

Fall 2021

News You Can Use

Register Now: Office of Dietary Supplements (ODS) 25th Anniversary Symposium

There's still time to [register](#) for the ODS 25th Anniversary Scientific Symposium to be held on Monday, October 25, and Tuesday, October 26, 2021. This virtual event is open to the public and there is no cost to attend. The symposium will feature state-of-the-science presentations by dietary supplement experts, ODS's contributions to landmark accomplishments, highlights of researcher training opportunities, and discussion of the future of dietary supplement research.



Dietary Supplement Label Database (DSLDD) Redesign



The online ODS database of dietary supplement labels, DSLDD, has undergone a user-centered redesign and information technology modernization, and is now faster, more intuitive, and easier to use. Key upgrades include a streamlined search interface, custom search capabilities to provide better access to data, and a directory of linked dietary supplement resources from federal agencies and other sources. The DSLDD captures all the information printed on nearly 130,000 labels of dietary supplements and is regularly updated to reflect a dynamic and growing marketplace of dietary supplements.

New Reference Materials for Vitamin D Research

In collaboration with the National Institute of Standards and Technology (NIST), ODS has helped make available two new certified reference materials (CRMs) to support measurements of vitamin D metabolites in serum. In humans, vitamins D3 and D2 undergo a two-step conversion to produce the physiologically active form that participates in many biological processes, including bone growth and reduction of inflammation. Measurements of vitamin D status are based on the sum of 25-hydroxyvitamin D3 and 25-hydroxyvitamin D2. CRMs are critical for the validation and standardization of measurements used in clinical medicine and biomedical research.



"Until now, available reference materials did not cover a full range of clinically observed 25-hydroxyvitamin D2 concentrations or vitamin D levels associated with certain deficiency cut-off points, which contributed to measurement challenges," explained Adam Kuszak, Ph.D., director of the [ODS Analytical Methods and Reference Materials \(AMRM\) program](#). NIST's newest CRMs for vitamin D metabolites in serum, including [high levels of 25-hydroxyvitamin D2](#) and [low total 25\(OH\)D levels](#), help analytical laboratories better assess control materials and validate their methods to ensure accurate and reliable clinical evaluations and support more reproducible research.

ODS Resource for Dietary Supplement Research Updated

An ODS resource for investigators, [The Importance of Natural Product Characterization and Integrity for Dietary Supplement Research](#), has been updated and expanded. Highlights include:

- Information on NIH requirements for the authentication of key chemical resources used in research
- Resources for natural product authentication and characterization
- Resources for the design, conduct, and reporting of natural product clinical trials
- Links to natural product databases and tools
- Important considerations for research on natural product dietary supplement formulations, including assessment of the disintegration and dissolution of capsules and tablets under digestive system-like conditions.

ODS Seminar Series

ODS hosts [seminars](#) on research relevant to dietary supplements and related topics. The seminar series is available by webinar only. [Contact ODS](#) to receive viewing information.

Wednesday, November 17, 2021, 11:00 a.m. (ET)

A Guide to Designing Studies of Diet-Microbiome Interactions

Abigail Johnson, Ph.D., RDN—Division of Epidemiology and Community Health, University of Minnesota, Twin Cities, Minneapolis, MN

Wednesday, December 8, 2021, 11:00 a.m. (ET)

Supplement Use Among Hispanics/Latinx Living in the United States: Evidence from the Hispanic Community Health Study/Study of Latinos (HCHS/SOL) and other cohort studies

Ana Maria Siega-Riz, Ph.D.—University of Massachusetts Amherst School of Public Health and Health Sciences, Amherst, MA, and Kim Faurot, PA, Ph.D., M.P.H.—University of North Carolina School of Medicine and Gillings School of Global Public Health, Chapel Hill, NC

Wednesday, January 12, 2022, 11:00 a.m. (ET)

Nuisance Compound Behaviors in Biological Assays with Natural Products

Jayme L. Dahlin, M.D., Ph.D., FASCP—National Center for Advancing Translational Sciences, National Institutes of Health, Bethesda, MD

New/Revised ODS Dietary Supplement Fact Sheets

- Dietary Supplements in the Time of COVID-19, for consumers in [English](#) and [Spanish](#) (new)
- Calcium, for [health professionals](#) (comprehensive revision)
- Vitamin B12, for consumers in [English](#) and [Spanish](#) (comprehensive revision)
- Riboflavin, for consumers in [Spanish](#) (comprehensive revision)
- Dietary Supplements in the Time of COVID-19, for [health professionals](#) (update)

Funding Opportunities

Learn about ODS's [funding opportunities and research programs](#).

ODS Staff News

Patricia Haggerty Leads Grants and Extramural Activities Programs

Patricia Haggerty, Ph.D., is on detail to ODS from the National Institute of Allergy and Infectious Diseases (NIAID) and is working with the Grants and Extramural Activities Program. In this position, Dr. Haggerty actively engages and encourages partnerships with other NIH Institutes and Centers to facilitate the funding of grants



that are of high relevance to ODS mission and goals. We are grateful to have her on board to manage this vital program.

ODS Staff Publications

ODS staff members regularly publish papers that address key issues in dietary supplement and related research. These are several recent examples:

Saldanha LG, Dwyer JT, Bailen RA. [Modernization of the National Institutes of Health Dietary Supplement Label Database](#). J Food Compos Anal 2021;102.

Gahche JJ, Bailey RL. [Accurate measurement of nutrients and nonnutritive dietary ingredients from dietary supplements is critical in the precision nutrition era](#). J Nutr 2021;151:2094-5.

Wise SA. [From urban dust and marine sediment to Ginkgo biloba and human serum-a top ten list of Standard Reference Materials \(SRMs\)](#). Anal Bioanal Chem 2021 Jul 21. doi: 10.1007/s00216-021-03527-w. Online ahead of print.

Visit the [Staff Publications](#) page on the ODS website for a complete list.

ODS in the Media

Carol Haggans was interviewed for the Livestrong.com article, [Tyrosine: Uses, sources, benefits and side effects](#).



¿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.



COVID-19

[Get the latest public health information from CDC](#)

[Get the latest research information from NIH | Español](#)

Get timely messages from ODS through Facebook and Twitter. Like us on Facebook, follow us on Twitter!



Like us today  on Facebook.



Follow  our tweets at @NIH_ODS.

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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