






# DIETARY SUPPLEMENTS: CHECK THE LABEL FIRST

<b>Screen your supplement for safety. Read the label on your supplement and mark 0 for “yes” and 1 for “no.”</b>	
<b>Key questions you can answer:</b>	<b>Yes = 0    No = 1</b>
These seals show your product has been certified/verified for product quality. Does your label <b>lack</b> certification?      	
Are there <b>more than five</b> ingredients on the label (other than gelatin, color additives, and dyes)?	
Are there any ingredients (often part of a blend, proprietary blend, or delivery system) for which <b>no amount</b> is shown?	
Are the names of any ingredients <b>hard to pronounce</b> ?	
If caffeine is included, is there <b>more than 200 mg</b> per serving?	
Does your product promise a “ <b>quick fix</b> ”?	
Are all of the Daily Values (DVs) on the label less than 200% (except fish oil/glucosamine)?	
<b>Total: Add up the “1s.” 4 or more is okay. Less than 4 is a “no-go.”</b>	
If you still want to consider the supplement, get more information. If you have a .mil email address, you can use the Natural Medicines Comprehensive Database for free: <a href="http://hprc-online.org/dietary-supplements/natural-medicines-comprehensive-database">http://hprc-online.org/dietary-supplements/natural-medicines-comprehensive-database</a>	



**CHAMP**  
 USU CONSORTIUM  
 FOR HEALTH  
 AND MILITARY  
 PERFORMANCE  
 A Defense Center of Excellence

**HPRC**

CREATED BY THE HUMAN PERFORMANCE RESOURCE CENTER / HPRC-ONLINE.ORG

**BALANCE • ACTIVITY • NUTRITION • DETERMINATION • STRENGTH**