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## NEWS RELEASE

For Immediate Release  
November 14, 2019

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# Lawmakers Call on IRS to Expand Health Savings Accounts to Include Nutritional Supplements

**WASHINGTON, D.C.** – Congressman Buddy Carter (R-GA) and other lawmakers this week asked Internal Revenue Services (IRS) Commissioner Charles P. Rettig to allow selected categories of nutritional supplements to be considered “medical expenses” under Health Savings Accounts (HSAs), Flexible Spending Accounts (FSAs) and Health Reimbursement Arrangements (HRAs).

Alongside Congressman Carter, members of Congress who signed on to the letter include: Rep. Glenn Grothman, (R-WI), Rep. Barry Loudermilk (R-GA), Rep. Brian Mast (R-FL), Rep. Bill Posey (R-FL), Rep. Adrian Smith (R-NE), Rep. Christopher Smith (R-NJ) and Rep Mark Walker (R-NC). View the letter [here](#).

“Americans are facing preventable chronic conditions at an alarming rate and allowing tax-deferred healthcare spending accounts to be used for designated nutritional and dietary supplements is a commonsense solution that can make it easier for people to support their health and well-being,” said Daniel Fabricant, Ph.D., President and CEO of NPA. “Too much of our focus in this country is on disease treatment rather than prevention. This simple change in our regulations promotes the proactive, preventive approach that we need to adopt if we wish to improve our nation’s health and manage healthcare costs.”

The selected categories include nutritional and dietary supplements that carry health claims or structure/function claims. Examples include “calcium builds strong bones,” “antioxidants maintain cell integrity,” “adequate calcium and vitamin D as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life,” and more.

The letter asks the IRS to revise Publication 502 for tax years 2020 and beyond to read as follows:

*“you can include in medical expenses the cost of nutritional supplements, vitamins, herbal supplements, ‘natural medicines,’ etc., provided that such products are labeled with a health claim authorized by the Food and Drug Administration, bear statements describing how they are intended to affect the structure or function of the human body, or bear statements characterizing the mechanism by which the product acts to maintain such structure or function.”*

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## **Natural Products Association**

The **Natural Products Association (NPA)** is *the* trade association representing the entire natural products industry. We advocate for our members who supply, manufacture and sell natural ingredients or products for consumers. The Natural Products Association promotes good manufacturing practices as part of the growth and success of the industry. Founded in 1936, NPA represents over 1,000 members accounting for more than 10,000 locations of retailers, manufacturers, wholesalers and distributors of natural products, including foods, dietary supplements, and health/beauty aids. Visit [www.npanational.org](http://www.npanational.org)