

Nutritional Supplement Safety, Already a Known Problem, is Further Compromised With FDA Staff Reductions

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NOTICE:

While we strive to ensure the accuracy of this information, it may not be safe or effective for you. Contact your healthcare provider before embarking on any new self-treatment.



You need to know this.

Supplement safety is important, and it can dramatically affect your life.

The risks are real. Here is one very sad example:

In 2023, a baby died after being given a popular nutritional supplement with the permission of the doctor. The bacterial pathogen that killed the child was identified and confirmed, by DNA analysis, to be from the supplement. The pathogen had not been screened for by the manufacturer. (Citation is below).

Supplements, also known as nutraceuticals, are on the same shelf with over-the-counter drugs, so many consumers assume that they are subject to the same FDA oversight, but that is not true. When it comes to toxins and pathogens such as bacteria, yeast, molds parasites, heavy metals and pesticides, there is little or no testing required. To make things worse, FDA staff shortages are affecting the agency's enforcement ability.

Third party seals on the label, such as USP, NSF and ConsumerLab do not guarantee safety.

According to a Consumer Reports investigation:

“Such a seal [USP, NSF and ConsumerLab] doesn’t guarantee that a product is safe or that it does what it’s claimed to do, but it offers some assurance that you’re getting what’s on the label”. [A direct quote from Consumer Reports VOL 86 NO 12 December 2021 p. 41.]

Who should care?

This is important for all of us, especially Individuals who are concerned about their immune system function, cancer and HIV survivors, children, elderly and persons weakened by the challenges of other diseases and treatments.

Disease-causing pathogens and adulterants linked to cancer, infection and sometimes deaths, have no place in the products we use to maintain our health.

How do you find a product that is safe?

Our recommendation is to consider the Safe & Sound® products that are tested and screened for more than 200 known bacteria, yeasts, molds, parasites, heavy metals and pesticides that have been found in the supplement/food chain.

If you want to shop around, here are some tips to find out what your favorite supplement manufacturer does for safety.

1. Check the label.

If there is no mention of the safety details on the label, you can go to step 2.

2. Call or write their customer service and ask for verification, preferably in writing. Here are the questions you should ask:

- a. Has your product been tested for compliance with California Proposition 65 (the gold standard for avoiding carcinogens such as heavy metals and pesticides)?
 - i. If the answer is yes, ask for written confirmation with details.
 - ii. If they cannot confirm, it's time to move on.
- b. Has your product been tested for all potential bacteria, yeasts, molds and parasites?
 - i. If the answer is yes, ask for written confirmation with details. There are more than 20 pathogens (such as bacteria) that are found in the food/supplement supply-chain so testing just one or two doesn't assure safety.
 - ii. If they cannot confirm, it's time to move on.

We recommend the Safe & Sound® nutritional supplements that are screened for more than 100 bacteria, yeasts, molds, parasites, heavy metals and pesticides. All Safe & Sound® products comply fully with California Proposition 65 and are available at VitaQual.com.

References

1. <https://www.cbsnews.com/news/fda-warning-probiotics-preterm-infant-death-linked-evivo/#:~:text=The%20Food%20and%20Drug%20Administration,company%20said%20in%20its%20statement.>
2. <https://www.fda.gov/media/172606/download.>

[Click here](#) to visit Northwest Natural Health Specialty Care Clinic website.

[Click here](#) to visit VitaQual.com website.