

# ANALYZING A SUPPLEMENT

With fewer government restrictions on supplements it's harder to know what is truly on a supplement label, and if it is selling what it claims. Organizations such as NSF International conduct testing that allows supplements to be certified.

## 5 STEPS TO CERTIFICATION

As tested by NSF

The FDA has said that they are not authorized to review effectiveness and more importantly safety prior to the products manufacturing.

Manufacturers should ensure their product's safety before it hits the store shelves. However, testing isn't required of them; they are considered "safe until proven unsafe."

NSF takes supplements through the following steps to become certified; one of the ways the consumer can see if a supplement is safe.



### Application

1

Application gathers the formulation, label, ingredients, suppliers and manufacturing information.

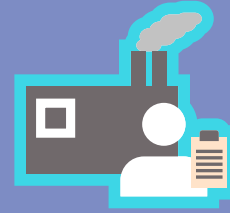


### Toxicology Review

2

The review compares the label to the formulation. Formulation is essentially what has been mixed in the product being tested.

They also review the ingredient and determination of product testing.



### Facility Inspection

3

Facility Inspection inspects the suppliers contact with the product being tested. This includes reaching the Good Manufacturing Practices, observations of in-house laboratories, sourcing and traceability procedures, and ingredients provided by the supplier.



### Annual Laboratory Testing

4

With constant changes to products annual testing of microbiologicals, heavy metals, pesticides/herbicides, label content, verification, and disintegration is included in its review.



### Product Certification

5

A product certified continues to be monitored for control formulation/ingredient supplier changes as well as marketplace sampling - testing the product that goes on the shelves.



NSF International is a nonprofit group that aids in ensuring that the public health is protected. They create public health standards and certifications that protects water, food and consumer products as well as the environment.