

# Weekly Wellness Tip

## H1N1 (Swine) Flu: Fraudulent Products

The Food and Drug Administration (FDA) is informing consumers of potential harm associated with unapproved products claiming to diagnose, prevent, or otherwise act against the H1N1 (swine) flu virus. The FDA has recently:

- Urged caution regarding promotions and internet sites offering products for sale that claim to diagnose, prevent, mitigate, treat, or cure H1N1 (swine) flu virus.
- Enhanced efforts to warn about potentially deceptive H1N1 (swine) flu products, and encourage reporting of suspected criminal activity.
- With the Federal Trade Commission (FTC), issued a warning letter to a website marketing fraudulent supplements that claim to help prevent the spread of the H1N1 (swine) flu virus. The letter advises the site's owners to discontinue marketing the products or face legal action.

### **Buy only FDA-Approved Products**

Consumers are urged to only purchase FDA-approved products from licensed pharmacies located in the United States, and should contact their health professional if they have any questions or concerns about medical products or personal protective equipment.

Tamiflu (oseltamivir phosphate) and Relenza (zanamivir) are the only two FDA-approved antiviral drugs for treatment and prophylaxis of the 2009 H1N1 (swine) influenza virus. Patients who buy prescription drugs from websites operating outside the law are at increased risk of suffering life-threatening adverse events such as side effects from inappropriately using prescription medications, dangerous drug interactions, contaminated drugs, and impure or unknown ingredients found in unapproved drugs.

### **Targeted Products**

The following are the most prevalent unauthorized H1N1 (swine) flu products:

- A shampoo said to protect against the H1N1 (swine) flu virus
- A dietary supplement said to protect infants and young children from contracting the virus
- A "new" supplement said to cure H1N1 (swine) flu infection within four to eight hours
- A spray that claims to leave a layer of ionic silver on one's hands that kills the flu virus
- Several diagnostic tests that have not been approved to detect H1N1 (swine) flu virus
- An electronic instrument whose sellers claim uses "photobiotic energy" and "deeply penetrating mega-frequency life-force energy waves" to strengthen the immune system and prevent symptoms associated with H1N1 (swine) viral infection

For more information and to view the entire list of unapproved products, go to [www.fda.gov](http://www.fda.gov).

Source: FDA

### **H1N1 (Swine) Flu Portal**

Go to [teamhealth.com/wellness/fluinformation](http://teamhealth.com/wellness/fluinformation) for more information about H1N1 (swine) flu and resources that are available to you.