

The ODS Update

A Newsletter for Health Professionals



Office of
Dietary Supplements
National Institutes of Health

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NIH Launches Dietary Supplement Label Database



The [Dietary Supplement Label Database \(DSLDD\)](#) contains information taken from the labels of approximately 17,000 dietary supplement products available in the U.S. marketplace. Launched June 17, 2013, this free database will grow to include an estimated 55,000 different dietary supplement products.

A product of a collaboration between the Office of Dietary Supplements (ODS) and the National Library of Medicine at the National Institutes of Health (NIH), the DSLDD consolidates product information in one database for customized organization and searching. Research scientists might use the DSLDD, for example, to determine total nutrient intakes from food and supplements in populations they study. Health care providers can learn the content of products their patients are taking.

The DSLDD offers these features:

- **Quick Search:** Search for any ingredient or specific text on a supplement label.
- **Search for Dietary Ingredients:** Search an alphabetical list of supplement ingredients.
- **Search for Specific Products:** Search an alphabetical list of supplement products.
- **Browse Contact Information:** Search by supplement manufacturer or distributor.
- **Advanced Search:** Expand a search by using a combination of search options including ingredient, product/brand name, health-related claims, and label statements.

Hundreds of new dietary supplement products are added to the marketplace each year, and others are removed. Product formulations are frequently modified, as is the information on labels. The DSLDD will be updated regularly to incorporate these changes and will expand to include the labels of almost all dietary supplements in the U.S. marketplace, on and off the market. Comments are welcome at <http://dsldd.nlm.nih.gov/dsldd/contact.jsp>.

ODS Director Paul Coates and Program Director Joseph Betz Receive National Awards



Paul M. Coates, Ph.D., director of ODS, is the recipient of two awards. On April 22, he was inducted into the 2013 Class of Fellows of the American Society for Nutrition (ASN) for his distinguished career in and steadfast contributions to the field of nutrition. Becoming an ASN Fellow is the highest honor bestowed by this professional society, of which he is a long-time member.



Paul Coates receives award from ASN President Teresa Davis.

In September, Dr. Coates will receive the 2013 Burton Kallman Scientific Award from the Natural Products Association (NPA) for his outstanding scientific contributions. NPA is the nation's largest and oldest trade association representing natural products including dietary supplements and foods.

Joseph M. Betz, Ph.D., director of the ODS Analytical Methods and Reference Materials Program, was awarded the Varro E. Tyler Prize by the American Society of Pharmacognosy in recognition of his "outstanding scientific contributions to the broad field of dietary supplements, with special emphasis on botanicals." The award will be presented in July at this professional society's meeting in St. Louis, MO.



Joseph M. Betz, Ph.D.

Dr. Betz is also the recipient of the Technical Division on Reference Materials (TDRM) Achievement Award from AOAC International. This award recognizes contributions and encourages active participation of members of the TDRM in the pursuit of the goals and objectives of AOAC International. He will receive the award at AOAC's annual meeting in August.

News You Can Use

Common Misconceptions About Vitamin D: Implications for Clinicians

In the April 23, 2013 online issue of [Nature Reviews Endocrinology](#), Clifford Rosen, M.D., of Maine Medical Center and **Christine Taylor, Ph.D.**, of ODS addressed some common misconceptions about vitamin D. The topics touched on included the role of vitamin D in osteoporosis, vitamin D's impact on a range of diseases, use of dietary supplements, definition of deficiency, and the issue of vitamin D and pregnancy.

Fact Sheets on Folate and Calcium Updated

The ODS [fact sheet on folate for health professionals](#) has been completely updated, and for the first time, a shorter [consumer version](#) is available in English and Spanish. In addition, several sections of the ODS [calcium fact sheets for health professionals](#) and [consumers](#) have been updated to include information on the results of recent studies.



New Funding Opportunities for Research

ODS collaborates on funding initiatives with other NIH Institutes and Centers and with other agencies through mechanisms such as Requests for Applications (RFAs), Program Announcements (PAs), and Notices. Over the past few months, ODS has signed onto several funding initiatives. Get [further details](#).

ODS Staff News

Leslie Johnson, ODS program assistant, received an NIH Office of the Director's Honor Award in December 2012 for her participation on the Director's Employee Survey Advisory Committee.

Joyce Merkel, M.S., R.D., support contractor, received a Special Recognition Award from her employer, Kelly Government Solutions, on January 16, 2013, acknowledging her accomplishments with ODS.

Leila G. Saldanha, Ph.D., R.D., ODS scientific consultant, received a Quality Bonus Award from her employer, Kelly Government Solutions, in November 2012, in recognition of her accomplishments with ODS.

Recent ODS Staff Publications

For a complete list, see the ODS Web site: [Staff Publications](#).

- Wang CY, Cogswell ME, Loria CM, Chen TC, Pfeiffer CM, **Swanson CA**, Caldwell KL, Perrine CG, Carriquiry AL, Liu

K, **Sempos CT**, Gillespie CD, Burt VL. Urinary Excretion of Sodium, Potassium, and Chloride, but Not Iodine, Varies by Timing of Collection in a 24-Hour Calibration Study. *J Nutr*; 2013 Jun 12. [Epub ahead of print]

- **Sempos CT**, Durazo-Arvizu RA, Dawson-Hughes B, **Yetley EA**, Looker AC, Schleicher RL, Cao G, Burt V, Kramer H, **Bailey RL**, **Dwyer JT**, Zhang X, Gahche J, **Thomas PR**, **Coates PM**, **Picciano MF**. Is there a reverse J-shaped association between 25-hydroxyvitamin D and all-cause mortality? Results from the US nationally representative NHANES. *J Clin Endocrinol Metab*; 2013 May 10. [Epub ahead of print]
- Gahche JJ, **Bailey RL**, Mirel LB, **Dwyer JT**. The prevalence of using iodine-containing supplements is low among reproductive-age women, National Health and Nutrition Examination Survey 1999–2006. *J Nutr* 143:872-877; 2013.
- Cashman KD, Kiely M, Kinsella M, Durazo-Arvizu RA, Tian L, Zhang Y, Lucey A, Flynn A, Gibney MJ, Vesper HW, Phinney KW, **Coates PM**, **Picciano MF**, **Sempos CT**. Evaluation of Vitamin D Standardization Program protocols for standardizing serum 25-hydroxyvitamin D data: a case study of the program's potential for national nutrition and health surveys. *Am J Clin Nutr* 97:1235-1242; 2013.
- Rosen CJ, **Taylor CL**. Common misconceptions about vitamin D—implications for clinicians. *Nat Rev Endocrinol*; 2013 Apr 23. [Epub ahead of print]
- **Dwyer JT**, Nahin RL, Rogers GT, Barnes PM, Jacques PM, **Sempos CT**, **Bailey RL**. Prevalence and predictors of children's dietary supplement use: the 2007 National Health Interview Survey. *Am J Clin Nutr* 97:1331-1337; 2013.
- Rimmer CA, Sharpless KE, Wise SA, **Betz JM**, **Coates PM**. Standard reference materials for dietary supplement analysis. *Anal Bioanal Chem* 405:4337–4344; 2013.
- Sander LC, Bedner M, Duewer DL, Lippa KA, Phillips MM, Phinney KW, Rimmer CA, Schantz MM, Sharpless KE, Tai SS, Thomas JB, Wise SA, Wood LJ, **Betz JM**, **Coates PM**. The development and implementation of quality assurance programs to support nutritional measurements. *Anal Bioanal Chem* 405:4437–4441; 2013.
- Schantz MM, Sander LC, Sharpless KE, Wise SA, Yen JH, Nguyenpho A, **Betz JM**. Development of botanical and fish oil standard reference materials for fatty acids. *Anal Bioanal Chem* 405:4531–4538; 2013.
- **Bailey RL**, Gahche JJ, Miller PE, **Thomas PR**, **Dwyer JT**. Why US adults use dietary supplements. *JAMA Intern Med* 173:355–361; 2013.
- Branum AM, **Bailey R**, Singer BJ. Dietary supplement use and folate status during pregnancy in the United States. *J Nutr* 143:486–492; 2013.
- **Taylor CL**, Carriquiry AL, **Bailey RL**, **Sempos CT**, **Yetley EA**. Appropriateness of the probability approach with a nutrient status biomarker to assess population inadequacy: a study using vitamin D. *Am J Clin Nutr* 97:72–78; 2013.
- Tsuji PA, Carlson BA, Naranjo-Suarez S, Yoo MH, Xu XM, Fomenko DE, Gladyshev VN, Hatfield DL, **Davis CD**. Knockout of the 15 kDa selenoprotein protects against chemically-induced aberrant crypt formation in mice. *PLoS One* 7:e50574; 2012.
- Kimura T, Bier DM, **Taylor CL**. Summary of workshop discussions on establishing upper limits for amino acids with specific attention to available data for the essential amino acids leucine and tryptophan. *J Nutr* 142:2245S-2248S; 2012.
- Pencharz PB, **Russell RM**. Application of key events dose response framework to defining the upper intake level of leucine in young men. *J Nutr* 142:2225S–2256S; 2012.
- **Bailey RL**, Fulgoni VL, 3rd, Keast DR, **Lentino CV**, **Dwyer JT**. Do dietary supplements improve micronutrient sufficiency in children and adolescents? *J Pediatr* 161:837–842; 2012.
- Colegate SM, Gardner DR, Davis TZ, **Betz JM**, Panter KE. Dehydropyrrolizidine alkaloids in two cryptantha species: including two new open chain diesters one of which is amphoteric. *Phytochem Anal* 24:201–212; 2012.

Recent ODS Staff Presentations

For a complete list, see the ODS Web site: [Staff Presentations](#).

- **Experimental Biology (EB) 2013**

April 19–23, 2013, Boston, MA

For a full listing of ODS staff presentations at EB, see the ODS Web site: [Staff Presentations](#).

- **37th National Nutrient Databank Conference**
April 19, 2013, Boston, MA
Johanna Dwyer and **Leila Saldanha** participated in a presentation titled, *Dietary Supplement Label Database for Research*.
- **Indiana Dietetic Association Annual Meeting**
April 18, 2013, Indianapolis, IN
Kathryn Camp gave a presentation titled, *Nutritional Genomics: Current Controversies and Application to Dietetic Practice*.
- **University of Massachusetts-Amherst 25th Annual Virginia A. Beal Lecture**
April 18, 2013, Amherst, MA
Cindy Davis presented a lecture titled, *Diet, Supplements, and the Microbiome: The Cancer Connection*.
- **12th Annual Oxford International Conference on the Science of Botanicals**
April 15–18, 2013, Oxford, MS
Joseph Betz served on the organizing committee and chaired the session titled, *Advances in Instrumentation and Separation Technologies*, and presented a poster titled, *NIH/ODS Analytical Methods and Reference Material Program: Accomplishments and Future Directions*. **Barbara Sorkin** spoke on the *NIH Botanical Research Centers Program*.
- **Grocery Manufacturers Association Science Forum 2013**
April 3, 2013, Washington, DC
Johanna Dwyer spoke on the contributions of fortified foods to the dietary intakes of Americans.
- **University of Illinois at Chicago Norman R. Farnsworth Lectureship in Pharmacognosy**
March 22, 2013, Chicago, IL
Paul Coates presented the inaugural lecture.
- **American College of Medical Genetics and Genomics Annual Meeting**
March 22, 2013, Phoenix, AZ
Kathryn Camp co-presented a poster titled, *Select National Institutes of Health Research Activities for Newborn Screening Disorders: Creating the Evidence-Base for Past and Future Treatments*.
- **Department of Justice Consumer Protection Summit**
March 8, 2013, Washington, DC
Paul Coates was a member of the *Panel on Dietary Supplements*.
- **American Herbal Products Association Joint Meeting: Botanical Raw Materials, Standards, and Analytical Labs Committees**
March 8, 2013, San Diego, CA
Joseph Betz spoke on the *ODS Dietary Supplements Analytical Methods and Reference Materials (AMRM) Program*.
- **Critical Regulatory and Compliance Issues With the U.S. FDA in the 21st Century, USP WCDG & AOAC-SCS Joint Two-Day Regulatory & Compliance Conference**
March 7–8, 2013, Irvine, CA
On March 7, **Joseph Betz** gave a presentation titled, *Update on NIH's Activities in the Area of Dietary Supplements*.
- **NIH Rare Diseases Day 2013**
March 1, 2013, Bethesda, MD
Kathryn Camp gave a presentation titled, *Nutrition and Dietary Supplement Interventions and Rare Diseases*.
- **Scripps Center for Integrative Medicine's 10th Anniversary Natural Supplements: An Evidence-Based Update**
January 30–February 2, 2013, San Diego, CA
On February 1, **Rebecca Costello** co-presented with Paula Gardiner on *Point of Care Resources*, and **Joseph Betz** co-presented with Jay Udani on *Clinical Trials: Preparing and Evaluating the Methodology?*
- **Consumer Healthcare Products Association**
November 9, 2012, Washington, DC
Paul Coates gave a presentation titled, *The Evolving Role of ODS in Dietary Supplement Research*.

- **Protective Nutrients and Plant Constituents in Health and Disease Conference**

November 8–9, 2012, University of Surrey, Surrey, UK

Cindy Davis gave two invited lectures: on November 8, *Frontiers in Nutrigenomics and Cancer Prevention* and on November 9, *Nutrition and Cancer Prevention*.

ODS Media Appearances

Paul Coates, Ph.D., was interviewed by reporter Dan Schiff who wrote the article, “ODS Supplement Label Database nears launch, targets helping research,” published in the April 8 issue of *The Tan Sheet*, a weekly publication that reports on the dietary supplement industry. Also, **Dr. Coates** discussed energy supplements and recommended nutrient intakes with Lisa Fields, a writer for *ShopSmart* magazine, from the publishers of *Consumer Reports*.

Joseph Betz, Ph.D., described the activities of ODS’s Analytical Methods and Reference Materials program to reporter Jyllian Kemsley for her feature article titled, “Analyzing botanical dietary supplements,” in the March 18 issue of *Chemical & Engineering News*.

Paul Thomas, Ed.D., R.D., explained some of the ingredients and their purposes in energy drinks and supplements to *New York Times* reporter Barry Meier for his front-page article on January 1 titled, “Energy drinks promise edge, but experts say proof is scant.”

Kathryn Camp, M.S., R.D., CSP, was interviewed by Roxanne Khamsi, senior news editor for *Nature Medicine*, for an article about inborn errors of metabolism, including phenylketonuria, and the products available to treat them.

Carol Haggans, M.S., R.D., discussed recent research on a variety of dietary supplement ingredients and general uses of supplements with writer Brenda Goodman for her February 27 article titled, “[Do vitamin supplements make sense?](#),” online at *WebMD*.

Upcoming Events

[American Association for Clinical Chemistry Annual Meeting and Clinical Lab Expo 2013](#)

July 28–August 1, 2013, Houston, TX

Christopher Sempos will present a talk on the Vitamin D Standardization Program (VDSP) on July 29. (VDSP will share the National Institute of Standards and Technology Exhibit Booth # 2026 at this meeting.)

[AOAC Annual Meeting and Exposition](#)

August 25–28, 2013, Chicago, IL

Christopher Sempos will present a talk on the Vitamin D Standardization Program on August 26.

ODS Update provides information on news, activities, and resources from the Office of Dietary Supplements (ODS). ODS is a program office within the Office of the Director of the National Institutes of Health (NIH). The mission of ODS is to strengthen knowledge and understanding of dietary supplements by evaluating scientific information, stimulating and supporting research, disseminating research results, and educating the public to foster an enhanced quality of life and health for the U.S. population.

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About ODS

The Office of Dietary Supplements (ODS) is part of the National Institutes of Health (NIH), the principal

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