

On September 26, 2013, the State of Hawaii Department of Health (DOH) issued a news release concerning liver failure in persons taking diet supplements. The Hawaii State DOH is investigating approximately 30 cases of liver failure occurring in the last month with several fatalities and several requiring liver transplants. The Department of Health's only common finding is that all of the cases used dietary or nutritional supplements for purpose of muscle gain and/or weight loss. No particular product has been confirmed, and it may be a combination of products that are particularly toxic.

The State of Hawaii DOH is investigating the cases along with the FDA.

The MARFORPAC Surgeon strongly advises MARFORPAC Marines and Sailors and their family members against the use of all non-prescribed dietary, energy, or nutritional supplements. If individuals taking such supplements develop symptoms such as fatigue, abdominal pain or discomfort, loss of appetite, nausea and/or vomiting, and yellow skin or eyes, they should immediately consult their health care provider.

The MARFORPAC Surgeon will continue to closely monitor the situation. Individuals can go directly to the following websites to gain the most current up to date information and releases. Hawaii DOH: <http://health.hawaii.gov/>; The US FDA Website: <http://www.fda.gov/>; the US CDC webpage: <http://www.cdc.gov/>.