



March 5, 2011 – Grand Rapids, MI

FDA Approved

Today's message clears up a couple of questions I get all the time. The first is the claim made by some supplement companies that their products are FDA approved and/or pharmaceutical grade. The second is about an email traveling around the Internet that is attributed to Dr. Mehmet Oz, a television personalidoc—my own word. Let's see what's real and what isn't.

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Let's start with the phrase "Pharmaceutical Grade" used by many supplement companies in recent years. The problem is that it isn't true. Not only that, it can't be true. Here it is in the FDA's own words when I asked them:

"The Food and Drug Administration does not have a regulatory definition of pharmaceutical grade for dietary supplements. Supplements are not required to be approved. Manufacturers are not required to submit safety or effectiveness data to the Agency."

Those three sentences are very profound because they address another issue that comes up all the time. No dietary supplement is FDA approved—they simply aren't required to be.

So if someone you talk with tells you that their products are Pharmaceutical Grade or are FDA approved, you know that at best they don't know what they're talking about, or at worst they're lying. And if they're portraying their products as something they aren't, what else are they telling you that isn't true?

Dr. Oz and Fruit

There's an email circulating the Internet that uses a lead something like this: "Dr. Oz....Eating Fruit May Save Your Life." The rest of the email contains three topics: when to eat fruit and the benefits of some of kinds of fruit, drinking cold water after a meal causes cancer, and heart attacks in women.

Before I comment on each one, this email has been around at least 15 years. All someone did was add Dr. Oz as a lead in to the same old thing. Checking Oz's website, I found he's done TV shows about fruits that will prevent aging. The person who modified the email could have at least added some of the things he actually said, but they didn't. It's the same old urban legend.

When to eat fruits is a part of the hygiene movement from close to 100 years ago. Almost none of it is true—I've checked the science behind it many times. The whole thing about putrefying and fermenting are true no matter when you eat fruit or anything else, for that matter. Those are just scientific terms that sound disgusting. What's said about the fruit isn't really incorrect although the juice part is not true.

Cold water after a meal causing cancer? There's no science behind that one at all. It doesn't even make sense.

Heart attacks can be different in women as I've written about before. It may not be an intense pain. It may be more subtle and occur anywhere in the upper body. If you didn't have an injury or something that can explain the pain or more likely discomfort, get to the ER to get it checked out. It's better to be safe than dead—women or men.

If heart problems are part of your family's heritage, this may be a good time to get a copy of *Dr. Chet's Health Tips for Women*. I describe in detail what women should watch for and the science behind it. Better yet, get the Family Pack and find out about better health for the whole family.

The Bottom Line

One of the reasons that I do what I do is because I like to know what's real and what's not. When it comes to health, someone always has something provocative to say, and most of the time, it's simply not true. I really hate that because when you mess with people's health, you're messing with their lives. Feel free to give your opinion about the way you see it—I certainly do. But don't exaggerate or try to strike fear into people. That's just wrong. Like Joe Friday said in *Dragnet*: "Just the facts, ma'am."

What are you prepared to do today?

Dr. Chet

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