**Mayo Clinic Talks: Nutritional Supplements Edition**

**Activity Description**

This online CME course is recommended for primary care providers. The course is comprised of Mayo Clinic Talks podcast interviews about the regulation, safety, and efficacy of nutritional supplements including those claiming to support weight loss, endurance, strength, and overall performance and recovery.

**Target Audience**
This online CME course is appropriate for primary care physicians, physician assistants and nurse practitioners.

**Learning Objectives**Upon conclusion of this activity, participants should be able to:

* Explain the definition of dietary supplements, how they are regulated and how to identify higher quality brands.
* Identify the dietary supplements that are well-supported within the literature for the enhancement of overall performance.
* Identify the dietary supplements that are well-supported within the literature for the enhancement of strength & power athletes and endurance athletes.

Utilization of this Mayo Clinic online (enduring materials) course does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be in this course.

 **Accreditation Statement**

In support of improving patient care, Mayo Clinic College of Medicine and Science is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

**Credit Statement**

**AMA**

The Mayo Clinic College of Medicine and Science designates this enduring material for a maximum of 2.25 *AMA PRA Category 1 Credit(s*)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Disclosure Summary**As a provider accredited by Joint Accreditation Interprofessional Continuing Education, Mayo Clinic College of Medicine and Science must ensure balance, independence, objectivity and scientific rigor in its educational activities. Course Director(s), Planning Committee Members, Faculty, and all others who are in a position to control the content of this educational activity are required to disclose all relevant financial relationships with any commercial interest related to the subject matter of the educational activity.  Safeguards against commercial bias have been put in place.  Faculty also will disclose any off label and/or investigational use of pharmaceuticals or instruments discussed in their presentation.  Disclosure of these relevant financial relationships will be published in activity materials so those participants in the activity may formulate their own judgments regarding the presentation.

**Listed below are individuals with control of the content of this program who have disclosed…**

#### Relevant financial relationship(s) with industry:

Darryl S. Chutka, M.D. Stock/Shareholder Exact Sciences Corp

#### No relevant financial relationship(s) with industry:

Jacob L. Erickson, D.O.

Andrew R. Jagim, Ph.D.

**References to off-label and/or investigational usage(s) of pharmaceuticals or instruments in their presentation:**
None

For disclosure information regarding Mayo Clinic School of Continuous Professional Development accreditation review committee member(s) please visit: <https://ce.mayo.edu/content/disclosures>.

**Mayo Disclaimer**

Participation in this Mayo Clinic educational activity does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course. You should be aware that substantive developments in the medical field covered by this recording may have occurred since the date of original release.

**Prerequisites for Participation**

There are no prerequisites needed prior to participating in this education activity.

**How to Obtain Credit**

To obtain credit, complete the post-test, evaluation and submit.

**Method of Participation**

Participation in this activity consists of reviewing the podcast episodes and completing the post-test and evaluation.

**Release and Expiration Dates**

Release Date: 11/18/2021

Expiration Date: 11/17/2024

**Program/Course Schedule**

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| --- | --- | --- |
| **Speaker** | **Title** | **Run Time** |
| Darryl S. Chutka, M.D.; Andrew R. Jagim, Ph.D. | Nutritional Supplements Edition: Introduction | 0:32:02 |
| Darryl S. Chutka, M.D.; Andrew R. Jagim, Ph.D. | Nutritional Supplement Edition: Improving Exercise Endurance and Recovery | 0:16:50 |
| Darryl S. Chutka, M.D.; Andrew R. Jagim, Ph.D. | Nutritional Supplements Edition: Strength, Power, and Overall Performance | 0:23:19 |
| Darryl S. Chutka, M.D.; Andrew R. Jagim, Ph.D. | Nutritional Supplements Edition: Weight Loss and Thermogenesis | 0:20:27 |
| Darryl S. Chutka, M.D.; Andrew R. Jagim, Ph.D. | Nutritional Supplements Edition: Research and Regulation | 0:17:52 |
| Darryl S. Chutka, M.D.; Jacob L. Erickson, D.O.; Andrew R. Jagim, Ph.D. | Nutritional Supplements Edition: Lab Orders and Screening Tools | 0:25:06 |

**Acknowledgement of Commercial Support**

 No commercial support was received in the production of this activity.

**Faculty and Course Director Listing and Credentials**

Darryl Chutka, M.D.

Andrew Jagim, Ph.D.

Jacob Erikson, D.O.

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