



## **DSN REQUIRED SUBJECT KNOWLEDGE**

### **DIETING SUPPLEMENTS**

**Description Primary Functions, General Information**

**Subject matter for the following supplements includes - Description, Primary Functions, Contraindications/Precautions**

**Caffeine  
Capsaicin  
Carnatine  
Chitosan  
Chromium  
Cissus Quadrangularis  
Citrus Aurantium (bitter orange)  
CLA  
Coleus Forskohlii  
DHEA  
Fucoxanthin  
Garcinia Cambogia  
Glucomannan Fiber  
Green Coffee Bean Extract  
Green Tea Extract  
Guarana  
Guggulsterones  
HCG  
Hoodia  
L-Tyrosine  
Macuna Pruriens  
Raspberry Ketones  
Simmondsin  
Sissus Quadrangularis  
White Kidney Bean Extract  
Yerba Mate  
Yohimba  
5-HTP  
7-Keto**

### **ADDITIONAL SUBJECT MATTER**

**Dieting Supplements that Combine Ingredients  
Dieting Supplements – Meal Replacement  
Dieting Supplements - WARNINGS**



**Information contained on the National Health Institute's website  
concerning the Dietary Supplement Health and Education Act**

**<http://ods.od.nih.gov/factsheets/DietarySupplements-HealthProfessional/>**