

How to Read a Nutrition Facts Label

Dietary supplements are required by law to feature a Nutritional Information label. If a product is missing **Nutritional Information** or any other required label information, the product is subject to enforcement by FDA and could be deemed as misbranded.



- 1 **SERVING SIZE** is the manufacturer's suggested serving expressed in the appropriate unit (tablet, capsule, softgel, packet, teaspoonful, etc.)
- 2 **SERVINGS PER CONTAINER** tells the net content of the dietary supplement.
- 3 **AMOUNT PER SERVING** heads the listing of dietary ingredients in the supplement and the quantity of each.
- 4 **NUTRIENT REFERENCE VALUES** (NRVs) are a set of values used in nutrition labelling derived from authoritative recommendations for daily nutrient intake. The NRVs, or sometimes known as Recommended Daily Intake (RDI), are for adults and children 4 and older, unless otherwise indicated.
- 5 **ALL DIETARY INGREDIENTS** contained in the supplement are identified by their common or usual name. A dietary ingredient can be a vitamin, mineral, botanical, amino acid, or other dietary substance, as well as a concentrate, metabolite, constituent, extract, or combination of any of the above.
- 6 **THE AMOUNT OF DIETARY INGREDIENT** in each serving is declared in metric units. Milligram (mg) and microgram (mcg) are common units.
- 7 **A SYMBOL**, such as an asterisk, placed under the % NRV heading indicates that the NRV has not been established for that dietary ingredient.
- 8 **FOOTNOTES** here show details about the ingredients relative to the RDIs and/or daily caloric intake.
- 9 **THE LIST OF ALL INGREDIENTS** in the supplement, including any ingredient that is the source of a dietary ingredient, in decreasing order by weight. Source ingredients may be listed in parentheses next to the dietary ingredient name, in which case they do not need to be relisted in the "ingredients statement."

Nutritional Information

1 **Serving Size 4 tablets**

2 **Servings Per Container 12**

	3 Amount Per Serving	4 % NRV
Vitamin A (50% as beta-carotene)	900 mcg RAE	100%
Vitamin C	250 mg	278%
Vitamin D	20 mcg	100%
Vitamin E	75 mg	500%
Vitamin K	120 mcg	100%
Thiamin	1.2 mg	100%
Riboflavin	1.3 mg	100%
Niacin	16 mg	100%
Vitamin B6	1.7 mg	100%
Folate	400 mcg DFE (240 mcg folic acid)	100%
Vitamin B12	2.4 mcg	100%
Biotin	30 mcg	100%
Pantothenic Acid	5 mg	100%
Choline	550 mg	100%
Calcium	260 mg	20%
Iron	18 mg	100%
Phosphorus	250 mg	20%
Iodine	150 mcg	100%
Magnesium	210 mg	50%
Zinc	11 mg	100%
Selenium	25 mcg	45%
Copper	0.9 mg	100%
Boron	150 mcg	7 *

8 * NRV not established.

9 **Ingredients:** Choline bitartrate, ascorbic acid, dicalcium phosphate, magnesium oxide, microcrystalline cellulose, dl-alpha tocopheryl acetate, ferrous fumarate, niacinamide, zinc oxide, magnesium stearate, d-calcium pantothenate, vitamin A acetate, pyridoxine hydrochloride, potassium iodide, boron citrate, phylloquinone, thiamin mononitrate, copper sulfate, d-biotin, sodium selenate, cholecalciferol, and cyanocobalamin.