

*...and here is the answer  
you need to look for!*



**YOU CAN CHOOSE A SUPPLEMENT** with confidence if USP has verified what's important for you to know. The USP Verified Mark brings you the assurance you need from an independent, government-sanctioned, scientific standards-setting organization.

Remember, quality testing symbols and guarantees on supplements don't mean anything if they are from unidentified sources and are not properly supported. Always ask who provides the assurance, what exactly they're assuring you of, and how they're qualified to provide this assurance.

## More Tips for Choosing Supplements

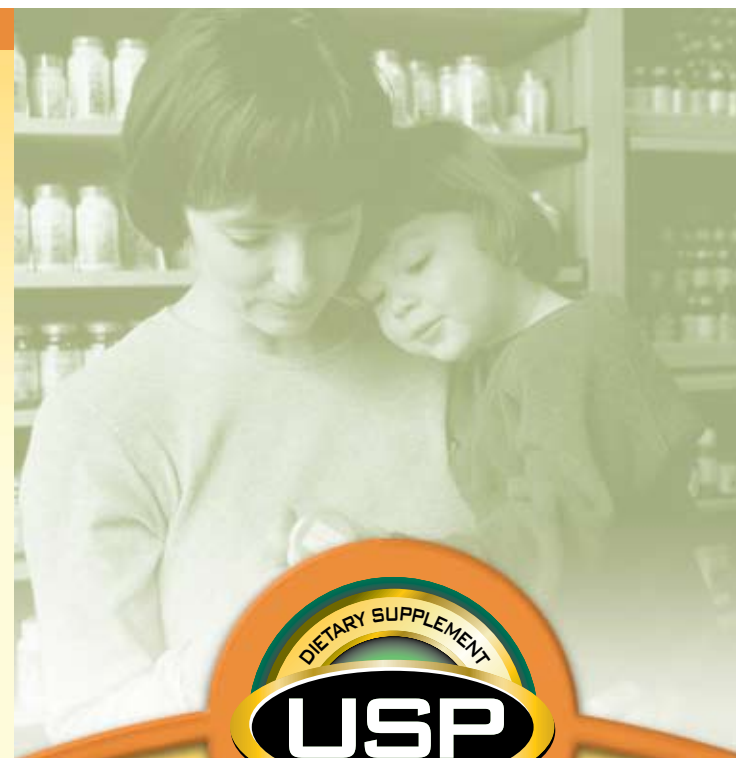
**USP's dietary supplement experts  
recommend that you:**

- ✓ Choose dietary supplements that provide approximately 100% of the Daily Value (DV) for recognized nutrients (however, most multi-ingredient supplements do not provide 100% of the DV for calcium, so you might need a separate calcium supplement).
- ✓ Check the list of ingredients carefully to make sure there are no substances to which you know you're allergic.
- ✓ Check the supplement's expiration date and make sure it's far enough in the future to allow you to consume all of the product.
- ✓ Talk to your healthcare provider about which supplements might be best for you.
- ✓ Be sure to tell your healthcare provider about any supplements you are taking, as some supplements might interfere with prescription or OTC medicines.
- ✓ If the supplement bears a seal of approval or a guarantee, make sure you know who it's from and look for information, such as a Web address or a toll-free number, on how to get more details.



[www.uspverified.org](http://www.uspverified.org)

U.S. PHARMACOPEIA  
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1-800-227-8772, ext. 8273



*Before you choose a dietary supplement:*

Ask the right questions.

Look for the right answer,  
the **USP VERIFIED** Mark.

*Before you choose a dietary supplement,  
here are some important questions  
you should ask...*

Does it contain ingredients in the amounts  
stated on the label?



Has it been tested for the absence of  
harmful levels of contaminants?



Will the ingredients release and dissolve so  
they're available for the body to absorb?



Has an independent scientific authority  
verified all these things?

U.S. PHARMACOPEIA  
The Standard of Quality<sup>SM</sup>

## What Does USP VERIFIED Mean?

*The USP Verified Mark on a dietary supplement label helps you know that:*

**1. What's on the label is in fact in the bottle—all the listed ingredients in the declared amounts.**

*Tests based on USP standards have shown that some supplements often contain significantly less or more than the claimed amounts of key ingredients. You must be sure of the identity and amount of each ingredient in the supplement you take.*

**2. The supplement does not contain harmful levels of contaminants.** *Some supplements may contain lead, mercury, other heavy metals, pesticides, bacteria, molds, toxins, etc. You want to be sure that these contaminants are not present at levels that can cause health problems.*

**3. The supplement will break down and release ingredients in the body.** *If a supplement does not break down properly to allow ingredients to dissolve in the body, it means that you won't get the full benefit of its contents. Therefore, it's important to know that the supplement has been tested against recognized standards.*

**4. The supplement has been made under good manufacturing practices.** *Assurance of safe, sanitary, well-controlled, and well-documented manufacturing and monitoring processes is proof that the supplement manufacturer is quality-conscious and concerned for your well-being.*

**Only the distinctive "USP Verified Mark," rather than just the letters USP, represents that USP has independently tested and verified the supplement.**



## How Does USP Verify Supplements?



**MANUFACTURERS** may choose to participate in USP's program to test and verify their dietary supplements. USP conducts rigorous tests and reviews before awarding the USP Verified Mark to a product:

- ✓ Experienced USP scientists direct the testing of supplement samples in well-equipped laboratories. They test against the official, FDA-recognized public standards that USP itself establishes.
- ✓ USP audits the manufacturers' facilities, practices, records, and quality control measures.
- ✓ USP tests marketplace samples of verified products to ensure that they continue to retain ingredient strength and stability over their shelf life.
- ✓ When needed, USP helps manufacturers improve their quality systems or reformulate their products to give you the intended ingredients.
- ✓ USP reviews labels to ensure that the ingredients are properly listed and that appropriate dosage information and warnings/cautions/contraindications are featured.

## Why Take USP's Word?



**SINCE 1820, USP**—the United States Pharmacopeia—has been setting official public standards for the quality of pharmaceuticals, dietary supplements, and other healthcare products. USP standards for prescription drugs and OTC medicines are FDA-enforceable per the Federal Food, Drug, and Cosmetic Act. USP standards for dietary supplements are legally recognized by the FDA per the 1994 Dietary Supplement Health and Education Act. USP standards are used in more than 130 countries around the world.

USP is a not-for-profit organization whose scientific standards-setting activities are supported by many staff and volunteer experts in science, medicine, pharmacy, and other areas of healthcare. We're committed to our mission to promote the public health.

### Where to Find USP Verified Supplements

*USP Verified dietary supplements can be found in many stores and pharmacies across the United States. Visit [www.uspverified.org](http://www.uspverified.org) for a list of USP Verified products and where to find them.*