

# 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:**



**Cost:\$24.00**

Faculty

Accreditation

Register/Take course