

Name _____ Section _____ Date _____



Lab A8-7 *Reading Dietary Supplement Labels*

Choose a dietary supplement label to evaluate; look for a product containing the “Supplement Facts” panel on its label. Use the information on the label to answer the following questions:

Name of product: _____ Price: \$ _____

Serving size: _____

Name and address of manufacturer: _____

Contents:

Nutrients with established Daily Values and amount per serving:

Substances with no established Daily Values—list name, part of plant (for botanicals), and amount per serving:

Other ingredients:

Are standardization levels given for any of the substances contained in the supplement? If so, what are they?

Directions for use:

Are there any warnings or precautions for use of the product? If so, list them here. Do any apply to you?

Is there any other information relating to use or storage of the supplement?

(over)

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Does the label contain any health-related claims? If so, list them in the appropriate category below.

Nutrient-content claims such as “high in . . . ,” “excellent source of . . . ,” or “high potency”:

FDA-authorized claims about disease prevention (examples include the links between calcium and the prevention of osteoporosis, folate and the prevention of neural tube defects, and soluble fiber and the prevention of heart disease):

Structure-function claims such as “antioxidants maintain cell integrity”; these claims all carry a disclaimer stating that they have not been evaluated by the FDA and that the product is not intended to diagnose, treat, cure, or prevent disease:

Does the label or packaging include any other elements—artwork, photographs, and so on—that imply that use of the supplement will have a particular effect?

Does the supplement contain the USP-DSVP designation from the U.S. Pharmacopoeia? The NNFA designation from the National Nutritional Foods Association? Any other indication of quality or purity?

Has a close study of the label changed your opinion about the product and made you more or less likely to try it? Why or why not?