

SOLDIERS LEADERS CIVILIANS FAMILIES

# Take 5

## Before Taking Supplements

- The purchase of drugs, supplements or other products that are banned, or the misuse of prescription drugs, may be punishable under the Uniform Code of Military Justice.
- Check with your doctor or health care provider before using supplements.
- Thermogenic substances can cause a dramatic and rapid increase to an individual's body temperature.
- There's no substitute for a well-balanced diet, good rest and exercise.

*Take 5 ... then take action.*



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