

ALLOWABLE NUTRITIONAL SUPPLEMENTS

Herbal/Botanical Supplements

The following is the list of herbal/botanical supplements which are derived from botanical sources (plants, trees, seeds, roots, fruits, and vegetables).

- Ginkgo Biloba
- Milk Thistle
- Resveratrol
- Saw Palmetto
- Cranberry
- Fruit/Vegetable Extracts
- Ginseng
- Echinacea
- Pomegranate
- Rose Hips
- Lycopene
- Bioflavonoids
- Green Tea
- Valerian
- Flax seed oil
- Methylsulfonylmethane (MSM)
- Circumin (Turmeric)

Biological Supplements

The following is the list of supplements which are derived from biological sources (shellfish and animal cartilage, bone, tissue, etc.)

- Glucosamine
- Chondroitin
- Fish Oil (Omega 3 Fatty Acid)
- Coenzyme Q₁₀
- Hyaluronic acid

Mineral Supplements

The following is the list of allowable mineral supplements.

- Calcium
- Copper
- Magnesium
- Nickel
- Selenium
- Zinc
- Vanadium
- Chloride
- Iodine
- Manganese
- Phosphorus
- Sodium
- Chromium
- Cobalt
- Iron
- Molybdenum
- Potassium
- Sulfur
- Boron

Protein Supplements

Protein supplements are derived from many sources. The most popular of these sources include dairy (whey, casein) and egg. Amino acids, the “building blocks” of protein, may not be purchased separately by inmates. These separate amino acids can have profound, drug like effects in the human body and may interact with prescription medication. ***A protein supplement must contain at a minimum, the following nine essential amino acids.***

Essential Amino Acids

- Isoleucine
- Phenylalanine
- Histidine
- Leucine
- Threonine
- Valine
- Lysine
- Tryptophan
- Methionine

The following **14 nonessential amino acids are acceptable** in a protein supplement, **but only when the 9 essential amino acids are also present.**

Nonessential Amino Acids

- Alanine
- Glutamate
- Serine
- Citrulline
- Proline
- Asparagine
- Glutamine
- Tyrosine
- Ornithine
- Cysteine
- Aspartate
- Glycine
- Arginine
- Carnitine

Vitamin Supplements

When reviewing the ingredients in a vitamin product, it may not be evident when a substance is actually a vitamin. For example, it is rare if ever that you would see vitamin B₉ on an ingredient list of multiple vitamins. However, “folic acid” will certainly be listed. The same is true of vitamin B₇, which is always listed as “biotin.” The following is the list of allowable vitamin supplements.

Vitamin Name	Chemical Compound
• A	Retinoids (retinol, retinoids and carotenoids, fish liver oils)
• B ₁	Thiamine
• B ₂	Riboflavin
• B ₃	Niacin, niacinamide
• B ₅	Pantothenic acid
• B ₆	Pyridoxine, pyridoxamine, pyridoxal
• B ₇	Biotin
• B ₉	Folic acid, folinic acid
• B ₁₂	Cyanocobalamin, hydroxycobalamin, methylcobalamin
• C	Ascorbic Acid
• D	Ergocalciferol, cholecalciferol
• E	Tocopherols, tocotrienols
• K	Phylloquinone, menaquinones, phylionadione

SUBSTANCES NOT ALLOWED

- Glandular Extracts
- Steroids
- Hormones

This includes non-botanical based Enzymes, and anything which is not a vitamin, mineral, herb, or a botanical or biological derivative. Including but not limited to:

- Pituitary
- DHEA
- Orchic
- Thyroid
- Creatine
- Adrenal
- Thymus
- Betain

The above definitive list of allowable herbal/botanical extracts, biological extracts, vitamins, minerals, and protein supplement will hopefully end the confusion regarding what an inmate is allowed to possess.