

NIH Office of Dietary Supplements (ODS) 2024–2025 Seminar Series

Military Supplement Use, Adverse Events and Reasons for Their Pervasive Use: A Public Health Surveillance Opportunity

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Wednesday, November 20 • 11 a.m. – 12 p.m. ET

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Harris R. Lieberman, Ph.D. is a Research Psychologist in the Military Nutrition Division of the U.S. Army Research Institute of Environmental Medicine (USARIEM) in Natick, Massachusetts, and an Adjunct Professor in the Department of Military/Emergency Medicine at the Uniformed Services University School of Medicine. He received his Ph.D. in physiological psychology from the University of Florida and conducted postdoctoral research at the Massachusetts Institute of Technology (MIT) Department of Brain and Cognitive Sciences. After completing his postdoctoral work, he remained at MIT and established a laboratory that studied the effects of nutrition on human behavior and brain function. In 1990, he joined the civilian research staff of USARIEM, where he continued his work in nutrition, behavior, and stress, ultimately becoming an internationally recognized leader of the intersection of these fields.

Dr. Lieberman was one of the founding editors of the journal *Nutritional Neuroscience*. His research has addressed the behavioral effects of caffeine and the behavioral and physiological effects of tryptophan and tyrosine, protein, carbohydrate foods and melatonin. He directs a Department of Defense program that examines patterns of dietary supplement intake of military personnel and assesses supplement safety. This work established that military service members consume more potentially dangerous supplements than civilians and can provide early warnings that new dangerous supplements have entered the market.

Recent Publications

1. Lieberman, HR, Austin, KG, Farina, EK. Surveillance of the armed forces as a sentinel system for detecting adverse effects of dietary supplements in the general population. 2018 *Public Health Nutr.* Apr;21(5):882–887. PMID: 29151367 PMCID: [PMC5848759](#) DOI: [10.1017/S1368980017003111](#)
2. Bukhari, AS, DiChiara, AJ, Merrill, EP, Lieberman, HR, et al. Dietary Supplement Use in US Army Personnel: A Mixed-Methods, Survey and Focus-Group Study Examining Decision Making and Factors Associated with Use. 2021 *JAcadNutr Diet.* Jun;121(6):1049–1063. PMID: 33653678 DOI: [10.1016/j.jand.2021.01.011](#)
3. Knapik, JJ, Trone, DW, Steelman, RA, Farina, EK, Lieberman, HR Adverse effects associated with use of specific dietary supplements: The US Military Dietary Supplement Use Study. 2022 *Food Chem Toxicol.* Mar;161:112840. PMID: 35093428 DOI: [10.1016/j.fct.2022.112840](#)



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Understanding of Dietary Supplements**