

**SUMMARY OF NUTRITION LABELING RULES  
FOR DIETARY SUPPLEMENTS:**

Dietary supplement containing dietary ingredient with and without RDI's and DRV's:

<b>Supplement Facts</b>		
Serving Size 1 Packet		
Amount Per Packet		% Daily Value
Vitamin A (from cod liver oil)	5,000 IU	100%
Vitamin C (as ascorbic acid)	250 mg	417%
Vitamin D (as ergocalciferol)	400 IU	100%
Vitamin E (as d-alpha tocopherol)	150 IU	500%
Thiamin (as thiamin mononitrate)	75 mg	5000%
Riboflavin	75 mg	4412%
Niacin (as niacinamide)	75 mg	375%
Choline (as choline chloride)	100 mg	*
Betaine (as betaine hydrochloride)	25 mg	*
Glutamic Acid (as L-glutamic acid)	25 mg	*
Inositol (as inositol monophosphate)	75 mg	*
para-Aminobenzoic acid	30 mg	*
Deoxyribonucleic acid	50 mg	*
Boron	500 mcg	*

\* Daily Value not established

Other ingredients: Cellulose, stearic acid and silica.

Dietary supplement of an herb

<b>Supplement Facts</b>	
Serving Size 1 Capsule	
Amount Per Capsule	
Oriental Ginseng, powdered (root)	250 mcg*

\* Daily Value not established.

Other ingredients: Gelatin, water, and glycerin.

A proprietary blend of dietary ingredients:

<b>Supplement Facts</b>		
Serving Size 1 tsp (3 g) (makes 8 fl oz prepared)		
Servings Per Container 24		
	Amount Per Teaspoon	% Daily Value
Calories	10	
Total Carbohydrate	2 g	< 1%*
Sugars	2 g	†
Proprietary blend	0.7 g	
German Chamomile (flower)		†
Hyssop (leaves)		†

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

Other ingredients: Fructose, lactose, starch, and stearic acid.

1. Title, "Supplement Facts," will allow for easy identification.
2. Information must be listed "per serving." Serving sizes are determined by manufacturer's recommendations for consumption at one occasion.
3. Nutrients required in nutrition labeling of conventional foods must be listed when present and omitted when not present.
4. "Other dietary ingredients" (e.g., botanicals, phytochemicals) that do not have recommendations for daily consumption are listed beneath a bar. They are required to state the quantity present and to be identified as having no recommendations for consumption.
5. The list of dietary ingredients in the nutrition label (nutrients and non-nutrients) may include the source ingredient. If so, the source need not be listed again in the ingredient list.
6. Botanicals must state the part of the plant present and be identified by their common or usual name. In addition, their Latin binomial name is needed if the common or usual name is not listed in Herbs of Commerce published by the American Herbal Products Association.
7. Proprietary blends may be listed with the weight given for the total blend only. When this is done, components of the blend must be listed in descending order of predominance by weight.