



## Patient Resources Supplement Facts Panel

Choosing the ideal supplement for you can be challenging; there are so many things to consider, such as the brand, quality and cost of the supplement, not to mention, the Supplement Facts panel. It is important that you understand the supplement you will be taking and the amount that you will be taking to reduce the risk of side effects or harm to your body. Below is an example of what a Supplement Facts panel looks like, including information about what the label items mean.

Serving size is the manufacturer's suggested serving expressed in the appropriate unit (tablet, capsule, softgel, packet)

Number of servings, based on serving size, that are in the container.

Amount Per Serving heads the listing of nutrients contained in the supplement, followed by the quantity present in each serving.

Percent Daily Value (DV)

International Unit (IU) is a standard unit of measure for fat soluble vitamins (A, D, & E)

An asterisk or † under the "Percent Daily Value" heading indicates that a Daily Value is not established for that nutrient.

Milligram (mg) and microgram (mcg) are units of measurement for water soluble vitamins (C and B complex) and minerals. A milligram is equal to .001 grams. A microgram is equal to .001 milligrams.

The list of all ingredients includes nutrients and other ingredients used to formulate the supplement, in decreasing order by weight.

<b>Supplement Facts</b>		
Serving Size 2 Capsules	Servings Per Container 30	
	Amount Per Serving	% DV**
Vitamin C (as ascorbic acid)	500 mg	833%
Vitamin E (as d-alpha tocopheryl succinate)	400 IU	1,333%
Vitamin B-6 (as pyridoxine HCl)	20 mg	1,000%
Zinc (as zinc oxide)	40 mg	267%
Selenium (as sodium selenate)	200 mcg	286%
Copper (as cupric oxide)	1 mg	50%
Bilberry ( <i>Vaccinium myrtillus</i> ) (berry)	50 mg	†
Alpha Lipoic Acid	20 mg	†
Grapeseed extract ( <i>Vitis vinifera</i> ) (fruit & seeds) [Standardized for 95% proanthocyanidins (19 mg)]	20 mg	†
Lutein (from FloraGLO®)	15 mg	†
L-Glutathione (reduced)	10 mg	†
Zeaxanthin (from OPTISHARP®)	4.75 mg	†
**Percent Daily Values (DV) are based on a 2,000 calorie diet		
†Daily Value not established		
<b>Other ingredients:</b> Gelatin capsule, sucrose, tapioca starch, non-hydrogenated vegetable stearate and corn starch.		
<b>Contains:</b> soy		