

## How to Report a Problem

To report non-emergency problems with a Food and Drug Administration (FDA) regulated product contact the consumer complaint coordinator in your geographic area. For a list of the coordinators, and more information on reporting a problem visit: [www.fda.gov/Safety/ReportaProblem](http://www.fda.gov/Safety/ReportaProblem), or call 1-888-463-6332.

To file a complaint with the Federal Trade Commission about misleading ads or websites for health products call 1-877-FTC-HELP (1-877-382-4357), or visit [ftc.gov/complaint](http://ftc.gov/complaint).

## Avoid Health Fraud Scams

### BE SMART

If it sounds too good to be true, it's probably a scam.

### BE AWARE

Claims such as "Miracle Cure" or "Quick Fix" are red flags—learn to recognize them.

### BE CAREFUL

Before taking an unproven or little known treatment, talk to a doctor or health care professional—especially when taking prescription drugs.

The FDA defines health fraud as the deceptive promotion, advertising, distribution, or sale of a product represented as being effective to prevent, diagnose, treat, cure or lessen an illness or condition, or provide another beneficial effect on health, but that has not been scientifically proven safe and effective for such purposes.

To learn more about identifying and avoiding health fraud scams visit

**FDA.GOV/HEALTHFRAUD**



U.S. Department of Health and Human Services  
U.S. Food and Drug Administration  
Office of Regulatory Affairs, Office of Enforcement

## Don't Be a Victim of Health Fraud Scams



U.S. Department of Health and Human Services  
U.S. Food and Drug Administration

# Be Smart

## WHAT IS A HEALTH FRAUD SCAM?

A health fraud scam is a way to fool people about health products that may not be all they're cracked up to be. They play on our desires for a quick fix and bombard us with deceptive marketing.

## WHO DO THEY TARGET?

All of us! Health fraud scams can be found everywhere promising help for many common health issues, including weight loss, memory loss, sexual performance, and joint pain.

They target people with serious conditions like cancer, diabetes, heart disease, HIV/AIDS, arthritis, Alzheimer's, and many more.

Bogus ads promising amazing results can be found many places, including:

- The Internet
- TV infomercials and radio
- Magazines and newspapers
- Direct mail
- Unsolicited emails

# Be Aware

## RECOGNIZE THE RED FLAGS

### These claims are often used in scams!

- 🚩 Miraculous Cure
- 🚩 Quick Fix
- 🚩 Ancient Remedy
- 🚩 New Discovery
- 🚩 Scientific Breakthrough
- 🚩 Secret Ingredient
- 🚩 Natural Cure
- 🚩 Shrinks Tumors
- 🚩 Lowers Blood Sugar
- 🚩 Quick and Painless Cure
- 🚩 No-Risk Money Back Guarantee

## KNOW THE RISKS

- Relying on unproven products can lead to delays in getting the proper treatment and can cause serious or fatal injuries.
- Products for weight loss, sexual performance, and body building may contain harmful drugs or chemicals not listed on the label.

# Be Careful

## DON'T BE FOOLED

If a product claims to cure a wide range of unrelated diseases, it's probably a scam. No one product can treat or cure many different illnesses.

Some companies even recruit your friends, family, or coworkers to spread the word about their products through word-of-mouth marketing.

Personal testimonials by "real" people or "doctors" played by actors claiming amazing results can be a tip off that it's a scam.

## PROTECT YOUR INFORMATION

Never give out personal information including your Medicare ID # in exchange for a free offer.

