

Recommended Readings

Supplement Labels: Origin, Purpose, & Content

Presentation # 4 in Session # 2: "It's the Law: Rules and Regulations" (June 9 @ 4:00 PM)

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Recommended Readings:

1. Dietary Supplement Health and Education Act of 1994. Public Law 103-417. Enacted October 25, 1994.
2. Commission on Dietary Supplement Labels November, 1997. **Report of the Commission on Dietary Supplement Labels**. [84p + appendices]. <http://web.health.gov/dietsupp/>
3. The Center for Safety & Applied Nutrition, FDA Web site specific to dietary supplements (<http://cfsan.fda.gov/~dms/supplement.html>) is a source of information on FDA actions and activities related to dietary supplements and includes links to related materials.
4. Similarly, the Center of Safety & Applied Nutrition, FDA Web site specific to foods (<http://cfsan.fda.gov/label.html>) provides both information and guidance on food labeling as well as links to related materials.
5. FDA regulations & guidance on prescription and over-the-counter drugs are quite detailed and are related to drug types. Start with the FDA Web site (<http://www.fda.gov>) and search under "drugs".
6. Taylor, CL, Wilkening, VL. **How the Nutrition Food Label Was Developed, Part # 1: The Nutrition Facts Panel**. J Am Diet Assoc 2008; 108 (4): 437-442; and **Part # 2: The Purpose and Promise of Nutrition Claims**. J Am Diet Assoc: 2008; 108 (4): 618-623. While both articles do not cover dietary supplements, the two part series provide insight into the development of the nutrition label as a tool in improving health.
7. Fisher, KD, Yetley, EA, Taylor, CL. **Nutrition Labeling of Foods and Dietary Supplements**. Chapter 116 (PP 1827-1838) In: **Modern Nutrition in Health and Disease**. Senior Editor: Shils, ME; Assoc. Editors: Shike, M, Ross, AC, Caballaro, B, Cousins, RJ. Lippincott, Williams and Wilkins, Philadelphia, PA. 2006. The text covers the history and evolution of nutrition labeling as it applies to both foods and dietary dietary supplements.