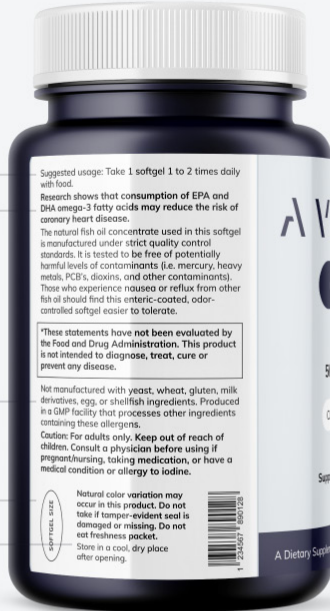


How to read a supplement label

Dietary supplements are regulated by the U.S. Food and Drug Administration (FDA), and all labels must follow a consistent format to make it easier for consumers to understand supplements. There are some tricks to understanding dietary supplement labels well, so be sure to pay attention to the following points when you're evaluating your supplements.



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Suggested usage: Take 1 softgel 1 to 2 times daily with food.

Research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.

The natural fish oil concentrate used in this softgel is manufactured under strict quality control standards. It is tested to be free of potentially harmful levels of contaminants (i.e. mercury, heavy metals, PCB's, dioxins, and other contaminants). Those who experience nausea or reflux from other fish oil should find this enteric-coated, odor-controlled softgel easier to tolerate.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Not manufactured with yeast, wheat, gluten, milk derivatives, egg, or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Caution: For adults only. Keep out of reach of children. Consult a physician before using if pregnant/nursing, taking medication, or have a medical condition or allergy to iodine.

Natural color variation may occur in this product. Do not take if tamper-evident seal is damaged or missing. Do not eat freshness packet. Store in a cool, dry place after opening.



01 Recommended use: the brand's suggested use instructions for the supplement

02 Claims: a supplement may include a health claim, nutrient content claim, and/or a structure/function claim

03 FDA disclaimer: the disclaimer is included when certain claims are made on the product label

04 Advisory statements

05 Actual size of the supplement

06 Storage recommendations

■ Required by the FDA



07 **Statement of identity:** the identity of the product and name of the dietary supplement

09 **Net quantity of contents statement:** the amount of the dietary supplement in the product

08 **Formula information**

Required by the FDA

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10 Supplement Facts: panel indicating ingredients and nutrition facts for the product

11 Serving size: the serving size, and sometimes the number of servings per container, will be included to help you compare more easily between products

12 Percent Daily Value: this value is established according to a 2,000 calorie diet. Ingredients that are not considered essential in the diet will not have an established daily value

13 Certification logos: seals that identify the product meets certain quality standards

14 Ingredient list: all compounds used to manufacture the supplement listed in order by weight; this includes excipients, binders, and fillers

15 Allergen information: eight major food allergens (i.e., eggs, fish, milk, peanuts, shellfish, soybeans, tree nuts, and wheat) must be identified on the label when present

16 Business information: the name and location of the manufacturer, packer, or distributor

■ Required by the FDA

References

1. Center for Food Safety, & Nutrition, A. (July 18, 2006). Food Allergen Labeling And Consumer Protection Act of 2004 Q&A. <https://www.fda.gov/food/food-allergensgluten-free-guidance-documents-regulatory-information/food-allergen-labeling-and-consumer-protection-act-2004-questions-and-answers>
2. Center for Food Safety, & Nutrition, A. (June 19, 2018). Label claims for conventional foods and dietary supplements. <https://www.fda.gov/food/food-labeling-nutrition/label-claims-conventional-foods-and-dietary-supplements>
3. Supplement labels diagram. (n.d.). NOW Foods. <https://www.nowfoods.com/file/supplement-labels-diagramjpg>
4. U.S. Food & Drug Administration. (2005, April). Dietary supplement labeling guide. U.S. Food & Drug Administration. <https://www.fda.gov/food/dietary-supplements-guidance-documents-regulatory-information/dietary-supplement-labeling-guide>



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This handout was developed and medically reviewed by Fullscript's Integrative Medical Advisory team.
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