

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) shows what portion of the Recommended Daily Intake (RDI) is provided for each nutrient per serving. The RDIs are for adults and children 4 and older, 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. Footnotes here show details about the ingredients relative to the RDIs and/or daily caloric intake.
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. Source ingredients may be listed in parentheses next to the dietary ingredient name, in which case they do not need to be relisted in the "ingredients statement."

| 1 Supplement Facts | | |
|-------------------------------------|---|-----------------|
| 2 Serving Size 4 tablets | | |
| 3 Servings Per Container 12 | | |
| | 4 Amount Per Serving | 5 % Daily Value |
| Vitamin A (50% as beta-carotene) | 900 mcg RAE | 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 | Ingredients: Choline bitartrate, ascorbic acid, dicalcium phosphate, magnesium oxide, microcrystalline cellulose, dl-alpha tocopheryl 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. | |