



CHALLENGE RESOURCE:
NIH/ODS Dietary Supplements Fact Sheets

The NIH Office of Dietary Supplements (ODS) develops and maintains Dietary Supplement Fact Sheets - evidence-based summaries that provide reliable information about dietary supplements and their ingredients. ODS Dietary Supplement Fact Sheets are designed to help both health professionals and consumers understand the current scientific evidence on the effectiveness, safety, and appropriate use of supplement ingredients. Each fact sheet is developed through a rigorous review process, drawing on peer-reviewed scientific literature, and is periodically updated to reflect new research findings.

Fact sheets are publicly accessible at no cost and are available in versions tailored for health professionals and consumers, with select fact sheets also available in Spanish. For this challenge, ODS Dietary Supplement Fact Sheets serve as the authoritative source of supplement information. Solvers are expected to transform the content and concepts within these fact sheets into engaging, accessible digital experiences while preserving the accuracy and evidence-based foundation that distinguishes ODS resources from other sources of supplement information.

Solvers should rely on ODS Dietary Supplement Fact Sheets as the primary source of supplement-related content for their solutions. These fact sheets provide the evidence-based information that forms the foundation of this challenge. There is no requirement to use all available fact sheets; rather, solvers are responsible for selecting the fact sheets most appropriate to their chosen approach, target populations, and modalities. When adapting fact sheet content for different formats or audiences, solvers should ensure that the underlying information remains accurate and consistent with the source material. Creative presentation is encouraged; however, the scientific accuracy of health-related claims must be maintained.

Accurate citation of source materials is essential to this challenge. Clear attribution to authoritative sources helps users distinguish evidence-based content from unsupported claims. Traceability also supports the credibility and long-term utility of submitted solutions. When referencing ODS Dietary Supplement Fact Sheets in your challenge submission, solvers should document the fact sheet, its location, and the publication date or date of last update, as listed on the fact sheet. This information allows reviewers, users, and future implementers to verify the accuracy of content and identify when source materials may have been updated.

The following is an alphabetical list of dietary supplements currently covered by ODS Dietary Supplement Fact Sheets, as of January 30, 2026.

All fact sheets to be considered for us in this challenge are available here:
<https://ods.od.nih.gov/factsheets/list-all/>