

IS IT HEART SMART TO TAKE SUPPLEMENTS YOU KNOW NOTHING ABOUT?

“All-natural” remedies sometimes contain **unreported drugs** that can damage your heart.



The FDA recalled Reumofan’s “natural” supplements for **ARTHRITIS PAIN** in February 2013 because they contained diclofenac sodium, an NSAID only legally available by prescription. Users suffered “fatalities, stroke,

severe bleeding in the gastrointestinal tract... dizziness, insomnia...high blood sugar levels and problems with liver and kidney functions, as well as corticosteroid withdrawal syndrome.” The same supplement was relabelled and sold as “WOW.”



In July 2013, the FDA reported that “B-50 Healthy Life Chemistry by Purity First” **VITAMINS** were adulterated with anabolic steroids; at least 29 users suffered adverse effects after taking them. The FDA advised healthcare professionals to be alert for

the risks of steroid use in the supplement’s users; these include stroke, pulmonary embolism and deep vein thrombosis.



In 2012, the FDA found that Intestinomicina, a **STOMACH FLU** remedy, contained an antibiotic called chloramphenicol, the oral form of which has been removed from the U.S. market because it can cause “serious and life threatening

injuries” such as bone marrow toxicity, which can lead to arrhythmia, heart enlargement and heart failure. (The medicine also contained topical antibiotics which were not safe to ingest.)



Since 2010, FDA laboratories have found more than 100 “herbal” **WEIGHT LOSS** supplements that contained sibutramine, a drug removed from the US market because it raises the risk of serious heart events — heart attack, stroke,

cardiac arrest, death — by 16 percent. In 2010, the FDA found both sibutramine and fenfluramine in a widely available supplement called Que She Herbal. Fenfluramine was withdrawn in 1997 because it causes serious heart valve damage.

If you take dietary supplements:

Consult the FDA’s Tips for Dietary Supplement Users: <http://safedr ug/safesups> and <http://safedr ug/safesups2>

Find the answers to these questions before ingesting:

- ◆ Who is selling the supplements?
- ◆ What is the purpose of the website selling the supplements?
- ◆ What is the source of information for the supplements? Do they cite references?
- ◆ Is the information about the supplements current?
- ◆ How reliable is the Internet or email solicitation for the supplements?

Remember: If a promise or price sounds too good to be true, you are better off not buying.