



Look for the  
**USP Verified Mark**



**Choose** Your  
**Dietary Supplements**  
with **Confidence**



**TO REQUEST BROCHURES**  
that can educate consumers and patients about the importance of choosing a quality dietary supplement, contact Ami Naik at [ain@usp.org](mailto:ain@usp.org) or 301-692-3285.



**U.S. PHARMACOPEIA**  
The Standard of Quality<sup>SM</sup>

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[www.uspverified.org](http://www.uspverified.org)

## Why **USP**?

The **USP Verified Mark** is awarded by USP—a nonprofit, scientific organization with nearly 200 years of experience setting public standards for medicines, and more recently dietary supplements and foods. As an independent entity, we are able to work with governments, manufacturers, and practitioners worldwide to set public health standards.

While others may provide testing and quality seals, USP is the only standards-setting organization recognized in U.S. federal law that offers third-party verification services. Our drug standards are FDA-enforceable per the Federal Food, Drug, and Cosmetic Act, and our dietary supplement standards are recognized in the 1994 Dietary Supplement Health and Education Act.

## What **Products** Have the Mark?

**Visit [www.uspverified.org](http://www.uspverified.org).**

The **USP Verified Mark** has appeared on more than 400 million bottle labels! Patients can find the **Mark** on national and store brand products in supermarkets, pharmacies, and wholesale clubs across the U.S.





## What does the USP Verified Mark tell you?

When you see the **USP Verified Mark** on a dietary supplement label, it tells you that the quality of the product has been verified under the U.S. Pharmacopeia's (USP's) rigorous USP Dietary Supplement Verification Program. This means that the dietary supplement

- 1 Contains the ingredients listed on its label, in the declared potency and amounts.
- 2 Does not contain harmful levels of specified contaminants.
- 3 Will break down and release ingredients into the body within a specified amount of time.
- 4 Has been made according to current U.S. Food and Drug Administration (FDA) good manufacturing practices.



## Tips for Choosing Supplements

### USP's dietary supplement experts recommend that you

- ✓ Choose dietary supplements that provide approximately 100% of the Daily Value (DV) for recognized nutrients.
- ✓ Check the list of ingredients carefully to make sure there are no substances to which you know you are allergic.
- ✓ Check the supplement's expiration date and make sure it is far enough in the future to allow you to consume all of the product by that date.
- ✓ Talk to your healthcare provider about which supplements might be best for you.
- ✓ Be sure to tell your healthcare provider about any supplements you are taking, since some supplements might interfere with prescription or over-the-counter (OTC) medicines.



## How does USP provide verification?

USP works with manufacturers who voluntarily participate in the USP Dietary Supplement Verification Program. We verify their supplements through a comprehensive testing and evaluation process. Our staff scientists

- ✓ Conduct an initial screening to help ensure that products or ingredients with known safety concerns are not admitted to the USP Dietary Supplement Verification Program.
- ✓ Perform thorough audits of manufacturing facilities, practices, records, and quality control measures to determine whether the manufacturer follows good manufacturing practices.
- ✓ Test product samples in USP laboratories and other qualified laboratories.
- ✓ Allow use of the **USP Verified Mark** only on products that meet all of USP's stringent criteria.
- ✓ Conduct testing on products carrying the **USP Verified Mark**, sampled from the marketplace, to determine whether they continue to meet USP's standards.



*USP awards its USP Verified Mark only after the rigorous facility audits, product documentation reviews, and product testing have been completed and the manufacturer has corrected all findings. Afterward, USP conducts testing on USP Verified products randomly sampled from the marketplace to ensure they continue to meet USP's strict standards for verification.*