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Dietary supplements are indeed products that contain ingredients like minerals, herbs, fibres or amino acids. I agree that therefore, they do not treat or prevent diseases but they add nutrients to a person diet or reduce the risks of health problems such as arthritis. Furthermore, these supplements come in different forms including pills, powder, capsules or extracts and sometimes, the ingredients in dietary supplements can be added to other foods such as drinks. Contrarily, despite dietary supplements being important in the human body, one should be careful when purchasing by checking the label and ensure it is assessed by the United States Food and Drug Administration (FDA) hence the safety is assured. Also, I accede that reading the label is vital as one will be able to know the ingredients as well as the benefits and side effects of the dietary. Normally, herbs are created from plants and I ascent that they can be harmful if not taken with care however researchers are still working on the benefits of it to prevent or treat health problems. Notably, some of the herbs supplements are Biloba and black cohosh.

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