



# My Dietary Supplements

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## Summary

**This app allows quick access to supplement information from a government agency in both English and Spanish.** The user can look up information on the RDA of common vitamin and mineral supplements in both English and Spanish. The user can create profiles of clients and keep a list of supplements the client takes. Profile content can be e-mailed to a client or other professional from the app. The information is from the National Institutes of Health Office of Dietary Supplements.

MyDS is only available at the NIH website, not in app stores.

**English**

<https://myds.nih.gov>

**Spanish**

<https://myds.nih.gov/espanol/>

**Devices**

Apple, Android, Blackberry

**Website**

<http://ods.od.nih.gov/about/mobile/aboutmys.aspx>

**Cost**

Free

**Audience**

Healthcare professionals

**Bias**

None