

# Council for Responsible Nutrition

## How do you read a supplement label ?

Take a good look at the sample label below. It will help you become more familiar with the basic information on a supplement label.

Serving size is the manufacturer's suggested serving expressed in the appropriate unit (tablet, capsule, softgel, packet, teaspoonful).

Amount Per Serving heads the listing of nutrients contained in the supplement, followed by the quantity present in each serving.

International Unit (IU) is a standard unit of measure for fat soluble vitamins (A, D and E).

Milligram (mg) and microgram (mcg) are units of measurement for water soluble vitamins (C and B complex) and minerals. A milligram is equal to .001 grams. A microgram is equal to .001 milligrams.

The list of all ingredients includes nutrients and other ingredients used to formulate the supplement, in decreasing order by weight.

All supplements should be stored in a cool, dry place in their original containers, out of the reach of children and should be used before the expiration date to assure full potency.

## Supplement Facts

Serving Size 1 tablet

Amount Per Serving	% Daily Value
Vitamin A 5000 I.U. 50% as Beta Carotene	100%
Vitamin C 250 mg	417%
Vitamin D 400 I.U.	100%
Vitamin E 200 I.U.	667%
Thiamin 5 mg	333%
Riboflavin 5 mg	294%
Niacin 20 mg	100%
Vitamin B <sub>6</sub> 5 mg	250%
Folate 0.4 mg	100%
Vitamin B <sub>12</sub> 6 mcg	100%
Biotin 150 mcg	50%
Pantothenic Acid 10 mg	100%
Calcium 200 mg	20%
Iron 18 mg	100%
Phosphorus 200 mg	20%
Iodine 150 mcg	100%
Selenium 35 mcg	50%
Magnesium 200 mcg	50%
Zinc 15 mg	100%
Copper 2 mg	100%
Boron 150 mcg	*

\* Daily Value not established

**Ingredients:** vitamin A acetate, beta carotene, vitamin D, dl-alpha tocopherol acetate, ascorbic acid, thiamin mononitrate, riboflavin, niacinamide, pyridoxine hydrochloride, vitamin b-12, biotin, d-calcium pantothenate, potassium chloride, dicalcium phosphate, potassium iodine, ferrous fumarate, magnesium oxide, copper sulfate, zinc oxide, manganese sulfate, sodium selenate, chromium chloride, sodium molybdate, microcrystalline cellulose, calcium carbonate, sodium carboxymethylcellulose

**Storage:** Keep tightly closed in dry place; do not expose to excessive heat

**KEEP OUT OF REACH OF CHILDREN**

Expiration date: 06/2003

Manufacturer's or distributor's name, address and zip code

Percent Daily Value (DV) tells what percentage of the recommended daily intake for each nutrient for adults and children ages 4 and up is provided by the supplement.

An asterisk under the "Percent Daily Value" heading indicates that a Daily Value is not established for that nutrient.

The manufacturer's or distributor's name, address and zip code are required to appear on the label.

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