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

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

Learn more at: www.quality-supplements.org