

W e l c o m e

crnusa.org/welcome



Council for Responsible Nutrition

The Science Behind the Supplements



Some of the companies & brands CRN represents



CRN membership offers you
ACCESS, INFORMATION, and a VOICE.

ACCESS to CRN STAFF

Focused solely on supplements and functional food.

CRN is a staff of professionals who start every day with the **singular goal** of improving the climate for responsible companies to develop, source, manufacture, and market **science-backed dietary supplements, functional food, and their ingredients**—and a collection of over 200 companies who **share that passion**.

CRN Senior Staff



Steve Mister, Esq., CAE
President & CEO



Andrea Wong, Ph.D.
SVP, Scientific &
Regulatory Affairs



Megan Olsen
SVP &
General Counsel



Julia Gustafson
VP, Government
Relations



Jeff Ventura
VP, Communications



Gretchen Powers
VP Marketing &
Member Experience



Jim Griffiths, Ph.D.
SVP, International &
Scientific Affairs



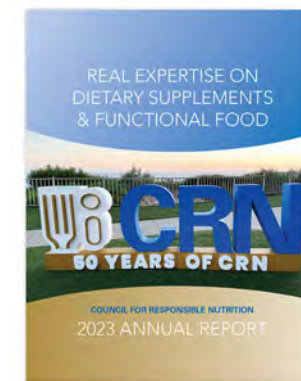
Luke Huber, N.D., MBA
VP, Scientific &
Regulatory Affairs



Haiyuen Nguyen
VP, Regulatory &
Nutrition Policy



Marc Rucker, MBA, CAE
VP, Finance &
Administration



[DOWNLOAD FULL REPORT \(PDF\)](#)

www.crnusa.org/staff

The screenshot shows the CRN website with a green navigation bar at the top containing the following links: RESOURCES, REGULATION/LEGISLATION, NEWSROOM, EVENTS/EDUCATION, COMMITTEES, and MEMBERSHIP. A search icon is located on the right side of the navigation bar. Below the navigation bar, the CRN logo is displayed on the left, followed by the tagline "The Science Behind the Supplements". To the right of the logo, the word "ABOUT" is partially visible. A dropdown menu is open, listing the following options: "Join CRN", "Our Members", "Our Board of Directors", "Profiles in Leadership", "CRN Staff" (highlighted with a mouse cursor), "CRN Committees", "The CRN SUPPLEMENT", "My CRN—for Members", and "Self-service Member Portal". A "LOG OUT" button is visible in the top right corner. The main content area features a section titled "CONSUMER DATA" with the sub-heading "Optimizing wellness". Below this, a paragraph reads: "Did you know that 74% of U.S. adults use dietary supplements and most agree they are essential to maintaining their health? Learn more about what consumer think about dietary supplements from CRN's annual survey results." A "READ MORE" button is located at the bottom of this section. The background of the page shows a blurred image of a smiling woman holding a glass of water.

Safelist CRN

Please safelist noreply@axioshq.com and consider adding it to your contact list to ensure you receive the CRN Supplement weekly newsletter in your inbox and it does not get blocked as spam.

For other CRN emails, more information from the blast email system we use, Constant Contact is available via our website:

www.crnusa.org/safelist-crn

It's a great idea to safelist all our staff emails or if available a "wildcard*" for any email "@crnusa.org."

INFORMATION email, website, social

Council for Responsible Nutrition

REGULATORY AFFAIRS COMMITTEE



Powered by AXIOS HQ

THE CRN

SUPPLEMENT

WEEKLY MEMBER UPDATE

This message

Dear RAC Members:

Please join us for the **2pm ET/11am PT**. R your calendar using t the meeting, please t clicking on the agenc

Council for Responsible Nutrition

GOVERNMENT RELATIONS COMMITTEE



Dear Members of CRN's Government Relations Committees and Sports Nutrition Working Group:

As you know, there are still active state bills that aim to ban the dietary supplements for weight loss and muscle building to con under eighteen years of age. It is our priority to keep CRN me apprised as we continue to monitor and oppose these onerous proposals in legislatures across the country.

Massachusetts: As we reported last week, the proposed [Hou](#)

[Register](#)

THE CRN

SUPPLEMENT

ALERT

INTERIM ALERT

Smart Brevity® count: 1.5 mins...449 words

JAMA Network Open Study Examines Weight Loss Dietary Supplements Marketed Online to Military Personnel

A study titled "[Label Accuracy of Weight Loss Dietary Supplements Marketed Online with Military Discounts](#)" was published yesterday in **JAMA Network Open**. This study assesses the label accuracy of 30 weight loss dietary supplements purchased online from companies that offer military discounts. The findings claim

mins...1403 words

with drug preclusion

regulation, and TiO2 updates

ance Fox News, other


our brands from counterfeit

link between supplements

es on brain health

Council for Responsible Nutrition

LEGAL COMMITTEE



Dear Members of CRN's Legal Committee:

CRN is preparing a letter to the FTC regarding our [2023 FTC Substantiation Petition](#) and our follow-up meeting with FTC staff. The letter will clarify some of the points made during the meeting and again ask FTC to update their guidance to reflect the flexibility for substantiation that is part of the law and been discussed by FTC staff at industry conferences.

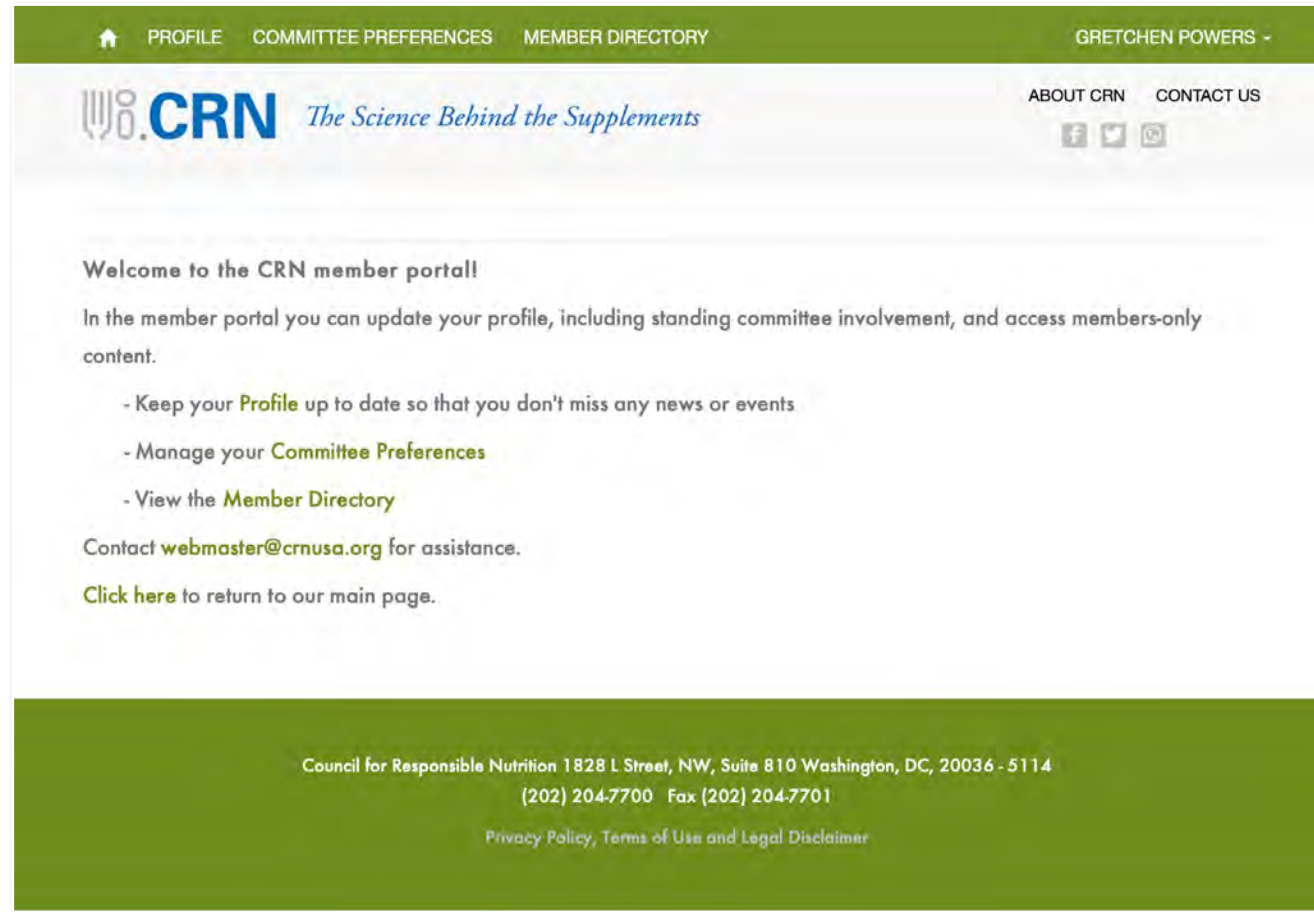
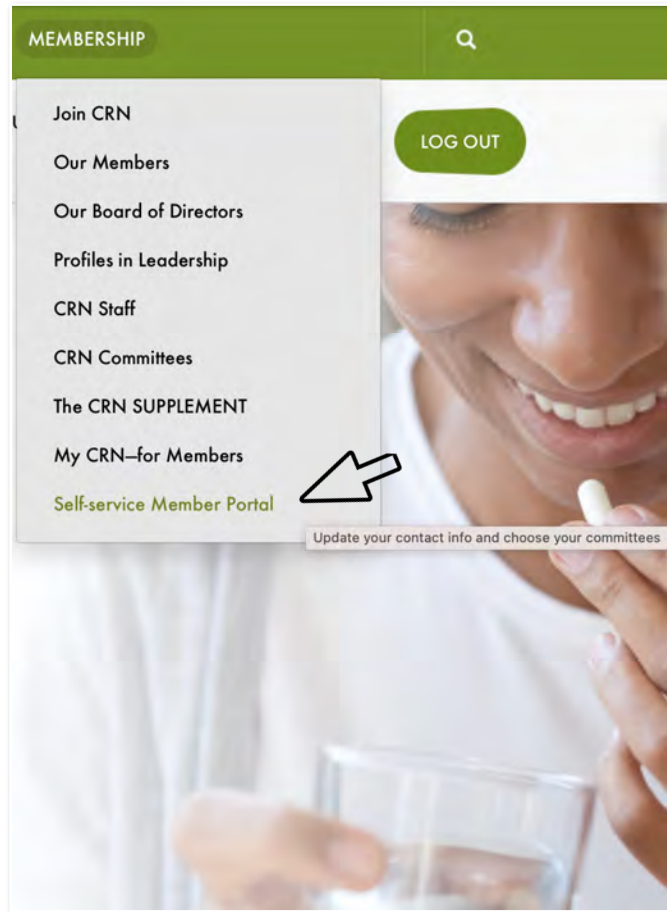
Deadline for Comment: Please provide your comments on [this draft](#) no later than COB on Thursday, May 9. Please send any questions.



INFORMATION email, website, social

The image displays two screenshots of the CRN website. The left screenshot shows the 'About' dropdown menu with the following items: Join CRN, Our Members, Our Board of Directors, Profiles in Leadership, CRN Staff, CRN Committees, **The CRN SUPPLEMENT** (highlighted with a mouse cursor), My CRN—for Members, and Self-service Member Portal. The right screenshot shows the 'Standing Committees' dropdown menu with the following items: Communications, Marketing & Media Outreach (highlighted with a mouse cursor), Government Relations, Health Care Practitioner Forum, International Trade & Market Development, Legal, Membership, Regulatory Affairs Committee, Retailer Relations Forum, Senior Scientific Advisory Council, and Working Groups, ETC.

INFORMATION email, website, social



INFORMATION



RESOURCES REGULATION/LEGISLATION NEWSROOM EVENTS/EDUCATION COMMITTEES MEMBERSHIP

CRN *The Science Behind the Supplements* ABOUT CRN CONTACT US MY ACCOUNT LOG OUT

EVENTS/EDUCATION

Events and Education

EDUCATION

See the feed below for updates on upcoming webinars and virtual meetings. Looking for a past event or on-demand access? Check out our [webinars page](#) here.

CRN members: Be sure you are logged in to see all of our offerings, including those for members only.

Events

< > today May 2024 month list

May 2, 2024	Thursday
• WEBINAR: Understanding Extended Producer Responsibility (EPR) Requirements	
May 9, 2024	Thursday
• Senior Scientific Advisory Council (SSAC) Virtual Meeting	
May 15, 2024	Wednesday
• Communications Marketing and Media Outreach Committee virtual meeting	
May 20, 2024	Monday
• WEBINAR: CRN 2024 Priority Initiatives Update	
May 23, 2024	Thursday
• Gummy Form Task Force - Technical Subgroup Virtual Meeting	

INFORMATION and a VOICE

Social media



[linkedin.com/company/council-for-responsible-nutrition](https://www.linkedin.com/company/council-for-responsible-nutrition)




[twitter.com/CRN Supplements](https://twitter.com/CRN_Supplements)


Follow and engage!

INFORMATION and a VOICE


Post, comment, share...CRN will share


 **Council for Responsible Nutrition**
5,374 followers
2mo · 🌐

We are proud to have [Vitaquest International LLC](#) among our member companies, committed to CRN's strong code of ethics and delivering products of the highest quality standards. Hear more from President & CEO [Patrick Brueggman](#).


 **Vitaquest International LLC**
2,281 followers
2mo · Edited · 🌐

At Vitaquest, our team is excited for the opportunity join CRN. As an industry-leading product development and commercialization partner in nutraceuticals, we think we can lend a unique voice to the dialogues and committe ...see more






 **Council for Responsible Nutrition**
5,374 followers
10mo · 🌐


Happy to welcome [Canyon Labs](#) as a new member!

 **Canyon Labs**
845 followers
10mo · 🌐


We are excited to announce our partnership with the [Council for Responsible Nutrition](#). CRN is a leading global trade association representing dietary supplements, functional food manufacturer: ...see more




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 **Council for Responsible Nutrition**
5,374 followers
1mo · 🌐

CRN is proud of our associate members such as [Klöckner Pentaplast](#), that provide [#packaging](#) options for the [#dietarysupplement](#) industry that meet the growing demand for [#sustainability](#). See this week's Associate Meml ...see more

 **Klöckner Pentaplast**
34,018 followers
1mo · 🌐

Today we are launching our new initiative "Ask the Experts" where our kp experts talk about everything you need to know regarding our innovative film solutions. Watch the first video and learn more about the [#recycla](#) ...see more



A VOICE

Spotlight your leaders, your company

- **Profiles in Leadership**
- **CRN Experts Explain / Q&A**
- **Newsletter spotlights**

A VOICE Spotlight your leaders, your company

PROFILES IN LEADERSHIP

Nuritas
CEO & Founder

Nora Khaldi, Ph.D.

Talks AI, innovation, and health accessibility

Council for Responsible I



PROFILES IN LEADERSHIP

Nestlé Health Science
CEO

Abigail Buckwalter

Talks empathy, obsession, and agility



PROFILES IN LEADERSHIP

Pharmavite CEO
Jeff Boutelle

Talks purpose-driven innovation, consumer-centric excellence, and delivering on trust.

Council for Responsible Nutrition



Q&A: Navigating global market dynamics



Liz Cummings VP, Business Development

“There are so many regions where we are seeing growth, including East and Southeast Asia, Central/Eastern Europe, Latam, and India... Countries like Indonesia and Brazil have been posting double-digit CAGRs,

Q&A: **YOUR** TOPIC OF EXPERTISE



“**YOUR QUOTE**”

Q&A: Putting the pro



Andrzej Benkowski Technical Manager, Eurofins

“Companies want to do the right thing and they are engaging with cutting edge science to be able to definitively say what is in their products.”

YOUR LEADER / YOUR EXPERT

A VOICE

Newsletter Spotlights

Associate members

Contract manufacturers

Once per quarter

2000+ member contacts

Social media follow up



kpEnhance: Sustainable packaging for the circular economy



This is CRN Associate Member Spotlight. Learn more about KP films: www.kpfilms.com

As the nutraceutical industry continues to see a surge in popularity due to its health benefits, there has also been an increase in the amount of packaging required for these products. Unfortunately, much of this packaging is not recyclable and is disposed of in landfills or incinerated.

To combat this problem, many nutraceutical suppliers are turning to Klockner Pentaplast (kp) and [kpEnhance RM1](http://www.kpfilms.com) recyclable blister packaging, as a more sustainable solution. kp's new blister packaging is made from a special PET film that can easily be recycled directly into the RIC 1 stream.

Balance safety and growth with customized solutions from STC Safety Training & Compliance



This is CRN Associate Member Spotlight. Learn more about STC Safety: www.stcsafetyconsultants.com

Safety is top-of-mind for responsible dietary supplement and functional food companies when it comes to manufacturing products and ingredients that so many Americans use to support their wellness.

Leading companies understand keeping employees safe is a priority, as well. Occupational Safety and Health Administration (OSHA) regulations can impact businesses of all sizes. Failure to comply with these regulations can result in hefty fines and legal action, which can harm a company's reputation—and bottom line.

[STC Safety Training & Compliance, LLC](http://www.stcsafetyconsultants.com), is dedicated to providing customized safety solutions that meet companies' individual needs and

Get involved

Committees—your connection to CRN

Think of committee rosters as distribution lists—
if you're not on them, you're missing out!

Participate as you are able—committees hold periodic (monthly or quarterly) conference calls and often one in-person event each year; subcommittees meet as needed.

Committee calls provide up and down communication—
to you – from you.

Member recommendations and input are always solicited.

Most CRN initiatives originate or get vetted through at least one committee before Board approval.

Committees—your connection to CRN

Communications, Marketing and
Media Outreach

Government Relations

Health Care Practitioner Forum

International Trade & Market
Development

Legal

Regulatory Affairs

And more

Working Groups & Task Forces

- Consumer Survey Advisory Committee
- Dietary Guidelines for Americans Subcommittee
- Government Relations State Subcommittee
- NDI Working Group
- Probiotics+ Working Group
- Sports Nutrition Working Group
- Toxicology Subcommittee
- USP/AOAC Subcommittee
- Vitamin D Task Force

Educational Opportunities

CRN webinars

- Often members-only as a member benefit
- Many free to members

Guest Presentations

- CRN Committees and Working Groups host speakers on timely topics
- Members-only benefit
- Strategic partnerships

Educational Opportunities



CRN MEMBERS ONLY
\$249 per person

April 10, 2024
12 - 4 pm Eastern

**Litigation, AI, Safety and Beyond:
A Toxicologist's Focus on Supplements**

Educational Opportunities

 **CRN** PRESENTS

**FSA & HSA Programs:
The Current State of
Dietary Supplements**

JANUARY 10, 2–3 PM EASTERN



**WEBINAR: UNDERSTANDING
EXTENDED PRODUCER RESPONSIBILITY
REQUIREMENTS**

WITH  **Circular
Action
Alliance™**

MAY 2 | 1 PM EASTERN



REPLAYS AVAILABLE ON DEMAND FOR MEMBERS

Getting together

Board meetings

- March, June, September, December

Day on the Hill

CRN Events

SupplySide West



Getting together

**Legal, Regulatory, and
Compliance Conference
—June 25–26 in New York,
with pre-conference
workshops June 24**

And CRN's main annual events...



CONVERGENCE'24

SCIENCE
In Session

*well*comms
INSPIRE!

CRN will host its 2024 conference on October 9–11
at the Grand America Hotel in Salt Lake City, Utah

www.crnusa.org/2024events

Initiatives & Resources

As the dietary supplement and functional food industry faces impending age restrictions on its products in New York, with other states also seeking to fill perceived gaps in regulation, and ongoing scrutiny from critics over melatonin and gummy supplements, CRN's thoughtful and expert execution of work driven by our board-developed strategic plan was well underway in the first quarter of 2024.



Following is a brief recap of CRN's impactful work for its members during Q1 in each of the areas of our strategic plan:

Expanding Self-Regulatory Initiatives

- CRN adopted new guidelines for dietary supplements and functional food sold on e-commerce platforms.
- CRN adopted updated voluntary guidelines for melatonin and gummy supplements.

Influencing Public Policy

- CRN filed a suit challenging a new law in New York state that restricts minors from access to certain supplements as well as a motion for preliminary injunction to halt enforcement.
- CRN responded to Sen. Durbin on tianeptine, addressing concerns about adulterated products masquerading as supplements.
- CRN called out misinformation about mandatory dietary supplement listing, reaffirming its support of providing FDA with this tool for appropriate visibility into the marketplace.
- CRN helped to relaunch the congressional Dietary Supplement Caucus.

Improving Consumer Access

- CRN Foundation relaunched the Vitamin D & Me!® website, enhancing practitioner and consumer education on the value of vitamin D.
- CRN responded to government prenatal dietary supplement report, advocating for evidence-based information on supplement use during pregnancy.

Cultivating Positive Public Perceptions

- CRN published an updated Economic Impact Study showing the significant contributions of the supplement industry to the U.S. economy with interactive data by state and congressional district.
- CRN partnered with Radicle Science to establish the Trailblazing Woman award celebrating contributions of women leaders within the CRN community—to be presented in October.

Expanding Membership and Educational Offerings

- CRN announced board of directors election results and new term officers, highlighting the high-level leadership steering the association's strategy.
- CRN partnered with NSF to present virtual training on GMP inspections, offering educational resources to uphold regulatory standards and preparedness.
- CRN presented a webinar and Expo West session on "FSAs, HSAs, and Dietary Supplements: Current Coverage and Future Opportunities."
- CRN welcomed new members: Focus Consumer Health, NaluBio, Nutraforia/Dr. Siegal's, Purple Tree Labs, and Vitafor.

Go deeper: Access additional details about CRN's Q1 2024 accomplishments via our website: www.crnusa.org/Q12024

Review our 2023 annual report
Hear from the CRN senior staff team and see how their expertise enhanced our members' position in the marketplace.



Catch up on thought leadership.

See bylined articles from CRN President & CEO Steve Mister:

- Opinion: Mandatory Listing: Facts, Fiction and Conspiracies *NutraIngredients-USA*
- Bad company: How the industry can save itself—and consumers—from fake supplements *Natural Products Insider*

Save the date for our annual events
Experience a new format with something for everyone on your teams.

OCTOBER 9-11 | GRAND AMERICA
SALT LAKE CITY, UTAHI

CONVERGENCE'24

SCIENCE In Session **wellcomms**



CRN advanced its 2023 policy priorities during the second quarter and convened in-person gatherings including the WellComms event for marketing and communications professionals in the wellness space, the Dietary Supplements Legal, Regulatory, and Compliance Forum, and the association's Day on the Hill lobbying fly-in—as well as virtual educational opportunities.



CRN members joined staff in Washington, DC, as the association's "Day on the Hill" fly-in reconvened for the first time since the pandemic on June 21.

SEE OUR WEBSITE FOR DETAILS:

While many may think of summertime as a more relaxed season when it comes to work, that was not the case for us during July, August, and September of this year.

The CRN team was busy working on key issues to protect and advance our dietary supplement and functional food industry members' interests, whether responding to FDA's proposed reorganization plans, a Congressional inquiry on cannabidiol, or a California legislator's questions on titanium dioxide—just to name a few issues that were in play this summer.

In addition, CRN's Executive Committee developed an ambitious strategic plan for 2024-2026 during a planning session in July that was subsequently adopted by the Board of Directors in September.



CRN President & CEO Steve Mister discussed legislative issues during the "Watercooler" segment at the Products Expo East Symposium in September.

See www.crnusa.org/2023-reports to view quarterly reports with links.

REINFORCING RETAILER RELATIONS

CRN holds breakfast meeting connecting top retailer executives with supplement stakeholders at NACDS event

CRN's Retailer Relations Forum breakfast engagement at the National Association of Chain Drug Stores (NACDS) Total Store Expo convened dietary supplement industry and retail leaders for discussions about supplement aisle trends, retailer requirements for companies regarding quality, claims and product testing, and more.



Colleen Lindholt, Kogor Health; Lisa Paley, Haloon; and Scott Emerson, Emerson Group.

See www.crnusa.org/2023-reports to view full quarterly report with links.

CRN kicked off its golden anniversary year in 2023 with a productive first quarter. We shared our policy priorities for the year, with activation on these priorities well underway, including developing solutions for state-level age restrictions, creating a legal pathway for CBD, expanding access to dietary supplements, engaging with our regulators at FDA—and much more. Read on for highlights.



Staff published bylines

CRN staff authored and co-authored articles published in the first quarter of 2023.

CRN outlines policy priorities for 2023 by Steve Mister, Natural Products Insider, March 2023

Innovation Slowed During the Pandemic: A Wharton Study Tells Us How to Fix It by Carl Hyland, Nutrition Industry Executive, January 2023



CRN closed out its 50th anniversary year with a track record of accomplishments that continued to deliver on our mission:



To protect and advance a climate for our members to responsibly develop, source, manufacture, and market science-backed dietary supplements, functional food, and their ingredients, for better health and nutrition.

With the insight our 50-year history provides, the energy of our dedicated staff of professionals, and the collaboration with our member companies, CRN addressed the challenges facing the dietary supplement and functional food industry with a balance of advocacy and diplomacy. See www.crnusa.org/2023-reports to view the full quarterly report with links, including Steve Mister's *NutraIngredients-USA* article, "Where Advocacy Meets Diplomacy: 2023 Demanded a Full Toolbox."

FOLLOWING UP WITH FDA, FTC

CRN meets with FDA officials regarding re-organization

In two November 2023 meetings with Jim Jones, FDA's new deputy commissioner for Human Foods, CRN staff discussed the association's extensive self-regulatory activities, the commitment of its members to the highest standards, and the breadth of the industry as well as of consumer use of dietary supplements and functional food.

INFLUENCING NUTRITION POLICY IN THE U.S. AND GLOBALLY

CRN discusses 'Supplements to Savings' data, nutrition gaps at presidential workshop

CRN's Andrea Wong, Ph.D., SVP, scientific and regulatory affairs, and Mike Meirovitz, senior director, government relations, represented the association at the President's Council of Advisors on Science and Technology Advancing Nutrition Science Workshop in November. Dr. Wong and Meirovitz discussed the findings of CRN's "Supplements to Savings" report and the importance of dietary supplements to bridge nutrition gaps. This engagement is part of CRN's ongoing efforts to include dietary supplements as part of the conversation with the White House Conference on Hunger, Nutrition, and Health.

SEE CRN'S WEBSITE FOR DETAILS:

- CRN protects innovation for the supplement industry innovation by seeking clarity on drug preclusion

- CRN dialogs with FTC to address health products claims guidance



CRN-I symposium report published, calling for recommendations

Policy Priorities

- Expanding access to supplements
- Making progress toward DSHEA modernization
- Addressing drug preclusion
- Optimizing FDA reorganization
- Preparing for the final NDI Guidance
- Developing solutions for state-level age restrictions
- Engaging on sustainability solutions



www.crnusa.org/priorities

Consumer Intelligence to Enhance Business Outcomes



RESEARCH OVERVIEW



Purpose

- National online survey conducted in order to gain insight into the attitudes, opinions, and practices/habits of Americans regarding dietary supplements.
- Survey has been conducted annually since 2000, allowing for tracking of shifts and trends within the dietary supplement industry.



Research Sample

- 3,192 adults, ages 18+, living in the U.S.
- Includes 2,328 adults who consume dietary supplements seasonally, occasionally, or regularly.
- Online interviews, in English.
- As in 2021 and 2022, oversamples of Black, Hispanic, and Asian/Pacific Islander respondents were included to ensure there would be sufficient supplement users of color to analyze.



Methodology

- Interviews conducted from August 9-14, 2023. The data, including the race/ethnicity oversamples, is weighted to the U.S. current population data by gender, age, race/ethnicity, region, and income.
- All sample surveys and polls may be subject to other sources of error, including, but not limited to coverage error and measurement error.
- Where figures do not sum to 100, this is due to the effects of rounding.

www.crnusa.org/2023survey

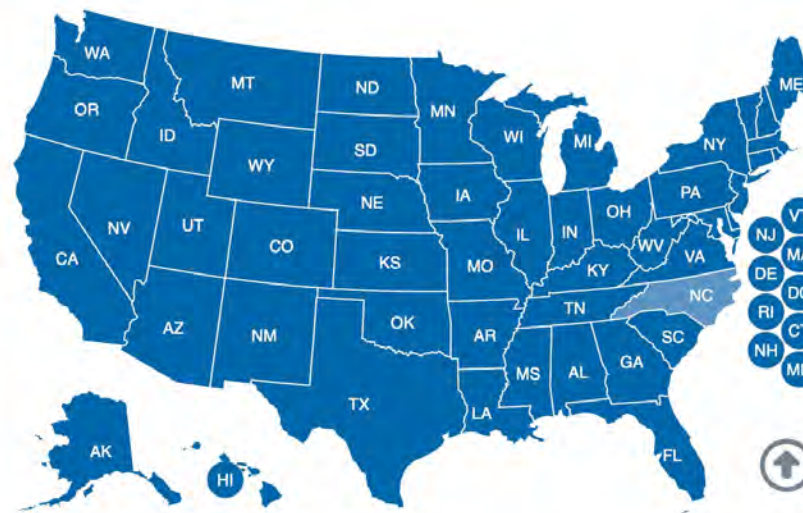
Economic Impact Study

Dietary supplement companies pump \$158 billion into U.S. economy, up 23% from 2016.



“In the eight years since our last report, the industry’s footprint and subsequent impact to the local, state and national economies has increased dramatically.”

CRN PRESIDENT & CEO STEVE MISTER



Choose State:

United States

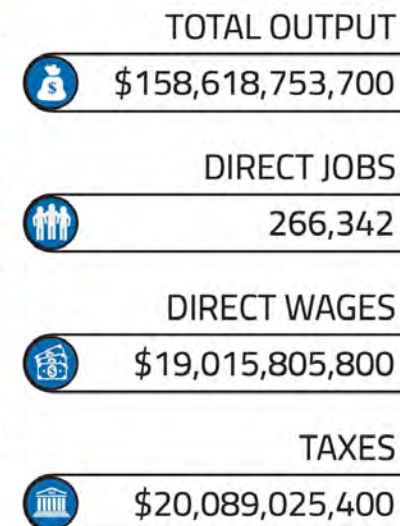
Choose Report:

- Economic Impact Report
- Economic Impact Data Table

Choose District (Optional):

Select District...

View/Print



www.crnusa.org/impact

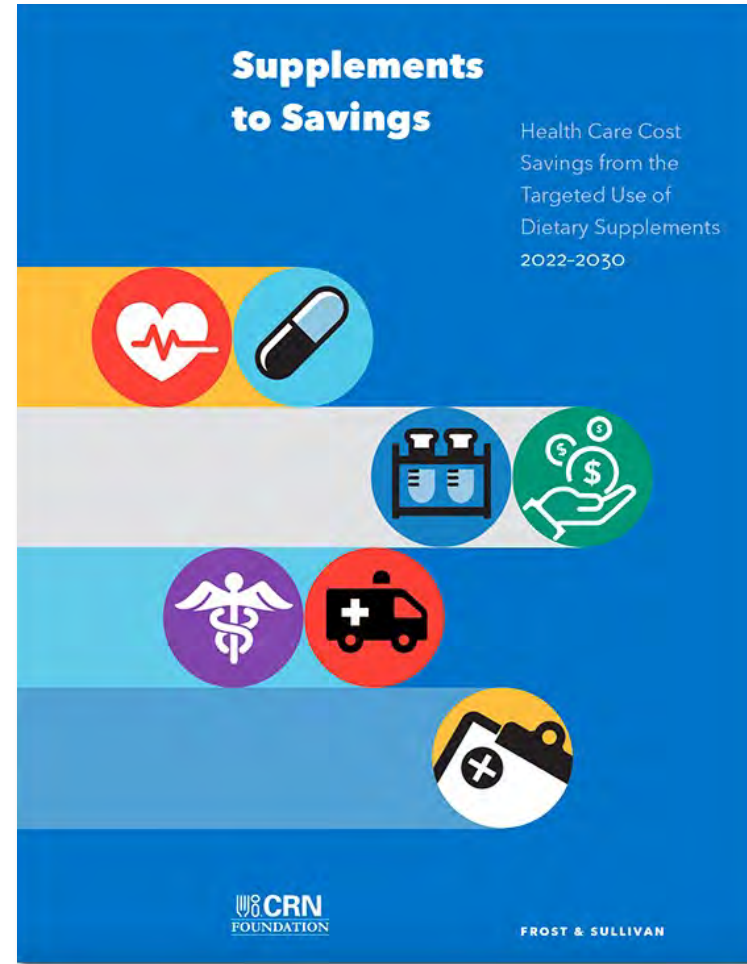
Supplements to Savings

Health Care Cost Savings from the
Targeted Use of Dietary Supplements
(2022–2030)



Updated science and economic analysis

2013 → 2022



Additional published research:

- New conditions
- New populations
- More targeted populations

Indirect costs beyond hospitalization:

- Post-hospitalization nursing care
- Home modifications for disability
- Costs of disease management
- Productivity losses

Access the data



CASE STUDY: OSTEOPOROSIS Dietary Supplements – small investment today, big return tomorrow

Calcium & vitamin D supplements can lower societal health care costs

Preventive daily intake levels
1,000 mg for calcium
15 mcg for vitamin D

Cost per day
28¢

Dietary Supplements – small investment today, big return tomorrow

Evidence demonstrates that the use of certain dietary supplements by specific populations can reduce the direct and indirect medical costs associated with several common conditions as shown in these topline findings. Learn more: SupplementstoSavings.org

Science-backed supplement intervention	CORONARY ARTERY DISEASE (CAD) Omega-3, Magnesium, Dietary Fiber, Vitamin K2	OSTEOPOROTIC FRACTURES Calcium & Vitamin D	AGE-RELATED MACULAR DEGENERATION Lutein & Zeaxanthin	COGNITIVE DECLINE Vitamins B6, B9, B12	IRRITABLE BOWEL SYNDROME Probiotics	CHILDHOOD COGNITIVE DISORDERS Choline
Event rate % of targeted population that will experience a medical event per year. Source: Centers for Disease Control and Prevention	13.1%	26.1%	3%	12.5%	5%	17.8%
Relative risk reduction The risk of having a medical event reduced by taking these supplements.	4.2% TO 15.7%	14%	4.4%	9.5%	34.7%	9.2%
CUMULATIVE 2022-2030						
Avoidable medical events If the entire target population supplements at preventive intake levels.	731,125-2.71 million	3.25 million	195,458	2.44 million	3.70 billion hours missed work	514,151
Net savings	\$13.3-85.3 billion	\$179.32 billion	\$959.2 million	\$109.93 billion	\$110.22 billion	\$1.08 billion
Savings yet to be realized With full supplementation among target population.	\$12.66-83.84 billion	\$155.41 billion	\$942.7 million	\$97.64 billion	\$94.83 billion	\$1.07 billion

CASE STUDY: CORONARY ARTERY DISEASE (CAD) Dietary Supplements – small investment today, big return tomorrow

Omega-3 supplements can reduce medical events associated with CAD

U.S. adults 55+ currently taking
7.7%

Relative risk reduction
10%

The risk of having a medical event reduced by taking these supplements.



CASE STUDY: AGE-RELATED MACULAR DEGENERATION Dietary Supplements – small investment today, big return tomorrow

Lutein and Zeaxanthin supplements can lower societal health care costs.

Preventive daily intake levels
10 mg for Lutein
2 mg for Zeaxanthin

Cost per day
29¢

Net savings
\$106.6 MILLION

Savings yet to be realized
\$104.7 MILLION

With full supplementation among target population, U.S. adults 44+

Learn more at SupplementstoSavings.org

Share the data



Regular use of targeted supplementation by at-risk populations could result in significant cost savings for health care systems and providers, plus improve the level of individual well-being.

Dietary supplements are a small investment today that can yield a big return tomorrow.

Calcium & vitamin D supplements can lower societal health care costs.

Preventive daily intake levels
1,000 mg for calcium
15 mcg for vitamin D

Cost per day
28¢ 

Net savings
\$19.92 BILLION

2022-2030 AVERAGE PER YEAR


Savings yet to be realized
\$17.27 BILLION
With full supplementation among target population, U.S. adults 50+

2022-2030 AVERAGE PER YEAR

U.S. adults 50+ currently taking
13.3%


Relative risk reduction

14%
The risk of fracture reduced by taking these supplements

Avoidable medical events
361,507
Expected between 2022-2030 if the entire target population takes supplements at preventive intake levels


*Thank you
for being a part of the
CRN community!*

crnusa.org/welcome