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NEWS RELEASE

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Supplements Are Important for Vast Majority of Americans Who Do Not Receive Recommended Nutrients from Diet Alone

WASHINGTON, D.C. – Supplements are important for the vast majority of Americans who do not receive the recommended daily nutrients from diet alone. Former FDA official Dr. Daniel Fabricant is available for comment following a [Journal of the American College of Cardiology](#) study regarding the efficacy of nutritional supplements.

“In an ideal world, everyone would get the nutrients they need by eating a balanced diet, but unfortunately that is not the case,” said Daniel Fabricant, President and CEO of NPA. “While there is no magic pill just as there is no one single food providing all of your daily needs, supplementing your diet with nutritional supplements can benefit your healthy lifestyle. The U.S. Food and Drug Administration has supported the use of calcium and vitamin D to help with osteoporosis, the use of folic acid supplements in pregnant women to reduce the risk of neural tube defects and fatty acid fish oils to reduce the risk of coronary heart disease.”

Americans Are Undernourished

- 80 percent of Americans don’t receive the daily recommended nutrients from diet alone
- Over 50 percent of American children don’t get enough vitamins D and E
- Over 25 percent of American children don’t get enough calcium, magnesium or vitamin A

Schedule an Interview

To schedule an interview with Dr. Fabricant immediately, please contact Justin Bartolomeo at 202-789-4365 or jbartolomeo@hdmk.org

Dan Fabricant is a Leading Expert in the Field of Dietary Supplement Use and Regulation

Dr. Fabricant has more than a decade of regulatory, legislative and scientific experience in the natural products industry. Prior to being named CEO and President of NPA, the nation’s largest and oldest trade organization representing the natural products industry, Dr. Fabricant directed agency policy, public affairs and regulatory action regarding regulation of the dietary supplement industry for more than three years at the FDA. While with the agency, he successfully navigated the large, heavily-matrixed governmental organizational structure to bring life to a regulatory function that was non-existent for almost 20 years. Before his time at the FDA, Dr. Fabricant was vice president, global government and scientific affairs, for NPA, responsible for establishing and leading industry coalitions dealing with a



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range of issues. Dr. Fabricant is internationally recognized for his regulatory and governmental public health expertise and natural products research.

Natural Products Association

The **Natural Products Association (NPA)** is *the* trade association representing the entire natural products industry. We advocate for our members who supply, manufacture and sell natural ingredients or products for consumers. The Natural Products Association promotes good manufacturing practices as part of the growth and success of the industry. Founded in 1936, NPA represents approximately 1,000 members accounting for more than 10,000 locations of retailers, manufacturers, wholesalers and distributors of natural products, including foods, dietary supplements and health/beauty aids.

Natural Products Association: 440 1st Street, NW, Ste. 520, Washington, DC, 20001

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