

There's a good chance your nutritional supplements are laced with deadly substances

**The GLP aggregated and excerpted this blog/article to reflect the diversity of news, opinion and analysis.**

Americans spend more than \$30 billion on [supplements](#) each year. Supplements are now the most common form of alternative medicine, and many of these pills promise to do incredible things, from boosting memory and building muscles to burning fat fast.

There's just one problem: These pills are barely regulated. Supplement makers don't need to prove their products are safe or even effective before putting them on store shelves. And while supplements are supposed to be accurately labeled, a Vox review of government databases, court documents, and scientific studies uncovered more than 850 products that contained illegal and/or hidden ingredients — including banned drugs, pharmaceuticals like antidepressants, and other synthetic chemicals that have never been tested on humans.

**Read full, original post:** [The hidden drugs in your favorite supplements](#)