



OPERATION SUPPLEMENT SAFETY

WHEN IT COMES TO DIETARY SUPPLEMENTS LIKE WEIGHT LOSS PRODUCTS, PERFORMANCE ENHANCERS OR MUSCLE-BUILDERS, MANUFACTURERS DON'T HAVE TO PROVE THEY'RE SAFE BEFORE SELLING THEM.

SCREEN YOUR SUPPLEMENT FOR SAFETY.

Read the label on your supplement and answer these questions below. Count your "check marks" at the end. **4 or more checks** is okay. **Less than 4 checks** is a "no-go".



Is any one of these **third-party certification seals** on the product label?



Are there **less than six ingredients** on the Supplement Facts label? (Don't count "other ingredients" circled below.)



Is the label free of the words **proprietary, blend, matrix, or complex**?



Can you **easily pronounce the name** of each ingredient on the Supplement Facts label?



Is the amount of caffeine listed on the label **200 mg or less** per serving? (If caffeine is not listed, it's a "check".)



Is the label free of **questionable claims or statements**?



Are all the % Daily Values (% DV) on the Supplement Facts label **less than 200%**? (If % DV is not listed, it's an "x".)

Supplement Facts		
Serving Size: One Tablet		
One Tablet Contains:	%DV	
Vitamin A (50% as retinyl acetate and 50% as beta-carotene)	5000 IU	100%
Vitamin C (as ascorbyl palmitate)	15 mg	25%
Thiamine (as Thiamine mononitrate)	12 mg	800%
Niacin (as niacinamide)	60 mg	300%
Copper (as cupric oxide)	1 mg	50%
Potassium (as potassium chloride)	10 mg	<1%
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Boron (as aspartate)	200 mcg	*
Tyrosine (as L-Tyrosine)	100 mg	*
Taurine	100 mg	*
Licorice (root) Glycyrrhiza glabra	50 mg	*
Milk Thistle extract (seed) Silybum Marianum (80% Silymarin)	50 mg	*

* Daily Value (DV) not established

Other Ingredients: Sucrose, Cellulose, Lactose monohydrate, Dibasic Calcium Phosphate, Hydroxypropyl Cellulose, Ethylcellulose, Castor oil, Glucose, Carmel color, Gelatin, Silicon Dioxide, Sodium Lauryl Sulfate, FD&C Yellow #5 Lake (Tartrazine), Propylene Glycol, Titanium Dioxide.

Remember:

CHOOSE FOOD FIRST!
Dietary supplements are not substitutes for a healthy, balanced diet.