

Supplement Label Decoder

Use this quick checklist to understand what a product contains, how much one serving provides, and what questions to ask before adding it to your routine.

LABEL SECTION	WHAT TO CHECK	MY NOTES
1. Serving size	How many tablets, capsules, gummies, scoops, or millilitres make one serving?	
2. Amount per serving	Compare the listed quantity with the serving size. More than one serving multiplies every amount.	
3. % Daily Value	Use %DV as context, not a personalized prescription. Some ingredients have no established Daily Value.	
4. Ingredient form	Note the specific form of each nutrient or botanical and the plant part when listed.	
5. Other ingredients	Check sweeteners, colors, flavors, binders, coatings, and potential allergens.	
6. Directions	Look for timing, food, storage, age, and maximum-use instructions.	
7. Warnings	Review cautions related to medicines, pregnancy, health conditions, age, and adverse reactions.	
8. Manufacturer	Record the responsible company, contact information, lot number, and expiration or best-before date.	

Five questions before you buy

1	What do I expect this product to add to my diet or routine?
2	Does it duplicate ingredients in anything else I take?
3	Could it interact with a medicine, condition, procedure, or laboratory test?
4	Are the amounts appropriate for me, rather than simply high?
5	Who can answer my remaining questions - pharmacist, doctor, or registered dietitian?

Remember: A label can describe ingredients and directions, but it cannot determine whether a product is appropriate for your individual needs. Supplements can interact with medicines and may not be suitable during pregnancy, breastfeeding, before surgery, or with some health conditions. Ask a qualified healthcare professional when unsure.