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Friday FACTS

9 April 2004 "Leadership, Partnership, and Championship"

FDA FINAL RULING ON DIETARY SUPPLEMENTS CONTAINING EPHEDRA

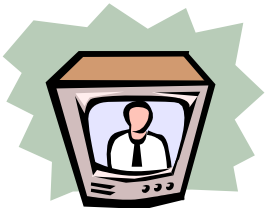
The Food and Drug Administration issued a final rule declaring dietary supplements containing ephedra and ephedrine alkaloids adulterated because they present an unreasonable risk to consumers. FDA came to this conclusion, after extensive review of evidence from pharmacological studies of ephedrine alkaloids, peer-reviewed scientific literature on the effects of the substance and adverse events, including published case reports, reported to FDA to have occurred after the use of dietary supplements containing ephedrine alkaloids. By declaring such products adulterated, the rule essentially prohibits sale of them in the marketplace.

The rule goes into effect April 11, sixty days after publication in the Federal Register, and applies to all types of currently marketed dietary supplements containing ephedrine alkaloids, such as ephedra, Ma huang, Sida cordifolia and pinellia. Herbal teas, which are regulated as conventional foods, and traditional Chinese herbal remedies are exempt from the rule. Under the Dietary Supplement Health and Education Act of 1994 (DSHEA), the FDA bears the burden of determining that a lawfully marketed dietary supplement presents a significant or unreasonable risk and should be removed from the market. The burden of proof for "unreasonable risk" is met when a product's risks outweigh its benefits in light of the claims and directions for use in the product's labeling or ordinary conditions of use. For more information on dietary supplements, see the NEHC Nutri-Facts sheet on Dietary Supplements on the NEHC website at: http://www-nehc.med.navy.mil/downloads/hp/NutrFact_Dietary%20Supplements.pdf

Cited reference: The American Dietetic Association.

APRIL 19-25 TV-TURNOFF WEEK—Discover a Life Without TV

Join the millions of adults and children April 19-25 who will turn off their televisions and discover that life without TV may just be more rewarding, fun, and relaxing. **Why turn off TV?** Television cuts into family time and harms children's ability to read and succeed in school. It also contributes to inactivity, poor eating habits, and obesity. On average, children in the U.S. will spend more time in front of the television (1,023 hours) than in school this year (900 hours). Research shows that the more children watch television, the more they are likely to snack between meals, consume junk food advertised on TV, and try to influence what foods their parents buy. Turning off the television gives you a chance to think, read, create, and do. You will have more time to connect with your family, friends, and community.



Here are a few ideas for TV-Alternative activities:

- Cook a meal with your family or friends
- Play a game
- Read a book
- Take a walk or go for a bicycle ride
- Write a letter
- Visit the zoo
- Go to a museum
- Attend a local play or sporting event
- Do volunteer work in your community
- Listen to music
- Start a garden
- Do yard work or house repairs

The activity possibilities without TV are endless. For more ideas, see the TV-Turnoff Network's online "Guide to Year Round Screen-Free Activities" available free at website http://www.tvturnoff.org. TV-Turnoff Week is sponsored annually by the TV-Turnoff Network. The TV-Turnoff Network is a non-profit organization that encourages children and adults to watch less television to promote healthier lives and communities.

If you fell down yesterday, stand up today. -H. G. Wells