

# What You Need to Know Now Available On Demand

National Institutes of Health (NIH) Office of Dietary Supplements (ODS) sent this bulletin at 04/14/2021 10:52 AM EDT

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April 2021

## Dietary Supplements: What You Need to Know Now Available On Demand

A video recording of the ODS webinar "[Dietary Supplements: What You Need to Know](#)" is available on the National Institutes of Health VideoCast website. The 1-hour webinar is presented by Scientific and Health Communications Consultants Paul Thomas, Ed.D., R.D.N., and Carol Haggans, M.S., R.D., with an introduction by Joseph Betz, Ph.D., Acting ODS Director.

The webinar, originally presented on March 16, 2021, addresses essential facts about dietary supplements, including vitamins, minerals, and botanicals, and concludes with a Q&A session that addresses many commonly asked questions about these products. Key topics include:

- Types of dietary supplements and their ingredients
- Reasons for use
- Efficacy, safety, and quality issues to consider
- How to read a Supplement Facts label
- Dietary supplements that can help manage specific health conditions
- Immune health and dietary supplements
- Safe ranges and excessive intakes
- Unique considerations for botanical supplements
- How the Food and Drug Administration regulates dietary supplements
- Tips to find a quality supplement

To suggest topics for future webinars on dietary supplements, please [write to us](#).

Visit the ODS website for information about dietary supplements for [consumers](#), [health professionals](#), [researchers](#), and [Spanish readers](#).



### ¿Habla español?

Consulte [nuestra información basada en la ciencia](#) para ayudarle a tomar las mejores decisiones para su salud con respecto al uso de suplementos dietéticos.

### Have more questions about dietary supplements? Ask the Office of Dietary Supplements (ODS).

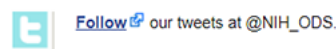
ODS provides general information about dietary supplement ingredients in response to questions from consumers, health professionals, students, and others. While ODS cannot answer specific medical questions, make referrals, or give personal guidance on the use of dietary supplements, ODS's registered dietitians on staff reply to each inquiry and give useful, scientific, and evidence-based information. Send your questions about dietary supplements to ODS: [ods.od.nih.gov/contact](https://ods.od.nih.gov/contact).



## COVID-19 is an emerging, rapidly evolving situation.

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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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