

# LABEL WISE

## SUPPLEMENT FACTS LABELS ARE CHANGING

to better provide you the information you need to make informed choices about your health.

### Key changes to look for:

- DAILY VALUES (DV)
- MEASUREMENTS
- INGREDIENTS

# 82%

of Americans agree that information on the label helps them make purchasing decisions.

THE FOOD AND DRUG ADMINISTRATION HAS MANDATED NEW LABEL REQUIREMENTS FOR DIETARY SUPPLEMENTS TO REFLECT ADVANCES IN NUTRITION SCIENCE AND CHANGES IN THE AMERICAN DIET.

**%DV** will now reflect latest nutrition science and changes in the American diet

**VITAMINS A, D, and E** will now be measured in mg or mcg

**SUGAR** amount **%DV** will now be listed

**FOLIC ACID** will now be measured in mcg of dietary folate equivalents (DFEs) and listed as folate

We all have unique nutritional needs.

Talk with your healthcare practitioner to understand how changes to the Supplement Facts label might impact you.

[www.BeLabelWise.org](http://www.BeLabelWise.org)

