

A step-by-step guide to understanding the supplement label and the assurances of the USP Verified Mark

Look for the USP Verified Mark

USP stands for the “United States Pharmacopeia” —a scientific, nonprofit organization that sets federally recognized public standards of quality for medicines, dietary supplements, and foods. The USP mark means the supplement has been independently tested to confirm the product meets USP quality standards.



Get the Facts—Check the Back

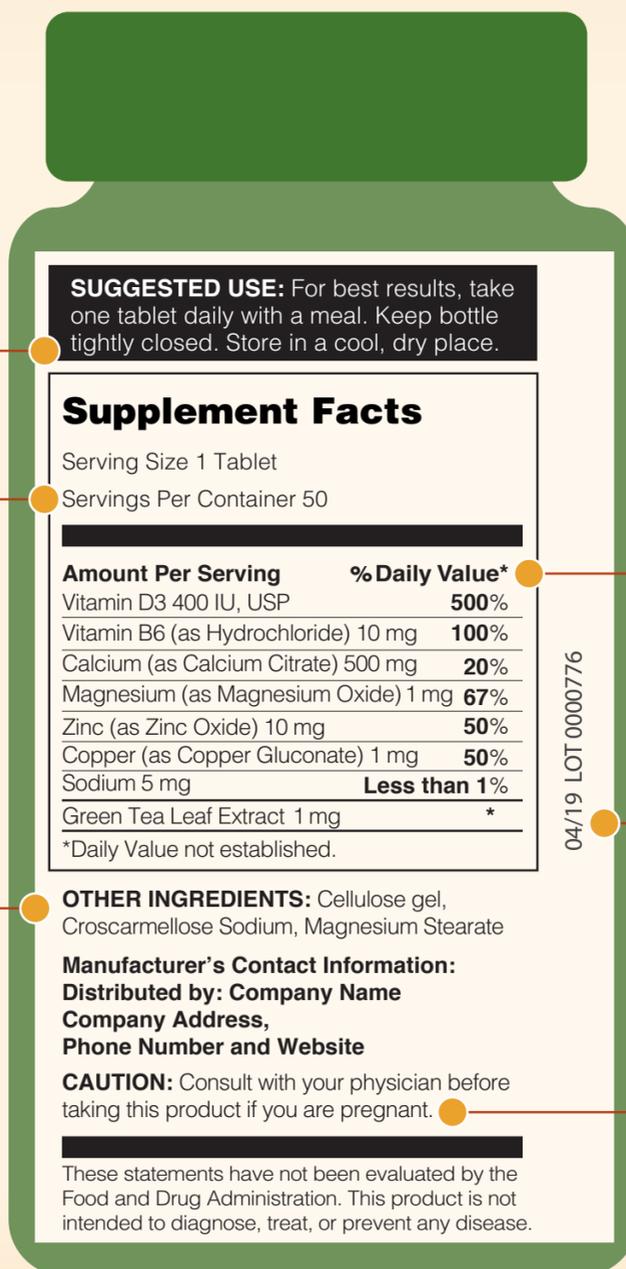
The back of the label is where you will find a wealth of information. In addition to items required by law*—like the manufacturer’s address, lot number, or notice of potential allergens—USP verifies the label claims for accuracy and requires additional information to help you make an informed choice.

1 Suggested Use and Serving Size

Dietary supplements are regulated as food, so the recommended amount is listed in terms of “Serving Size” —often in the form of the number of tablets or capsules to be consumed. USP tests each product for **performance** to ensure it will break down and release the ingredients into the body as intended.

2 Supplement Facts Panel

The supplement label lists the individual ingredients contained in each tablet or capsule. USP tests products to **positively confirm the identity and purity** of each ingredient.



3 % Daily Value

Where applicable, this value indicates the percent of the Reference Daily Intake (RDI) or Daily Reference Value (DRV) of a dietary ingredient that is in a serving of the product. USP tests each ingredient to ensure the **potency**—that is, the strength or amount of the ingredient—matches what is declared on the label.

4 Expiration Date

USP requires participants to provide expiration date information and tests the product to ensure it will contain the claimed **potency** at the date specified.

5 Cautions & Warnings

Where applicable, this information helps you understand who should avoid or take precautions when taking certain products. USP requires cautionary statements when appropriate as part of participation in our program.

* For additional information about FDA labeling requirements, see <http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/DietarySupplements/ucm070597.htm#4-59>