Supplement Project

Nutrition
Period A
Miss Alison Batchelder MS, LATC

In the United States, a dietary supplement is defined under the Dietary Supplement Health and Education Act of 1994 (DSHEA) as a product that is intended to supplement the diet and contains any of the following dietary ingredients/nutrients:

- a vitamin
- a mineral
- a herb or other botanical (excluding tobacco)
- an amino acid
- a concentrate, metabolite, constituent, extract, or combination of any of the above

Furthermore, it must also conform to the following criteria:

- intended for ingestion in pill, capsule, tablet, powder or liquid form
- not represented for use as a conventional food or as the sole item of a meal or diet
- labeled as a "dietary supplement"

1. Choose a supplement (YOUR CHOICE! Miss Batchelder must approve… no overlapping of topics…) Discuss what the supplement is, what it is used for, side effects of the supplement, what the supplement is composed of (ingredients), who is the target audience for this supplement, positives/negatives, what the website for the supplement includes, any legal action taken against, where can this supplement be purchased, how much does it cost, etc.
2. Research (Credible internet sources are acceptable (choose Journals/Magazines as opposed to wikipedia!) however, at least 1 book must be referenced)
3. Visual- Poster Presentation/Powepoint (BE CREATIVE!)
4. Paper- must be in your own words or cited appropriately. Paper should include introduction, AT LEAST 3 body paragraphs, and closing paragraph. (3 page minimum)
5. Works cited
6. NO PLAGIARISM
7. Oral presentation 50%, written paper 50%
8. Project is worth 35% of first term grade.

Due Date: