

What is a Dietary Supplement?

- In 1994 under the *Dietary Supplement Health and Education Act (DSHEA)*, congress defined the term "dietary supplement"
- A dietary supplement is a *product taken by mouth that contains a "dietary ingredient" intended to supplement the diet*
- The "dietary ingredients" in these products may include: vitamins, minerals, herbs or other botanicals, amino acids, and substances such as enzymes, organ tissues, glandulars, and metabolites
- Dietary supplements can be found in many forms: extracts or concentrates, bars, tablets, capsules, softgels, gel-caps, liquids, or powders
- *Supplements require their own special label - "Supplement facts".* The information on their label must not represent a product as a conventional food or a sole item of a meal or diet
- The FDA places dietary supplements in a "special" category under the general umbrella of FOODS not DRUGS, and requires that every supplement be labeled as a dietary supplement.
- *For more information please visit:*
<http://www.fda.gov/Food/DietarySupplements/default.htm>



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How to read a supplement label

SUGGESTED USE:
As a dietary supplement, take one capsule one to two times per day with water or as recommended by your healthcare provider.

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 60

	Amount Per Serving	% Daily Value
Vitamin C (as calcium ascorbate)	500 mg	100%
Calcium (from calcium ascorbate)	60 mg	6%
Citrus Bioflavonoid Complex	200 mg	*

*Daily Value not established.

Other ingredients: Rice flour, gelatin.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS
PO Box 2033 • Fargo, ND 58108 USA
TO REORDER, CALL TOLL FREE 1-800-437-4148
or visit our website at www.swansonvitamins.com

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Photo credit:

<http://www.swansonvitamins.com/helpdesk/labels.html>

- D- The serving size indicates the recommended amount per serving
- E- How many servings in a bottle
- F- "Other" ingredients that are necessary to ensure quality and freshness of product
- G- Amount per serving is "how much of each nutrient" the body gets per recommended serving
- H- The Daily Values are the percentage of the recommended daily intake established by the FDA and the amount the "average healthy American" needs to maintain good health
- I- The manufacture date is the date the product was produced in compliance with GMP regulations
- J- item number for manufacture or brand
- K- Suggested use by brand recommendation


EvergreenHealth

For additional information,
 Please contact Evergreen Health Dietitians
 425-899-1550
 Or by email:

GrpNutritionTherapy@Evergreenhealth.com

Do I need to take a supplement to be healthy?

The most important thing to remember is that dietary supplements are designed to "supplement" your diet not to replace nutritious foods.

Supplements can enhance a diet where there are shortfalls, but a handful of vitamins, minerals or other dietary supplements can never take the place of a healthy diet.

The Academy of Nutrition and dietetics (www.eatright.org) recognizes that some people may require supplements because the vitamins and/or minerals they need are hard to get in adequate amounts in the diet. These groups include:

- Strict vegetarians or vegans
- Pregnant or nursing mothers, and women of child bearing age
- elderly or senior citizens
- People with allergies or food intolerances, or those with malabsorption disorders.
- Those with diseases such as cancer, or kidney, cardiovascular, or bone diseases that may limit your food choices.
- Those who are eating less than 1,600 calories per day or are on a low-calorie weight-loss diet.

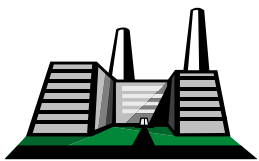
A registered dietitian at Evergreen Health can help you evaluate your eating pattern and determine whether a vitamin/mineral supplement is right for you.

Main Inside Heading

The most important information is included here on the inside panels. Use these panels to introduce your organization and describe specific products or services. This text should be brief and should entice the reader to want to know more about the product or service.

You can use secondary headings to organize your text to make it more scannable for the reader.

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Secondary Heading

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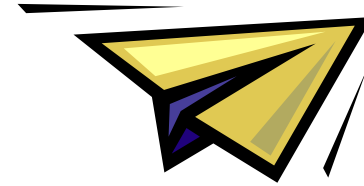
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