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Dietary Weight-Loss Supplements — What the Labels Don't Tell You

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Overview

Suggested CDR Learning Codes: 2010, 3070, 3100, 5370, 5420; Level 2 Suggested CDR Performance Indicators: 8.3.6, 10.4.1, 10.4.4, 10.4.5

This continuing education course reviews the basic regulatory issues pertaining to dietary weight-loss supplements, the ingredients commonly used in these supplements, and new concerns regarding contamination. It also provides a brief overview of FDA-approved dietary weight-loss supplements.

Course content appeared as the CPE Monthly in the June 2014 issue of Today's Dietitian.

Learning Objectives

After completing this continuing education course, nutrition professionals should be better able to:

- 1. Assess consumer use and knowledge of dietary weight-loss supplements.
- 2. Understand the differences in federal regulations between dietary weight-loss supplements and prescription weight-loss medications.
- 3. Distinguish categories of dietary weight-loss supplements based on their mechanisms of action.
- 4. Evaluate potential risks of taking dietary weight-loss supplements, including contamination and adverse side effects associated with common ingredients used in over-the-counter supplements.
- 5. Examine the factors that place individuals at higher risk of adverse effects from dietary weight-loss supplement use.

-Course summary -

Available credit:

• 2.00 CDR

Course opens: 05/30/2014 **Course expires:** 05/29/2017

Rating:

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Cost:\$24.00

Faculty

Accreditation

Register/Take course