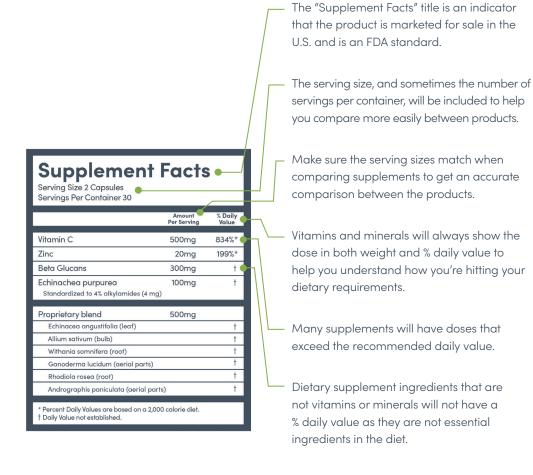
How to read a supplement label

Dietary supplements are regulated by the 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.





Supplement Facts Serving Size 2 Capsules Servings Per Container 30 % Daily Value Amount Per Serving Vitamin C 500mg 834%* Zinc 199%* Beta Glucans 300mg 100mg (Echinachea purpurea Standardized to 4% alkylamides (4 mg) 500mg Proprietary blend Echinacea angustifolia (leaf) † Allium sativum (bulb) † Withania somnifera (root) Ganoderma lucidum (aerial parts) Rhodiola rosea (root) Andrographis paniculata (aerial parts) † Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Herbs will sometimes have additional information listed in the supplement facts panel. You might see ratio numbers (i.e. 4:1) that designate how much raw material of the herb (fresh or dried herb) went into making the supplement version of the herb.

Herbs might have a standardization amount that corresponds to how much of an active ingredient is present in the herbal supplement. The dose of the active ingredient is often listed, but not always.

Proprietary blends are common in dietary supplements. Only the total amount of the proprietary blend in a serving needs to be listed on a supplement, which means that you don't get all of the information about every ingredient that is in the blend.

Ingredients in a proprietary blend are listed in order from most to least. This is similar to how food ingredients are listed on nutrition facts panels that you find on prepared foods.

The daily value percent is established against a 2,000 calorie diet. While this is the standard calorie amount across most labels, it's always important to scale your requirements based on the calorie intake that you need to reach your health goals.

