



安全使用

保健產品

SAFE USE OF DIETARY SUPPLEMENTS

近

年來，保健產品越來越普及，已發展成爲一個可賺到數十億美元的行業。人們服用保健產品大都出於健康的原因，或是爲了緩解疼痛，或是爲了預防或治療癌症。作爲消費者，你也許想知道，這些食品標籤上的功效聲明是否真的可靠，這些產品是否真的安全有效。爲此你應了解.....

什麼是保健產品？

保健產品是指含有一種或多種營養成分（包括維生素、礦物質、草藥、氨基酸 (amino acids)、酶類 (enzymes) 和其他物質）或以上成分組合的食品。保健產品的形式多樣，可以是丸劑、膠囊、片劑或液體狀。由於保健產品並非用來診斷、預防、治療或治癒任何疾病，廠家在法律上不可做出這些功效聲明。

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ietary supplements have gained in popularity during recent years and have grown into a multi-billion dollar industry. Most people take supplements for health-related reasons, from pain relief to preventing or curing cancer. As a consumer, you may wonder if the health claims on the product labels are really true and if they are safe to use. So.....

What Is A Dietary Supplement?

A dietary supplement is a product that contains one or more dietary ingredients (including vitamins, minerals, herbs, amino acids, enzymes, and other substances) or their components. It can be in pill, capsule, tablet, powder or liquid form. Since dietary supplements are not intended to treat, diagnose, prevent, or cure any disease, manufacturers may not legally make such claims.

How Are Dietary Supplements Regulated?

Dietary supplements are regulated by the U.S. Food and Drug Administration (FDA). However, they are regulated as foods rather than drugs. The companies who make dietary supplements

保健產品的管制

在美國，保健產品由美國食品及藥物管理局 (FDA) 進行管制。然而，FDA 將保健產品視為食品而非藥品進行管制。生產保健產品的公司無需證明其產品的療效，也無需對其產品的安全劑量進行測試。保健產品無需遵守藥品安全性和有效性的嚴格標準、也不需經過 FDA 的分析和批准，就可上架銷售。只有上市的产品被發現有害時，FDA 才會採取行動。由於管制的有限性，不同廠家宣稱的產品品質和功效可能會各不相同。

爲了增加對消費者的保護，FDA 如今要求廠家對其產品的特性、純度、強度和成份進行核實。但願此新規則的施行，有利於確保保健產品不含污染物，並且所含的成分與標籤所述一致。

服用保健產品前，你需要瞭解如下事項：

服用任何保健產品之前，請記得諮詢專業人士（例如醫生、藥劑師、護士或營養師）。這點非常重要，尤其是處於懷孕期或哺乳期的婦女、準備接受外科手術或患有慢性疾病的人士，兒童和老人也不例外。

請記住，有些保健產品可能會引起過敏反應，或者帶來有害的或意想不到的副作用。如果與其他保健產品或藥物混合服用，或者代替處方藥物，可能會導致嚴重的健康問題，例如腎、肝、或心臟衰竭、出血增多、血壓或血糖的升高。實踐證明，長期服用某些保健產品會增加某類癌症的發生率。

做個聰明及小心的消費者

在購買保健產品之前，請問自己：
我真的需要嗎？

健康的飲食包含豐富及不同顏色的鮮果、蔬菜、全穀食品、低脂乳製品和瘦的肉類。這些通常足以滿足我們的營養需求。事實上，服用大量的保健產品

弊大於利。例如，大量地服用某些維生素和礦物質可能會導致中毒。有些保健產品不僅昂貴，而且不一定能帶來你所期待的功效。

它真的好到難以置信嗎？

如果是，你必須在購買前再三考慮。

請特別提防下列產品：

- 自稱是"全天然和絕對安全"的產品；
- 自稱可以預防、治療或治癒多種疾病，並且沒有任何副作用的產品；
- 保證立刻或快速見效的產品；
- 在廣告中利用個人或名人名聲推薦的產品。

如果正確服用，大多數保健產品還是對人體安全的。請勿自我診斷或自我治療任何健康問題。你必須知道：

- 天然的未必都是安全的；
- 保健產品可能會帶來嚴重的副作用；
- 保健產品不能代替處方藥物；
- 保健產品不得取代健康的飲食習慣和生活方式；
- 大多數保健產品的保健功效並非絕對有效。

如有健康問題，必須記得請醫生診治，並且學會如何安全地保持或取得身體健康。

如有問題何處去彙報

如果你因爲服用保健產品而產生嚴重的副作用，請馬上向您的醫生彙報。你也可以向 FDA 報告：

1-800-332-1088

www.fda.gov/medwatch

do not need to prove that their product works, nor do they have to test for a safe dose. Dietary supplements are not analyzed by FDA, are not subject to the same strict standards of safety and effectiveness as drugs, and do not require FDA approval before going on sale. After a product reaches the market, FDA has the responsibility to take action only if the product turns out to be harmful. Because of limited regulation, the quality and strength of the products can vary greatly from one manufacturer to another.

To increase consumer protection, FDA now requires manufacturers to verify the identity, purity, strength, and composition of their products. Hopefully, the new rule will help to ensure that dietary supplements contain what their labels say and are free of contaminants.

What You Need to Know Before Using Dietary Supplements

Always check with your health care professional (doctor, pharmacist, nurse, or dietitian) before taking any supplements. This is especially important if you are pregnant or breastfeeding, are planning to have surgery, or have a chronic medical problem. Children and the elderly are no exceptions.

Keep in mind that some supplements may cause **allergic reactions** or have **unwanted** or **unexpected side effects**. Using them in combination with other supplements or medications, or substituting them in place of prescribed medications could lead to serious health problems such as kidney, liver, or heart failure, increased bleeding, blood pressure or blood sugar levels. Long-term use of some supplements has also been shown to increase the risk of certain cancers.

Be Safe and Smart

Before buying a dietary supplement, ask yourself these questions:

Do I really need it?

A healthy diet containing plenty of colorful fresh fruits and vegetables, whole grains, low fat dairy products and lean

protein is usually sufficient to meet most of our nutritional needs. In fact, taking large amounts of supplements may do more harm than good. For example, taking huge doses of certain vitamins and minerals can be toxic. Some supplements are expensive and may not necessarily provide you with the benefits that you expect.

Does it sound too good to be true?

If your answer is YES, you should probably think twice before buying the product.

Beware of a product that:

- Claims to be "all natural and totally safe"
- Claims to prevent, treat or cure multiple diseases without any side effects
- Promises instant or fast results
- Uses personal testimonials or celebrities in their advertisements

Most dietary supplements can be safe when used properly. Never self diagnose and/or self treat any health condition. Know that:

- Natural does **not** always mean safe
 - Supplements may have serious side effects
 - Supplements should **not** replace prescribed medications
 - Supplements should **not** be a substitute for a healthful eating habit and lifestyle
 - Health benefits of most dietary supplements are **not** conclusive
- Always seek proper medical advice and learn how to safely maintain and achieve good health.

Where to Report a Problem

If you experience a serious side effect or illness from a dietary supplement, report this to your health care provider, or to the FDA:

1-800-332-1088

www.fda.gov/medwatch



Where to Get More Information 如何獲取更多的資料

U.S. Food and Drug Administration 美國食品及藥物管理局
 Center for Food Safety and Applied Nutrition 食品安全及應用營養中心
www.cfsan.fda.gov www.cfsan.fda.gov

National Institutes of Health 全美衛生學院
 Office of Dietary Supplements 保健產品辦公室
www.ods.od.nih.gov www.ods.od.nih.gov



ANNOUNCEMENT 華康醫務中心通告

Beginning August 1st, 2007, Excelsior Health Services will provide pediatric services. Dr. Tina Kwan will join the group. If you wish to make an appointment, please contact:
 華康醫務中心(外米慎區診所)將在2007年8月1日開始增加兒科服務。關郭太元兒科醫生將會在該中心駐診。如需預約時間,請聯絡:

外米慎區華康醫務中心
 Excelsior Health Services
 888 Paris St., #202
 San Francisco, CA 94112
 (415) 677-2488

www.cchrhealth.org

中英雙語健康資訊網站
 Bilingual Health Information Website



健康為快樂之本,而預防則勝於治療。歡迎上網瀏覽華人社區健康資源中心的雙語健康資料網站。您可以不費分文查閱或印出你所需的上百種不同題材的中英雙語健康資料。
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