



HOW TO READ A VITAMIN LABEL

- 1 Suggested Use:** Informs consumers how to safely and correctly obtain the recommended amount. Manufacturers may also include other useful information, such as the best time to take the supplement and where it should be stored.
- 2 Serving Size:** This shows consumers how many tablets or capsules they need to take in order to reach the %Daily Value or amounts indicated on the label.
- 3 Percent Daily Value (%DV):** Daily Values were developed by the U.S. Food and Drug Administration (FDA) to help consumers determine the level of various nutrients in a standard serving of food or dietary supplement in relation to their approximate requirement for it. Percent Daily Values allow consumers to compare one serving of a food or dietary supplement to another in a standardized fashion.
- 4 Nutrients without a DV:** These are included in nutritional supplements to help inform consumers about the presence of ingredients that may offer health benefits, but do not have established Daily Values.
- 5 Lot Numbers:** These are a series of letters and/or numbers that help track a product's history. If you have questions about a specific product, the manufacturer may request the lot number to help track the product's manufacturing history.
- 6 Expiration Dates:** These are put on vitamin bottles to let consumers know how long the ingredients will be potent and the product will meet all of its quality specifications. Supplements may not be as effective after they have passed their date of expiration.
- 7 Ingredients:** In addition to telling you what vitamins and minerals are included in each tablet or capsule, the list of ingredients points out any potential allergens for individuals. This vitamin label lists ingredients in two areas: in the Supplement Facts box and in the "other ingredients" list.
- 8 Manufacturer's Contact Information:** Responsible manufacturers always include an address or phone number, and sometimes a website, as a means for the public to call and ask questions or report adverse events.
- 9 Quality Marks and Statements:** For example, 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 helps inform the consumer about any special quality control procedures or programs that help ensure the quality of the product.
- 10 Cautions and Warnings:** This information helps consumers understand who should avoid or take precautions when taking the product, or the potential side effects of taking a supplement. People taking prescription drugs, pregnant or lactating women, people with serious medical conditions or people with allergies should be particularly aware of warnings on package labels and should always consult their health care professional before taking a supplement.