

## **5 Health Advertisements**

- A. Find 5 different health advertisements from newspapers, magazines, or online “boasting” health claims. These ads should be **non-prescription** types of remedies that can be purchased **over-the-counter**, at food markets, nutrition centers, shopping malls, pharmacies, on-line or through the mail.

Bring in the complete 5 ads on assigned due date to class (refer to your syllabus).

- B. The health ads can promote:

- a.) Weight loss or gain after taking supplements
- b.) Hair replacement after taking a non-prescription pills or potions
- c.) Dietary aids to promote muscle cells or muscle mass
- d.) Sexual Enhancement (penile enlargement, more vigorous sexual stamina, breast tissue growth, etc.) by taking non-prescription pills/potions or using certain devices
- e.) Teeth-Whitening products or devices not provided by a licensed DDS
- f.) Herbal remedies for various health maladies
- g.) Wrinkle/skin creams to erase years
- h.) Energy drinks or pills to give you a boost, etc.

**Question:** Where can I find these advertisements?

**Answer:** All local publications (newspapers, magazines, internet, etc.)

## **5 ARTICLE ANALYSES from Chapters 15 & 16**

Go on the internet to find 5 journal articles written on safety concerns or consumer product safety. The articles can be about:

- a. automobile/motorcycle safety
- b. sports equipment safety
- c. home goods safety
- d. toy safety
- e. nutritional supplement safety
- f. food safety
- g. personal safety
- h. litigation(lawsuits) involving false promises of personal products
- i. any type of recall or product concern(car seats, playpens, food products, etc)

### INTERNET SITES

- A. Food and Drug Administration for Consumers, <http://www.fda.gov/opacom/morecon.html>,
- B. National Council Against Health Fraud <http://www.ncahf.org>
- C. Agency for Healthcare Research and Quality(AHRQ) <http://www.ahrq.gov>
- D. Consumerlab.com <http://www.consumerlab.com>
- E. Quackwatch, <http://www.quackwatch.org>
- F. Snopes, <http://www.snopes.com/>
- G. Centers for Disease Control and Prevention, <http://www.cdc.gov/>

**Read 5** articles and **TYPE up the ten most important facts** from each article. Write down the name of each article, authors and where the articles were found. Make sure you obtained the article from a reputable source (no advertisements for supplements, etc.) You will read 5 articles, type 10 facts on each and turn in 100 facts in your folder. **(\*You do NOT need to hand in the article ONLY the ten facts from each).** Penalties for any late assignment.