

# How to Read a Supplement Facts label

Dietary supplements are required by law to feature a Supplement Facts label. If a product is missing **Supplement Facts** or any other required label information, the product is subject to enforcement by FDA and could be deemed as misbranded.

1. Supplement Facts is the name given to the nutrition information panel of a dietary supplement product.
2. Serving size is the manufacturer's suggested serving expressed in the appropriate unit (tablet, capsule, softgel, packet, teaspoonful, etc.)
3. Servings Per Container tells the net content of the dietary supplement.
4. Amount Per Serving heads the listing of dietary ingredients in the supplement and the quantity of each.
5. Percent Daily Value (DV) tells what percentage of the recommended daily intake for each nutrient is contained in each serving. The DVs are for adults and children ages 4 and up, unless otherwise indicated.
6. All dietary ingredients contained in the supplement are identified by their common or usual name. A dietary ingredient can be a vitamin, mineral, botanical, amino acid, or other dietary substance, as well as a concentrate, metabolite, constituent, extract, or combination of any of the above.
7. The amount of dietary ingredient in each serving is declared in metric units. Milligram (mg) and microgram (mcg) are common units.
8. A symbol, such as an asterisk, placed under the % Daily Value heading indicates that the Daily Value has not been established for that dietary ingredient.
9. A footnote contains explanations for symbols, such as the asterisk, placed under the % Daily Value heading. Explanations may include "Daily Value not established."
10. The list of all ingredients in the supplement, including any ingredient that is the source of a dietary ingredient, in decreasing order by weight.

| 1 Supplement Facts               |                                  |                 |
|----------------------------------|----------------------------------|-----------------|
| 2 Serving Size 1 Tablet          |                                  |                 |
| 3 Servings Per Container 100     |                                  |                 |
|                                  | 4 Amount Per Serving             | 5 % Daily Value |
| Vitamin A (50% as beta-carotene) | 900 mcg                          | 100%            |
| 6 Vitamin C                      | 7 250 mg                         | 278%            |
| Vitamin D                        | 20 mcg                           | 100%            |
| Vitamin E                        | 75 mg                            | 500%            |
| Vitamin K                        | 120 mcg                          | 100%            |
| Thiamin                          | 1.2 mg                           | 100%            |
| Riboflavin                       | 1.3 mg                           | 100%            |
| Niacin                           | 16 mg                            | 100%            |
| Vitamin B6                       | 1.7 mg                           | 100%            |
| Folate                           | 400 mcg DFE (240 mcg folic acid) | 100%            |
| Vitamin B12                      | 2.4 mcg                          | 100%            |
| Biotin                           | 30 mcg                           | 100%            |
| Pantothenic Acid                 | 5 mg                             | 100%            |
| Choline                          | 550 mg                           | 100%            |
| Calcium                          | 260 mg                           | 20%             |
| Iron                             | 18 mg                            | 100%            |
| Phosphorus                       | 250 mg                           | 20%             |
| Iodine                           | 150 mcg                          | 100%            |
| Magnesium                        | 210 mg                           | 50%             |
| Zinc                             | 11 mg                            | 100%            |
| Selenium                         | 25 mcg                           | 45%             |
| Copper                           | 0.9 mg                           | 100%            |
| Boron                            | 150 mcg                          | 8 *             |

9 \* Daily Value not established.

10 Other Ingredients: Choline bitartrate, calcium carbonate, ascorbic acid, dicalcium phosphate, magnesium oxide, microcrystalline cellulose, dl-alpha tocopherol acetate, ferrous fumarate, niacinamide, zinc oxide, magnesium stearate, d-calcium pantothenate, vitamin A acetate, pyridoxine hydrochloride, potassium iodide, boron citrate, phylloquinone, thiamin mononitrate, copper sulfate, d-biotin, sodium selenate, cholecalciferol, and cyanocobalamin.