

Name \_\_\_\_\_ Section \_\_\_\_\_ Date \_\_\_\_\_



## WELLNESS WORKSHEET 67

### Reading Dietary Supplement Labels

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Choose a dietary supplement label to evaluate; look for a product containing the “Supplement Facts” panel on its label. Use the information on the label to answer the following questions:

Name of product: \_\_\_\_\_ Price: \$ \_\_\_\_\_

Serving size: \_\_\_\_\_

Name and address of manufacturer: \_\_\_\_\_

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#### Contents:

Nutrients with established daily values and amount per serving:

Substances with no established daily values—list name, part of plant (for botanicals), and amount per serving:

Other ingredients:

Are standardization levels given for any of the substances contained in the supplement? If so, what are they?

Directions for use:

Are there any warnings or precautions for use of the product? If so, list them here. Do any apply to you?

Is there any other information relating to use or storage of the supplement?

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Does the label contain any health-related claims? If so, list them in the appropriate category below.

Nutrient-content claims such as “high in . . .,” “excellent source of . . .,” or “high potency”:

FDA-authorized claims about disease prevention (examples include the links between calcium and the prevention of osteoporosis, folate and the prevention of neural tube defects, and soluble fiber and the prevention of heart disease); claims may be authorized or qualified:

Structure-function claims such as “antioxidants maintain cell integrity”; these claims carry a disclaimer stating that they have not been evaluated by the FDA and that the product is not intended to diagnose, treat, cure, or prevent disease:

Does the label or packaging include any other elements—artwork, photographs, and so on—that imply that use of the supplement will have a particular effect?

Does the supplement contain the USP-DSVP designation from the U.S. Pharmacopoeia? The NNFA designation from the National Nutritional Foods Association? Any other indication of quality or purity?

Has a close study of the label changed your opinion about the product and made you more or less likely to try it? Why or why not?

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**INTERNET ACTIVITY**

The responsibility for becoming informed about dietary supplements is currently left primarily to the consumer. Investigate one ingredient in the dietary supplement you used to complete this worksheet. Use the resources listed below or do a search to locate at least one research study on the substance you've chosen to investigate. If you locate a large number of studies, choose one that relates to the claims made on the supplement label you reviewed. Once you find an appropriate study, write a brief description of it.

National Library of Medicine: PubMed: <http://www.ncbi.nlm.nih.gov/PubMed>

NIH Office of Dietary Supplements: <http://dietary-supplements.info.nih.gov>

National Center for Complementary and Alternative Medicine: <http://nccam.nih.gov>

Site visited (URL): \_\_\_\_\_

Substance: \_\_\_\_\_

Citation of study: \_\_\_\_\_

\_\_\_\_\_

Brief description of study:

Finally, search the FDA's Web site (<http://www.fda.gov>) for the substance you investigated. You may find a health warning, a report of an adverse effect associated with its use, or other helpful materials. Briefly describe any information you find there: