



# Consumer Affairs Tabloid



Keeping you in the "KNOW"

287- CITY

Army Community Service Financial Readiness Branch

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## Federal Trade Commission

'Miracle' Health Claims: Add a Dose of Skepticism [www.ftc.gov/bcp/edu/pubs/consumer/health/hea07.shtm](http://www.ftc.gov/bcp/edu/pubs/consumer/health/hea07.shtm)

### How to Spot False Claims

When evaluating health-related claims, be skeptical. If something sounds too good to be true, it usually is. Here are some signs of a fraudulent claim:



- Promotions that use words like "scientific breakthrough," "miraculous cure," "exclusive product," "secret ingredient" or "ancient remedy." For example: "A revolutionary innovation formulated by using proven principles of natural health-based medical science."
- Text that uses impressive-sounding terms like these for a weight-loss product: "hunger stimulation point" and "thermogenesis."
- Undocumented case histories or personal testimonials by consumers or doctors claiming amazing results. For example: "My husband has Alzheimer's [disease]. He began eating a teaspoonful of this product each day. And now in just 22 days he mowed the grass, cleaned out the garage, weeded the flower beds and we take our morning walk again."
- Limited availability and advance payment requirements. For example: "Hurry. This offer will not last. Send us a check now to reserve your supply."
- Promises of no-risk "money-back guarantees." For example: "If after 30 days you have not lost at least 4 pounds each week, your uncashed check will be returned to you."

## From the Files of Fort Hood's Consumer Affairs Office



### All natural – not always safe

Consumers are bombarded with advertisements making false claims stating 'natural' supplements are pure, safe alternatives and can cure whatever ails you. Are you really positive the company you bought your vitamins from regulates the amount and type of ingredients added to that pretty pink pill? After all hemlock, arsenic, and poisonous mushrooms are 'all natural.'

Under the law, manufacturers of dietary supplements are responsible for making sure their products are safe before they go to market. They are also responsible for determining that the claims on their labels are accurate and truthful. Dietary supplement products are not reviewed by the government before they are marketed. See reverse side for information on tainted weight loss pills.

For more information on Dietary Supplements check out "Tips For The Savvy Supplement User: Making Informed Decisions And Evaluating Information" from the U.S. Food & Drug Administration at the following link: [www.cfsan.fda.gov/~dms/ds-savvy.html](http://www.cfsan.fda.gov/~dms/ds-savvy.html).

Back issues of the Consumer Affairs Tabloid are available on the Financial Readiness section of the ACS website at [www.hoodmwr.com/acs](http://www.hoodmwr.com/acs).



### FDA Expands Warning to Consumers About Tainted Weight Loss Pills.

The U.S. Food and Drug Administration is expanding its nationwide alert to consumers about tainted weight loss pills that contain undeclared, active pharmaceutical ingredients. On December 22, 2008, FDA warned consumers not to purchase or consume 28 different products marketed for weight loss. Since that time, FDA analysis has identified 41 more tainted weight loss products that may put consumers' health at risk.

The tainted weight loss products are:

Fatloss Slimming	2 Day Diet	3x Slimming Power
Japan Lingzhi 24 Hours Diet	5x Imelda Perfect Slimming	3 Day Diet
7 Day Herbal Slim	8 Factor Diet	7 Diet Day/Night Formula
999 Fitness Essence	Extrim Plus	GMP
Imelda Perfect Slim	Lida DaiDaihua	Miaozi Slim Capsules
Perfect Slim	Perfect Slim 5x	Phyto Shape
ProSlim Plus	Royal Slimming Formula	Slim 3 in 1
Slim Express 360	Slimtech	Somotrim
Superslim	TripleSlim	Zhen de Shou
Venom Hyperdrive 3.0	Starcaps	Slim Waistline
Slim Waist Formula	Slim Up	Sliminate
Slim Fast	2x Powerful Slimming	Slim Express 4 in 1
Reduce Weight	Super Fat Burner	Super Slimming
Sana Plus	Trim 2 Plus	Powerful Slim
Waist Strength Formula	Slimming Formula	Perfect Slim Up
Slim Burn	Slim 3 in 1 Slim Formula	Slim 3in1 M18 Royal Diet
Slim 3 in 1 Extra Slim Waist Formula	Slim 3 in 1 Extra Slim Formula	Natural Model
2 Day Diet Slim Advance	Miaozi MeiMiaoQianZiJiaoNang	Meizitang
Meili	JM Fat Reducer	Imelda Fat Reducer
7 Days Diet	Extrim Plus 24 Hour Reburn	Fasting Diet
Cosmo Slim	Body Slimming	Body Shaping
Body Creator	BioEmagrecin	3 Days Fit
21 Double Slim	Eight Factor Diet	7 Diet



An FDA analysis found that the undeclared active pharmaceutical ingredients in some of these products include sibutramine (a controlled substance), rimonabant (a drug not approved for marketing in the United States), phenytoin (an anti-seizure medication), phenolphthalein (a solution used in chemical experiments and a suspected cancer causing agent) and bumetanide (a diuretic). Some of the amounts of active pharmaceutical ingredients far exceeded the FDA-recommended levels, putting consumers' health at risk.

These weight loss products, some of which are marketed as “dietary supplements,” are promoted and sold on various Web sites and in some retail stores. Some of the products claim to be “natural” or to contain only “herbal” ingredients, but actually contain potentially harmful ingredients not listed on the product labels or in promotional advertisements. These products have not been approved by the FDA, are illegal and may be potentially harmful to unsuspecting consumers.