

Sizing Up Supplements At A New Web Site

(NAPSA)—If you take dietary supplements, you are not alone. A recent survey conducted by Harris Interactive for the Dietary Supplement Education Alliance found that six in 10 Americans (59 percent) take dietary supplements on a regular basis.

Of these regular supplement users, almost half (46 percent) take a multiple vitamin/mineral product on a daily basis and more than a third (35 percent) take single vitamins.

But many Americans may not be taking the vitamin they need or consuming the correct dose. Fortunately, a new Web site may help people better understand the benefits and appropriate use of the supplements they are taking or considering to take.

The Dietary Supplement Information Bureau Web site, www.supplementinfo.org, makes it easier for visitors to search for information about supplements.

Visitors can search by looking for information about the supplement or the health condition they are concerned about.

The site includes information on over 80 health conditions such as anxiety, depression, insomnia, colds, and flu and offers helpful information on the use of, dosage for and



Americans are eager for more information on supplements and a new Web site may help.

adverse reactions associated with over 180 supplements.

At the site, visitors can also find studies that outline the benefit of using a supplement. Through a partnership with Intramedicine, a Web-based integrative medicine research and data company, information on the site is kept up-to-date by continual reviews of the latest information on dietary supplements found in medical and scientific journals.

The site also provides information on what health claims can and cannot be made for supplements, common myths and facts and legislation concerning supplements.

For more information, visit www.supplementinfo.org.