

DIETARY SUPPLEMENTS: CHECK THE LABEL FIRST

Screen your supplement for safety. Read the label on your supplement and mark 0 for “yes” and 1 for “no.”

Key questions you can answer:

Yes = 0 No = 1

These seals show your product has been certified/verified for product quality. Does your label **lack** certification?



Are there **more than five** ingredients on the label (other than gelatin, color additives, and dyes)?

Are there any ingredients (often part of a blend, proprietary blend, or delivery system) for which **no amount** is shown?

Are the names of any ingredients **hard to pronounce**?

If caffeine is included, is there **more than 200 mg** per serving?

Does your product promise a “**quick fix**”?

Are all of the Daily Values (DVs) on the label less than 200% (except fish oil/glucosamine)?

Total: Add up the “1s.” 4 or more is okay. Less than 4 is a “no-go.”

If you still want to consider the supplement, get more information. If you have a .mil email address, you can use the Natural Medicines Comprehensive Database for free: <http://hprc-online.org/dietary-supplements/natural-medicines-comprehensive-database>



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