

ODS Digest: News & Insights – July Edition

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ODS Digest

News and Insights

July 1, 2025



New Insights: ODS Research on the Road

On June 1, Maria Canino, PhD, an ORISE Postdoctoral Fellow at ODS, presented her recent research findings, "[Active Duty Service Members Report Higher Dietary Supplement Use than Incoming U.S. Army Basic Combat Trainees](#)," at the American Society for Nutrition's annual conference, NUTRITION 2025. While dietary supplement use is widespread in military populations, her collaborative research found 60% of incoming Army trainees report using dietary supplements before basic combat training, compared to 74% of active-duty service members. Trainees also reported taking fewer types of supplements compared to service members, suggesting military exposure might contribute to the heavy use of dietary supplements by military populations.



Co-Funding Opportunities

ODS provides funding support to the NIH Institutes, Centers, and Offices (ICOs) through its 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. See the list of [active ODS co-funding opportunities](#) and learn more on our [Grants & Funding webpage](#).



Science Shorts

A recent publication by Dr. David Wishart at the University of Alberta, and colleagues, in [Nucleic Acids Research](#) highlights the expansion and significant advancements in the Natural Products Magnetic Resonance Database (NP-MRD). This freely accessible, web-based resource houses raw nuclear magnetic resonance data and meta-data from natural products, such as vitamins, minerals, and compounds derived from probiotics, plants, fungi, and other organisms. Co-funded by ODS as part of the Consortium for Advancing Research on Botanicals and Other Natural Products (CARBON) Program, the NP-MRD supports the advancement of multidisciplinary research on natural products by facilitating the identification and characterization of these products. Since its launch in 2022, the NP-MRD has grown to become the largest open-access repository of nuclear magnetic resonance data on natural products worldwide. Plans for future upgrades include implementing advanced automation tools to streamline database operations and establishing interoperability with related repositories to promote data sharing and standardized submission processes—further accelerating discovery and innovation in this field. Access to the NP-MRD is available via the [NP-MRD website](#).



Featured Fact Sheets

ODS recently updated its [vitamin D](#) fact sheet for health professionals, now featuring concise summary sections that can be expanded to access more in-depth information. This essential resource provides clear, evidence-based information about this vital nutrient. It summarizes current research on the crucial role vitamin D plays in calcium absorption and bone health and its broader effects on other health outcomes. Whether you're advising patients on diet, supplementation, or sun exposure, this guide offers the latest insights to support informed clinical decisions and promote optimal health outcomes. For a general overview, ODS also has a [consumer version](#) of this fact.



A fully updated ODS consumer fact sheet on [selenium](#) is now available. This comprehensive, evidence-based resource breaks down everything you need to know about this essential nutrient, including recommended daily intakes, food and supplement sources, signs of deficiency, and current research and safety information. Written in clear, easy-to-understand language, the fact sheet helps you make informed nutrition choices. It's also available in [Spanish](#).



Take Charge of Your Wellness

Stay informed and in control of your health with the [My Dietary Supplement and Medicine Record](#) from ODS. This easy-to-use form helps you track your dietary supplements and prescription and over-the-counter medications—including dosages, instructions, and who recommended them. Ideal for sharing with doctors, pharmacists, and caregivers, this form also helps ensure accurate communication and safe care. Download and use your record today.

My Dietary Supplement and Medicine Record						
Enter all of the Dietary Supplements, Prescription Drugs, and Over-the-Counter Medicines that You Take.						
What I'm Using Dietary supplement, prescription drug or over-the-counter medicine (product name and active ingredients)	What It Looks Like Color, shape, size, markings, etc.	How Much Dose	How to Use and When	Start/Stop Dates	Why I'm Using	Who Told Me to Use and How to Contact
EXAMPLE: Calcium – Calcium Carbonate	White oval tablet	500 mg	Take orally, 1 time a day with food	9/15/18 to present	Bone health	Dr. S. Smith (800) 555-1212



News Around NIH

NIH is asking for feedback on how to safely develop and share AI tools that use sensitive human genetic data. When AI tools are trained on this type of data, there is a risk for privacy concerns. To address this, NIH has put out a [Request For Information](#) for AI developers and the public to share ideas on ways to protect privacy and ensure responsible AI use. Comments can be submitted to SciencePolicy@od.nih.gov until July 16, 2025.



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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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