May 13, 2026, 11 am ET – Microbiome: Register Here

Melanie Gareau, Ph.D. — Professor; Department of Anatomy, Physiology and Cell Biology; School of Veterinary Medicine; University of California Davis
Victor Band, Ph.D. — IRTA Postdoctoral Fellow, Clinical Microbiome Unit, National Institute of Allergy and Infectious Diseases, National Institutes of Health
Minghua Tang, Ph.D. — Associate Professor and Lillian Fountain Smith Endowed Chair of Nutrition in FSHN, Department of Food Science and Human Nutrition, Colorado State University

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.

The Vitamin Verdict

Busting Common Misconceptions About Supplements

Misconception: Older adults need fewer nutrients.

Fact: Many people may assume that older adults who are less active require fewer nutrients. While caloric needs may change with age, the need for essential nutrients, in fact, increases in some cases. Nutrients such as calcium, vitamin D, and vitamin B12 support bone health and metabolism in older adults.

To learn more about these nutrients and their role in supporting wellbeing in older adults, visit the ODS fact sheets on calcium, vitamin D, and vitamin B12.

Supplements in the News

Makers of dietary supplements push the FDA to allow peptides and other new ingredients

- A change could open the door to more marketing of peptides, probiotics and other trendy wellness offerings.

FDA Weighs Expanding What Can Go Into Supplements

- What's in your supplements could soon change.

350k supplements recalled for packaging flaw that poses 'serious injury or death' risk to children

- 'The packaging of the supplements is not child-resistant, posing a risk of serious injury or death from poisoning if the contents are swallowed by young children,' the USCPSC said.

Supplement Corner

The ODS probiotics fact sheet for health professionals now feature concise summary sections that provide quick overviews of key points. Click on the expandable summaries to access all the details and references to the peer-reviewed literature.

Looking for more general information? ODS also offers fact sheets for consumers, in both English and Spanish.

Check out the probiotics consumer fact sheets in English and Spanish here.

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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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