



## How to Read a Vitamin Label



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### Recommended Supplements for Optimal Health...

#### Foundation of Health:

- [Ultimate One](#)
- [CoQ10](#)
- [Omega 3 Fatty Acids](#)
- [Greens N' Things](#)
- [Chewable Calcium & D](#)  
or
- [Liquid Cal-Mag-Zinc](#)

These supplements may be purchased on Our Store:

[FreedomFromMenopause.com](http://FreedomFromMenopause.com)

These recommendations are for informational and educational purposes only. They are not intended as a substitute for advice from your medical professional, nor intended to diagnose, treat, cure, or prevent any disease. The information provided herein has not been evaluated by the Food and Drug Administration. **WARNING:** Before taking any of the products listed here, please consult with your healthcare professional if you are pregnant, nursing or if you have any medical condition or are taking any medicines. Dietary supplements can affect the way medicines work. If you are given a prescription for medicine, always tell your healthcare professional what dietary supplements you are taking.

Would you recognize a great vitamin if you saw one? Can you spot quality? How should you compare one brand to another? What should you avoid? How can you get the most for your money when buying supplements? To choose vitamins and supplements wisely, these questions need to be answered. And, as we all know, quality varies from one supplement line to another making it difficult to know which lines represent a high quality product. The key is learning what to look for, what to avoid, and how to get the best value from your vitamin dollar.

Here's a checklist to help you choose the supplement line that meets your standards:

- **Look for a best-by date** (not a secret code) that clearly tells you how long this product will be effective. Without a best-by date, there is no guaranteed potency by the time of consumption.
- **Choose glass bottles** whenever possible since dark glass bottles provide the best barrier to sunlight and moisture, ensuring maximum freshness and potency.
- **Check for unnecessary adders and fillers** when comparing supplements, especially synthetic fillers. Ingredients such as carnuba wax, artificial flavors, and dyes are unnecessary, may hinder absorption, and in general are undesirable in dietary supplements.
- **Consider avoiding products containing sugars, starches, yeast, or gluten**, both because many individuals are sensitive to these ingredients and because they add no value to your dietary supplement.

Once you've determined the line of products right for your needs, there are some guidelines to keep in mind when selecting each particular vitamin or supplement suited to your nutritional needs:

- **Dosages:** Select a dosage that is convenient for your lifestyle. Although it's considered best to take multiple doses throughout the day, the most important issue is choosing a supplement that you will incorporate into your daily routine.
- **Ingredient Sources:** Learn about the sources of ingredients in your vitamin. Generally, the source follows the ingredient and appears in parentheses. Different sources offer different benefits. To decide what is best for you, ask store personnel or try researching it yourself.

Supplement Facts			
Serving Size 1 Tablet			
	Amount Per Tablet	% Daily Value	
Ingredient Sources	Vitamin A (80% from palmitate, 20% from beta-carotene).....	10,000 IU	200%
	Vitamin C (as calcium ascorbate).....	300 mg	167%
	Vitamin D <sub>3</sub> (as cholecalciferol).....	400 IU	100%
	Vitamin E (as $\alpha$ -tocopheryl succinate).....	30 IU	100%
	Thiamin (as thiamin HCl).....	10 mg	667%
	Riboflavin.....	10 mg	588%
	Niacin (as niacinamide).....	20 mg	100%
	Vitamin B <sub>6</sub> (as pyridoxine HCl).....	10 mg	500%
	Folic Acid.....	400 mcg	100%
	Vitamin B <sub>12</sub> (as cobalamin).....	15 mcg	250%
	Biotin.....	30 mcg	10%
	Pantothenic Acid (as d-calcium pantothenate).....	20 mg	200%
	Calcium (from di-calcium phosphate).....	100 mg	10%
	Iron (from ferrous fumarate).....	18 mg	100%
	Phosphorous (from di-calcium phosphate).....	50 mg	5%
Iodine (from potassium iodide).....	150 mcg	100%	
Magnesium (from magnesium oxide).....	50 mg	13%	
Zinc (from zinc gluconate, oxide).....	15 mg	100%	
Selenium (from selenium dioxide).....	25 mcg	36%	
Copper (from copper gluconate).....	1 mg	50%	

KEEP OUT OF REACH OF CHILDREN VLS44C

% of Daily Requirements for Each Nutrient

#### REFERENCES:

A Food Labeling Guide U.S. Food and Drug Administration, Center for Food Safety & Applied Nutrition, September, 1994 (Editorial revisions June, 1999)

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