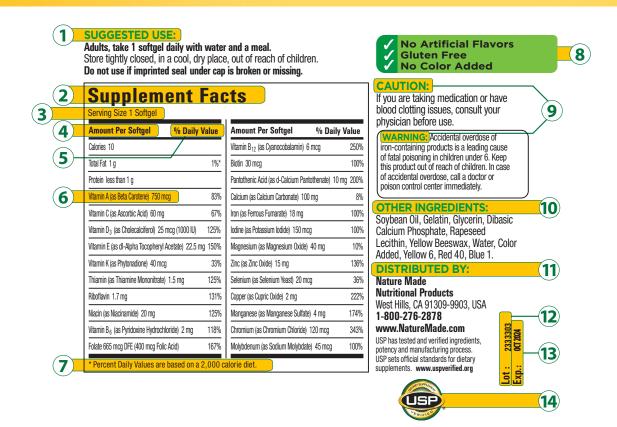


## How to read a supplement label



- ① **Suggested Use:** Information about how to safely ingest the recommended dose and other useful details including when to take the supplement and how to store it.
- ② Supplement Facts: The name given to the nutrition information panel of a dietary supplement.
- 3 Serving Size: The suggested number of units (tablets, softgels, capsules, gummies, stick packs) per serving.
- **4 Amount per Serving:** Lists the amount of each ingredient in the dietary supplement, per the recommended dose.
- (5) Percent (%) Daily Value: Tells what percentage of the recommended daily intake or daily reference value for each nutrient is contained in each serving. The DV's are required to be printed on dietary supplement labels and are established by the FDA based on the recommendations of the Institute of Medicine (IOM). The DV's are for adults and children ages 4 and up, unless otherwise indicated.
- **6 Amount:** The listed ingredient in each serving is declared in metric units. milligram (mg) and microgram (mcg) are common units.
- **(e.g.** "Daily Value not established.")
- (a) Attributes: Characteristics that the product does or does not contain.

- © Cautions & Warnings: This information helps consumers understand who should avoid or take precautions when taking the product, or the potential side effects, of a supplement.
- Ingredients List: The ingredient list provides a list of the ingredients contained in the product including the source ingredients for the dietary ingredients, as well as the inactive ingredients that are added for manufacturing purposes. Source ingredients may be listed in the Supplements Facts Panel or the ingredient list.
- Manufacturer's Contact Information: Responsible manufacturers always include an address or phone number, and website, as a means for consumers to contact and ask questions or report adverse events.
- ② Lot Number: Letters and/or number combination that track the products manufacturing history and can be used if you have questions about the ingredients and/or product.
- (3) Expiration Date: The date until which the ingredients will remain potent. Product is best used by the expiration date, after which potency may likely decrease over time.
- Quality Marks and Seals: The USP Verified Mark indicates that all manufacturing processes and operations used to make the dietary supplement have been audited by the United States Pharmacopeia (USP). This includes product purity, potency and identity. The USP verification seal is voluntary on the part of the manufacturer. This information informs the consumer about any special quality control procedures or programs that help ensure the quality of the product.