

How about those products that claim to cure all kinds of serious conditions?
They usually don't work; and they could be dangerous.



Products that over-promise usually under-deliver.

For more information, visit

[ftc.gov/health](https://www.ftc.gov/health)



DON'T ASSUME A "NATURAL" PRODUCT IS SAFE OR EFFECTIVE.

Even if it's available without a prescription, a dietary supplement can have serious side effects, especially if you have a health condition, take prescription drugs or plan to have surgery.

BEWARE OF ADS THAT USE MEDICAL MUMBO JUMBO.

Anyone can use big words from a medical dictionary. And anyone can dress up like a doctor for an ad.

"SCIENTIFIC BREAKTHROUGH?"

Not so fast. Genuine medical discoveries make headlines. If the first you hear about a product is in an ad or online, keep your guard up.

TESTIMONIALS AREN'T NECESSARILY SO.

There's no guarantee that they feature true stories or real patients.

BEFORE YOU TRY A NEW PRODUCT – EVEN ONE THAT COSTS ONLY A FEW DOLLARS – TALK TO YOUR HEALTHCARE PROVIDER.

Ask about research to support the product's claims – and about risks or side effects.

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