

DISSECTING A SUPPLEMENT

Understanding what is on the label is key to purchasing vitamins and supplements that aren't as regulated as their prescription counterparts.

MG = Milligrams

The number of milligrams a certain vitamin has shows how much of this fulfills the Daily Values set for adults.

Measurements can come in grams(g), milligrams(mg), and microgram(mcg).



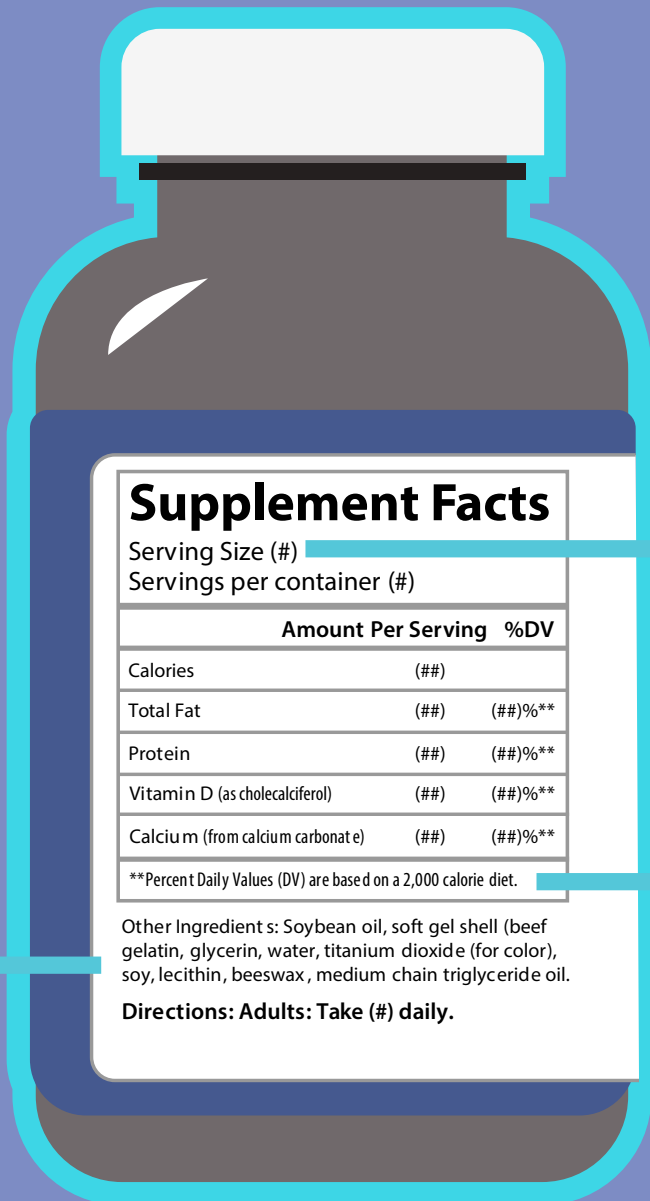
Benefits of Supplement

Usually in front of the label, this lists what the product does.

"Experts say that there is no guarantee that supplements will do what they say they do, or that they are safe or won't interact with any medications you may be taking."

- Anahad O' Connor
New York Times(2015)

This calls for careful consideration when purchasing a supplement.



Other Ingredients

Other ingredients are often at the bottom of the table. This lists everything that is found within the supplement.

Often supplements contain "fillers" - often used during the manufacturing process. It is important to look for these other ingredients as they may unintended effects on the user.

The amounts per serving relates to how much a dose adds to the Daily Value(DV).

CERTIFICATION ON LABELS

One way to ensure that a supplement is what it claims is through certification. Nonprofits and organizations such as NSF International and United States Pharmacopeial Convention tests supplements and has placed a certified mark on supplement labels that has been thoroughly tested and reviewed.

Commonly accepted certifications

