

NATIONAL



AUTHORITY

15th May 2018

417/NDA/DPS/05/2018

CIRCULAR NO. 14

To Members of the Public

USE OF DIETARY SUPPLEMENTS

The purpose of this communication is to inform you that National Drug Authority (NDA) is mandated to ensure that medicines available on the market are of good quality, efficacious and safe for use. For this matter therefore, this serves to notify the public that NDA has not evaluated dietary supplements for curative, preventive and diagnostic purposes.

Background

Dietary supplements are products intended to supplement and meet nutritional deficiencies. They present in a variety of forms including tablets, capsules, powders, drinks, energy bars among others.

Dietary supplements are widely claimed to be of importance in body building, weight loss, reduction of stress/anxiety and enhanced immunity however these have not been scientifically proven and they can be used with advice of the Health care professional.

Some organizations and individuals, however, tend to market and sell products, labeled as "supplements", to members of the public with claims that they can be used to treat medical conditions such as diabetes, high blood pressure, asthma, syphilis, joint pain, obesity among others. Supplements can be used to get adequate amounts of essential nutrients but they are **not** to take the place of medicine in treating any medical condition.

Advice and Caution

- Do not take dietary supplements to treat a health condition without consulting a qualified health care worker.
- Do not take supplements in place of, or in combination with, prescribed medications without your health care worker's approval.
- It is critical to always report/disclose the use of dietary supplements to healthcare providers since dietary supplements can interact with certain prescription drugs in ways that might cause problems. They can also have side effects especially if someone is taking a combination of supplements.
- Provide the dietary supplement package to your healthcare provider for appropriate advice.

Thank you for your continued cooperation.


Victoria Nambasa

FOR: DIRECTOR PRODUCT SAFETY

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OUR MISSION

Promoting and protecting public health
through the effective regulation of human
and animal medicines and healthcare
products

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