



NUTRITIONAL WELLNESS **Fact Sheet**



Supplement Facts

Serving Size 1 Gelcap
Servings Per Container 100

	Amount Per Serving	% Daily Value
Vitamin A (as retinyl acetate and 50% as beta-carotene)	900 mcg	100%
Vitamin C (as ascorbic acid)	90 mg	100%
Vitamin D (as cholecalciferol)	20 mcg (800 IU)	100%
Vitamin E (as di-alpha tocopheryl acetate)	15 mg	100%
Thiamin (as thiamin mononitrate)	1.2 mg	100%
Riboflavin	1.3 mg	100%
Niacin (as niacinamide)	16 mg	100%
Vitamin B ₆ (as pyridoxine hydrochloride)	1.7 mg	100%
Folate (240 mcg folic acid)	400 mcg DFE	100%
Vitamin B ₁₂ (as cyanocobalamin)	2.4 mcg	100%
Biotin	3 mcg	10%
Pantothenic Acid (as calcium pantothenate)	5 mg	100%

Other ingredients: Gelatin, lactose, magnesium stearate, microcrystalline cellulose, FD&C Yellow No. 6, propylene glycol, preservatives (propylparaben and sodium benzoate).

Dietary Supplements

- A dietary supplement is a product (other than tobacco) that:
 - Is intended to supplement the diet
 - Contains one or more dietary ingredients (including vitamins, minerals, herbs, or other botanicals, amino acids, and other substances) or their constituents
 - Is intended to be taken by mouth as a pill, capsule, or liquid
 - Is labeled on the front panel as being a dietary supplement
- According to data from the National Health and Nutrition Examination Survey, 57.6% of U.S. adults aged 20 and over used a dietary supplement in the last 30 days prior to the survey
- Although dietary supplement use tends to increase with age in both sexes, use remains highest among women age 60 and older (80.2%)

Background- How are Dietary Supplements Regulated

- Dietary Supplement manufacturers may not claim that a product will diagnose, cure, mitigate, treat, or prevent a disease
- Dietary supplements are permitted to claim a product reduces risk, they can describe the amount of a nutrient in a product, or how a product may affect organs or systems of the body.
- In order to be marketed, dietary supplements must only show reasonable evidence for safe human consumption.
- Once marketed, the FDA has to prove a product is unsafe in order to restrict or remove it

Facts

- Some dietary supplements can cause unwanted side effects or interact with prescribed medications
 - St. John's wort can reduce the effectiveness of some antidepressants and heart medications
- Some dietary supplements may improve overall health and help manage some health conditions.
 - Folic acid decreases the risk of certain birth defects
 - Omega-3-fatty-acids might help some people with heart disease

How To Apply The Facts

- Talk to your healthcare provider before starting any dietary supplement
- Read the supplement's Facts Label to determine the product's dose per serving size, and other ingredients (fillers, binders, flavorings). Click the nutrition facts picture for more information.
- Several independent organizations offer quality testing. Their seal on a product indicates proper manufacturing, confirmation of listed ingredients, and no harmful levels of contaminants.
 - ConsumerLab.com
 - NSF International
 - U.S. Pharmacopeia

In addition to talking with your healthcare provider, find out more about dietary supplements here: ODS dietary supplement fact sheets

For tips on evaluating health-care information on the internet, please click here.

Wellness is important to focus on: https://dcp.psc.gov/ccmis/Wellness_Support_Resources.aspx

References: <https://www.cdc.gov/nchs/products/databriefs/db399.htm>

<https://ods.od.nih.gov/factsheets/list-all/>

May 2025