How to read a vitamin label

**SUPPLEMENT FACTS:** is the name given to the nutrition information panel of a dietary supplement.

**SERVING SIZE:** serving size is the maximum amount recommended, as appropriate, per eating occasion.

**AMOUNT PER SERVING:** lists the dietary ingredients in each supplement and the amount of each.

**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 for adults and children ages 4 and up, unless otherwise indicated.

**AMOUNT:** the listed dietary ingredient in each serving is declared in metric units. milligram (mg) and microgram (mcg) are common units.

**Footnote:** “*” contains explanations such as for the Daily Value (e.g. “ Daily Value not established.”)

**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 even a website, as a means for consumers to call and ask questions or report adverse events.

**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 information informs the consumer about any special quality control procedures or programs that help ensure the quality of the product.]