



Council for Responsible Nutrition®

The Science Behind the Supplements®



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Contact: Season Solorio, CRN, at 202-204-7682
Tracy Taylor, NPA, at 202-204-4723

Dietary Supplement Caucus Briefing Discusses the Habits of Highly Healthy People

—Briefing Educates Congressional Staffers on the Benefits of Supplements—

Washington, D.C., *June 15, 2009* – The Congressional Dietary Supplement Caucus, in cooperation with the two leading trade associations representing the dietary supplement industry, the Council for Responsible Nutrition (CRN) and the Natural Products Association (NPA), recently hosted the third of a series of lunch briefings since the Congressional Dietary Supplement Caucus was founded. The briefings are aimed at educating Congressional staffers on important issues related to the dietary supplement industry.

William Cooper, M.D., medical director of Cardiovascular Surgery, Wellstar-Kennestone Hospital in Marietta, Ga., and assistant professor of Cardiothoracic Surgery, Emory University School of Medicine, spoke to more than 90 attendees about the importance of using dietary supplements as part of an overall healthy lifestyle. Dr. Cooper also offered advice for how supplements can play an important role in prevention and healthcare reform.

“When you get to me, you really don’t want to buy what I’m selling,” said Dr. Cooper, referring to his heart surgery specialty. He encouraged the individuals in the audience to focus on preventative health, rather than the current sick-care health system that is in place. “As a nation, we are consistently inconsistent. But there are simple things that all of us can do everyday to better our health—and that includes taking dietary supplements.”

Dr. Cooper said that he personally takes fiber, fish oil supplements and a multivitamin every day. He also recommends these supplements to his patients for good heart health. Personally and professionally, he believes that these supplements, along with healthy nutrition and regular exercise, can make a big difference in overall health and wellness.

Dr. Cooper isn’t alone in his beliefs. According to the “Life...supplemented” Healthcare Professionals (HCP) Impact Study, 73 percent of cardiologists believe this regimen—healthy diet + vitamins and other supplements + exercise—is essential for a healthy heart. The study also showed that 72 percent of the nation's cardiologists recommend dietary supplements to their patients, and more than half (57 percent) take supplements themselves.

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“Healthcare reform will happen in this country when you and I change our habits to be healthier,” said Dr. Cooper.

Co-chairs of the Congressional Dietary Supplement Caucus, Rep. Jason Chaffetz (R-UT) and Rep. Jared Polis (D-CO) agreed with Dr. Cooper that dietary supplements have many health benefits.

“Prevention is the most cost-effective initiative to contain costs in healthcare and dietary supplements are an important part of prevention,” said Rep. Polis.

Rep. Chaffetz echoed his co-chair’s comments, saying, “I know that these products provide so much benefit for consumers. I’m a product of it.”

Co-chair, Rep. Dan Burton (R-IN) was also in attendance. This event was the first of three briefings taking place this year and the briefings will continue to take place quarterly in subsequent years. Each briefing will focus on topics relevant to the dietary supplement industry and wellness arena and will feature speakers who will address the latest science and offer practical information. These briefings will also serve to position the Dietary Supplement Caucus as the experts when it comes to educating Congress on dietary supplement legislation and regulation.

For photos from this event, please contact Season Solorio at ssolorio@crnusa.org or at 202-204-7682.

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The **Council for Responsible Nutrition (CRN)**, founded in 1973, is a Washington, D.C.-based trade association representing dietary supplement manufacturers and ingredient suppliers. In addition to complying with a host of federal and state regulations governing dietary supplements, CRN members also agree to adhere to voluntary guidelines for manufacturing, marketing and CRN’s Code of Ethics. Visit www.crnusa.org.

The **Natural Products Association (NPA)**, founded in 1936, is the largest and oldest non-profit organization dedicated to the natural products industry. The Natural Products Association represents more than 10,000 retailers, manufacturers, wholesalers and distributors of natural products, including foods, dietary supplements, and health/beauty aids. As the leading voice of the natural products industry, the Natural Products Association's mission is to advocate for the rights of consumers to have access to products that will maintain and improve their health, and for the rights of retailers and suppliers to sell these products.