

## DIETARY SUPPLEMENTS

## FOR CONSUMERS: REPORTING ADVERSE EVENTS ASSOCIATED WITH DIETARY SUPPLEMENT USE

“Adverse events” (i.e., unfavorable or unusual reactions/effects/illness) occur with the use of some dietary supplements. However, many consumers of these products are not aware that they can report these adverse events to the U.S. Food and Drug Administration (FDA). Others don’t know how to report something. In fact, it is important for consumers to report

adverse events such as anxiety, headaches, increased blood pressure, stroke, and other reactions—your report helps the FDA identify and take action against any unsafe products on the market. So help keep dietary supplement users safe.

***Report all suspected adverse events from dietary supplement use. Use one of the following!***

### CONSUMERS: REPORT ADVERSE EVENTS THROUGH

#### MedWatch (FDA)

- Adverse events can be reported directly to the FDA through MedWatch.
- Reports can be submitted by calling 1-800-FDA-1088, faxing the MedWatch form (available online) to 1-800-FDA-0178; or directly online by following the directions below.

**Directions:**

1. Search for “MedWatch” in a search engine or type the following address in your browser:  
**<https://www.accessdata.fda.gov/scripts/medwatch/medwatch-online.htm>**
2. Click the **BEGIN** button on the right and follow the online instructions.
3. Click the **SUBMIT** button when done.



#### Natural Medicines Watch

- Adverse events can be reported through Natural Medicines Watch (through the Human Performance Resource Center’s website).
- All AE reported through Natural Medicines Watch go to the FDA (i.e., MedWatch)!

**Directions:**

1. Type the following address in your browser:  
**[www.humanperformanceresourcecenter.org](http://www.humanperformanceresourcecenter.org)**
2. Click on the Natural Medicines icon.
3. Click on the Natural MedWATCH icon.
4. Complete the electronic form and submit when done.

