

About MedShadow

MedShadow Foundation was founded in 2013 by Suzanne Robotti. We are a 501(C)3 nonprofit that focuses on the safest ways to take over-the-counter (OTC) and prescription (Rx) drugs.

While medications have many benefits, it's essential to know how to balance these against their potential side effects. In fact, our name reflects the fact that side effects can sometimes be difficult to recognize, which is why we work to illuminate and explain medication reactions that may be minimized or obscured. We also help people consider integrative health options including nutrition, exercise and lifestyle changes to optimize one's health.

At MedShadow, we provide evidence-and science-based information, independent of pharmaceutical influence. Our service and investigative journalism enables people to make informed decisions in their everyday lives. We also strive to stimulate public conversation aimed at reforming the drug manufacturing processes to ensure that we are all better protected.

We do not receive any financial support from the pharmaceutical or supplement industries and we require that all our staff, writers, advisors and other partners also be free from any remunerative relationships with such companies.



About our Founder

Suzanne Robotti was motivated to found MedShadow because she had been harmed by an adverse event caused by the drug diethylstilbestrol (DES). She writes and speaks extensively on known and lesser known side effects, interactions, and supply chain issues related to OTC and prescription drugs. As a patient safety advocate, Robotti served on the FDA Advisory Committee on Drug Safety and Risk Management from 2017-2024. She is also a member of the Pace University Advisory Board for the College of Health Sciences.

Our Projects: Changes We Want to Help Keep People Safer

Report Drug Side Effects

A landmark review of 37 studies across 12 countries, including in the U.S., found that drug side effects went unreported 94% of the time. Regular reporting can trigger the next investigation, protecting the others from preventable harm.

More Pharmacists and Better Working Conditions

Pharmacies are disappearing fast. Since 2010, nearly one in three U.S. pharmacies has closed. Millions of people depend on pharmacists to bridge gaps in healthcare access. This makes the rapid rate of pharmacy closures and widespread burnout so alarming.

Increase FDA Lab Inspections

More than 2,000 pharmaceutical plants, overseas and in the U.S., have not been inspected by the FDA in 5+ years. This represents 42% of all 4,700 plants currently registered to produce drugs for the U.S., including medications such as antibiotics, blood thinners, and cancer treatments.

Improve Generic Drug Safety

When some patients refill their medications, they feel like they're "playing Russian Roulette." Why? Because they're never certain which version of the medication they'll receive, and what kinds of undesired side effects will occur. The generic supply chain is in need of changes across government agencies and suppliers.