

How to Read an Over-the-Counter (OTC) Supplement Label

Dietary Supplements 101:

How are dietary supplements different from medications?

- The Food and Drug Administration (FDA) treats dietary supplements more like foods than medications. Because of this, the FDA does not test supplements in the same way as medications for safety, quality, or how well they work.

Who checks the quality of dietary supplements?

- Most of the time, the companies that make the supplements are the ones who test them. This means things like what is in the product, how strong it is, and if it has harmful substances are not always double-checked.
- Some dietary supplements are United States Pharmacopeia (USP) verified which means they have been tested by an outside group. These verified dietary supplements must:
 - Have the same ingredients and amounts listed on the label
 - Not contain harmful levels of certain ingredients
 - Break down and be absorbed by the body in the right amount of time
 - Be made in clean and controlled conditions that follow FDA rules

Do dietary supplements work?

- Some dietary supplements may improve health. However, the stated health benefits are not checked by the FDA, so they may not be true or accurate.

Are "natural" dietary supplements safe?

- Just because something is labeled "natural" does not mean it is safe. Natural ingredients, like plant-based products, can help the body but can also cause harm.
- Some "natural" products may contain hidden or harmful substances. Even natural ingredients can interact with medications you are taking, so it is important to be careful.

Example Supplement Facts Label: Nature Made(R) Multivitamin Tablets with Iron

1 Suggested Use: describes the intended reason for taking the supplement.

2 Caution: gives important safety information. It may tell you when not to use the supplement, such as with certain health conditions. It may also warn about mixing it with other medicines or tests.

3 Supplement Facts: includes the active ingredients and nutritional facts. The ingredients are listed by the greatest amount to the least amount of product. The amount per serving is the dose in each serving based on the serving size listed on the label. The percentage of daily value must be listed for all ingredients. You should not go over the advised daily limit. Some supplements may contain a proprietary blend which includes a mixture of different ingredients. The exact amount of each ingredient within this blend is not listed on the label.



SUGGESTED USE: Adults, take 1 tablet daily with water and a meal.
Store tightly closed, in a cool, dry place, out of reach of children.
Do not use if seal under cap is broken or missing.
CAUTION: If you are taking medication or have blood clotting issues, consult your physician before use.

✓ No Color Added
✓ No Artificial Flavors
✓ Gluten Free

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A 750 mcg (as Retinyl Acetate and Beta Carotene)	83%	Biotin 30 mcg	100%
Vitamin C (as Ascorbic Acid) 180 mg	200%	Pantothenic Acid 10 mg (as d-Calcium Pantothenate)	200%
Vitamin D3 25 mcg (1000 IU) (as Cholecalciferol)	125%	Calcium (as Calcium Carbonate) 160 mg	12%
Vitamin E 22.5 mg (as dl-Alpha Tocopheryl Acetate)	150%	Iron (as Ferrous Fumarate) 18 mg	100%
Vitamin K (as Phytonadione) 80 mcg	67%	Iodine (as Potassium Iodide) 150 mcg	100%
Thiamin (as Thiamine Mononitrate) 1.5 mg	125%	Magnesium (as Magnesium Oxide) 100 mg	24%
Riboflavin 1.7 mg	131%	Zinc (as Zinc Oxide) 11 mg	100%
Niacin (as Niacinamide) 20 mg	125%	Selenium (as Sodium Selenate) 55 mcg	100%
Vitamin B6 2 mg (as Pyridoxine Hydrochloride)	118%	Copper (as Cupric Sulfate) 0.9 mg	100%
Folate 665 mcg DFE (400 mcg Folic Acid)	166%	Manganese (as Manganese Sulfate) 2.3 mg	100%
Vitamin B12 (as Cyanocobalamin) 6 mcg	250%	Chromium (as Chromium Chloride) 35 mcg	100%
		Molybdenum (as Sodium Molybdate) 50 mcg	111%

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

OTHER INGREDIENTS: Cellulose Gel, Modified Food Starch, Less than 2% of Maltodextrin, Croscarmellose Sodium, Silicon Dioxide, Hypromellose, Magnesium Stearate, Gelatin, Polyethylene Glycol.

4 Warning(s): may describe information on unusual side effects, medication interactions and when to discontinue use.

5 Other Ingredients: describe substances that are not an active ingredient but help make up the supplement formulation.

6 USP symbol: indicates this dietary supplement has been reviewed by the USP group.



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