

## Ten Easy Tips On How To Read A Vitamin Label

(NAPSA)—Taking charge of your health just got easier, thanks to some label-reading tips from a health care professional.

"It takes just a few minutes to learn to read a vitamin label correctly," says Lynn Moss, M.S., R.D., a continuing education specialist for Nature Made and Nature's Resource dietary supplements. "Once you know what to look for, it's much easier to select the right dietary supplements you need to lead a healthier lifestyle."

Moss offers these ten tips on what to look for on a dietary supplement label.

1. **"Percent Daily Value" or "Percent DV"** The Food and Drug Administration (FDA) recommends a daily intake for certain nutrients. The Percent DV indicates how much of a nutrient is found in one supplement serving. Percent DV is a simpler figure than Recommended Daily Allowance (RDA), because DV does not take into account age or sex. A Percent DV of 50 percent on the supplement label means that one serving equals half of the FDA's recommended daily dosage for that nutrient.

2. **Serving size** identifies how many tablets are needed to reach the Percent DV. Sometimes one tablet satisfies the recommended daily value, sometimes two tablets are needed. Consumers should read labels to find out how many tablets to take.

3. **Scientific units**, such as "I.U.," "mg" and "mcg," are different ways of measuring the amount of vitamins and minerals in each tablet. "I.U.," or "International Unit," is the global standard for measuring fat-soluble vitamins (such as vitamins A, D and E). Both water-soluble vitamins, such as B vitamins and vitamin C, and minerals, are measured in milligrams (mg) and micrograms (mcg). One milligram equals 1000 micrograms.

4. **Necessary nutrients** without set daily values, such as boron

**Supplement Facts**  
Serving Size 1 tablet

Amount Per Tablet	% Daily Value	Amount Per Tablet	% Daily Value
Vitamin A 6,000 I.U.	100%	Iodine 150 mcg	100%
Vitamin C 120 mg	200%	Magnesium 100 mg	25%
Vitamin D 400 I.U.	100%	Zinc 15 mg	100%
Vitamin E 50 I.U.	100%	Selenium 25 mcg	50%
Vitamin K 90 mcg	30%	Copper 2 mg	100%
Thiamin 1.5 mg	100%	Manganese 2 mg	100%
Riboflavin 1.7 mg	100%	Chromium 120 mcg	100%
Niacin 20 mg	100%	Molybdenum 25 mcg	50%
Vitamin B6 2 mg	100%	Chloride 36 mg	1%
Folate 400 mcg	100%	Potassium 40 mg	1%
Vitamin B12 6 mcg	100%	Boron 150 mcg	*
Biotin 30 mcg	10%	Nickel 5 mcg	*
Pantothenic Acid 10 mg	100%	Silicon 2 mg	*
Calcium 100 mg	10%	Vanadium 10 mcg	*
Iron 9 mg	50%	Vanadium 10 mcg	*
Phosphorus 77 mg	8%	Lithium 250 mcg	*

\*Daily Value not established.

Distributed by: Nature Made Nutritional Products, Mission Hills, CA 91346-9601, U.S.A. 1-800-276-2878 • www.naturemade.com

No Artificial Colors • No Artificial Flavors • No Preservatives • No Chemical Solvents or Heat  
SUGGESTED USE: Take one tablet daily with a meal. See bottle for full details.  
Do not use if imprint seal under cap is broken or missing.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Essential Elements tablets made in Nature Made's guaranteed purity and potency laboratories.

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and nickel, are also found in dietary supplements. At Nature Made, researchers identify the amount of necessary nutrients needed to safely deliver substantial health benefits.

5. **Hotline and/or Web site for help.** Have a question? Select

between the hours of 7 a.m. and 4 p.m. PST. Or, consumers can visit [www.naturemade.com](http://www.naturemade.com) to e-mail their specific question.

6. **Expiration dates** advise when the contents have lost potency. After the expiration date, the vitamins will have aged to a point that they no longer contain the "% DV" indicated on the bottle. Vitamins that expired last month are still safe to take, they simply won't be as effective as those taken before the expiration date.

7. **Lot number** helps the manufacturer identify when and where the product was made.

8. **Suggested use** covers dosage and storage information.

9. **Warnings** alert consumers about product safety seals (which should be intact at the time of purchase) and advise of potential adverse effects. People taking prescription medication, pregnant or lactating mothers, or those with allergies should, in particular, look for warnings on package labels. Quality manufacturers such as Nature Made suggest such individuals contact a health care provider before taking supplements.

10. **Quality statements or seals** represent a manufacturer's promise to offer high-quality, standardized products. Look for a recognizable name on the emblems or seal from a reputable health group that endorses the brand. For example, Nature Made carries a company-wide guarantee for purity and potency standards on all of its products and an additional United States Pharmacopoeia (USP) statement on certain products where established USP guidelines exist. They also carry a medical Seal of Acceptance from the American Medical Women's Association, the largest medical organization of women physicians, on selected products.

For more information, call 1-800-276-2878 or visit the Web site at [www.naturemade.com](http://www.naturemade.com).