

How Your Pharmacist Can Support Safer Supplement Use

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How Are Supplements Defined and Regulated?

According to the Food and Drug Administration (FDA), a supplement is any product intended to supplement the diet that bears or contains one or more of the following dietary ingredients: **vitamin, mineral, herb or botanical, amino acid.**

- They are technically considered foods not drugs
- Product labels cannot claim to “diagnose, cure, mitigate, treat, or prevent illness”

The Manufacturer's Role	The FDA's Role
<ul style="list-style-type: none">• Responsible for ensuring that products are unadulterated and truthfully labeled BEFORE marketing	<ul style="list-style-type: none">• Responsible for taking action against any unsafe dietary supplement AFTER it reaches the market

**Supplement oversight depends largely on post-market monitoring and manufacturer responsibility, and with limited regulatory resources, this can lead to delays in identifying issues or inconsistencies in product quality and labeling.

Third Party Certifications to Look Out For:

1. **United States Pharmacopeia (USP)**
 - Contains ingredients on the label
 - Has amount of ingredient listed on the label
 - Has been screened for harmful contaminants
 - Has been made using safe manufacturing procedures



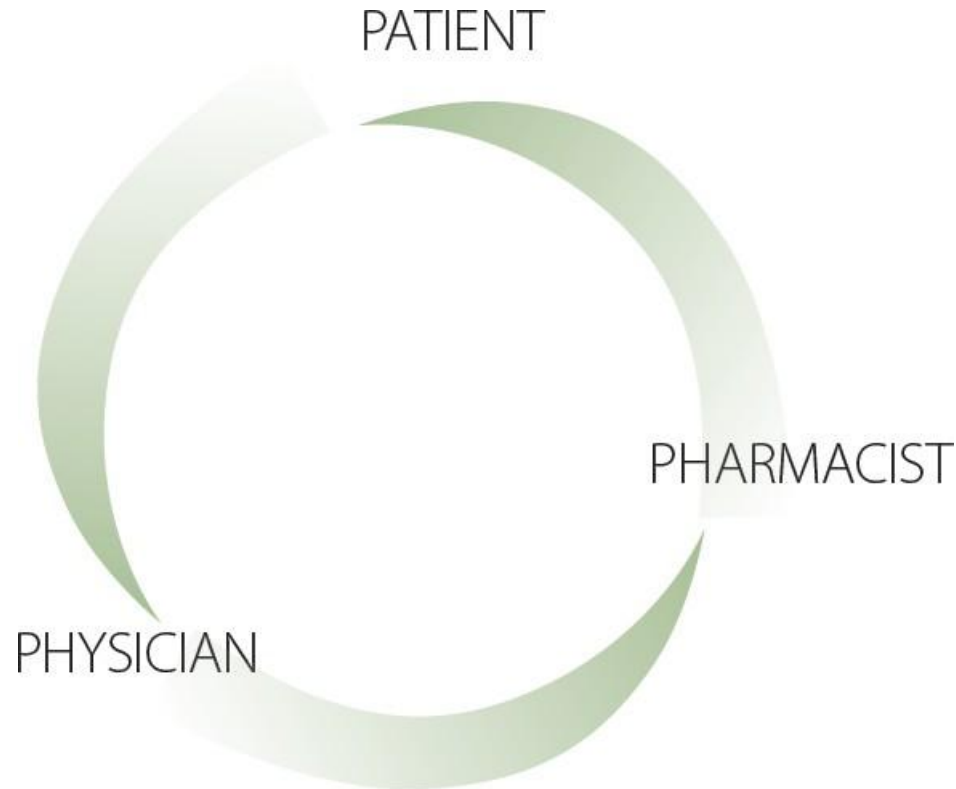
2. **Consumer Lab:**
 - Purchases products on the open market (not from manufacturer)
 - Define criteria for each product
 - Review is online



3. **National Sanitation Foundation (NSF) International:**
 - Inspects facilities for good manufacturing practices
 - Verifies product labeling
 - Looks for unacceptable levels of contaminants



The Pharmacist's Role in Medication Safety



Pharmacists are highly trained, accessible medication experts who collaborate with your physicians to improve your health outcomes.

Their role includes:

- **enhancing medication safety**
- **providing patient counseling,**
- **and increasing healthcare access.**

Products Pharmacists Can Provide Guidance On:

- Any health products you put in or on your body, including **nonprescription medications, vitamins, minerals, dietary supplements AND herbals.**
- These interactions:
 - Drug-drug
 - Drug-food
 - Drug-supplement



How To Find a Patient-Centered Pharmacist

The **CPESN® USA Map of Pharmacies** is an online locator tool that finds participating independent community pharmacies that offer enhanced, patient-centered services beyond just dispensing medication.

With more than 3,500 pharmacies, CPESN USA covers 85% of the nation's population.



<https://cpesn.com/pharmacy-locator>

How To Get the Most Out of Pharmacy Services

- Get to know your pharmacist
- Fill all (or most) of your medications at one pharmacy
- Keep a list of all the medications you are putting in or on your body – including nonprescription medications, vitamins, minerals, dietary supplements AND herbals
- Ask if the cash price is the same or a cheaper than running it through insurance
- Always ask your pharmacist *what is the one thing I need to know about this medication before I start taking it?*



Pharmacist-Recommended Resources:

[MedlinePlus | National Library of Medicine:](#)

Drug, herb and supplement information geared towards consumers

[National Centers for Complementary and Alternative Medicine:](#)

Database of research on complementary products and practices

[NatMed Pro:](#)

Database providing information on dietary supplements, herbal medicines, and integrative therapies

[American Botanical Council | HerbMed:](#)

Database linked through PubMed, providing evidence on herbal products

[MedWatch:](#)

The FDA's safety information and adverse event reporting program