

Supplements on the Rise

There's a reason the dietary supplements industry has grown tremendously in the last decade. People are more interested in leading healthy lives, and nutritional and dietary supplements can certainly help play a part in that.

If you are thinking about taking a dietary supplement, you're not alone. According to the latest statistics from the U.S. Centers for Disease Control and Prevention (CDC), **more than half of American adults** currently use supplements.



Are you concerned about the contents of your vitamins, minerals, herbs, botanicals, protein bars or other supplements?

So are we.

Having the peace of mind that the supplements you're taking have been tested to ensure they are safe for consumption is important. Look for the NSF Mark the next time you're purchasing nutritional products.

NSF International is an independent, not-for-profit public health organization that certifies products and writes standards for food, water and consumer goods. NSF has a 65-year history of protecting public health, safety and environment worldwide.

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WHY CHOOSE NSF CERTIFIED SUPPLEMENTS?



About NSF International's
Dietary Supplement
Certification Program



Given the fast pace at which many dietary supplements enter the marketplace and the many published reports that suggest that some of these products do not actually contain the ingredients or quantities shown on the product's label, consumers today have cause to be concerned. With such a confusing array of information out there, how can consumers determine which manufacturers' products are credible?

That's why NSF became involved in developing the nation's first truly independent testing standard and product certification program strictly for dietary supplements.

Just look for the NSF Mark.



Contents Tested & Certified

A Truly Independent Program

While there are several organizations that offer testing programs for dietary supplements, the testing methods and standards used vary. Several years ago, NSF/ANSI 173 – *Dietary Supplements* was developed to provide a uniform standard for testing these products to help confirm that what's on the label is actually present in the product.

Under this standard, testing is also conducted to confirm that there are no unsafe levels of contaminants in the product such as heavy metals, pesticides and herbicides. Certification also helps make sure there are no unlisted ingredients, which is useful for those with allergies as well as athletes.

NSF does not simply evaluate test data submitted by manufacturers. Our program starts by auditing each production facility separately. Samples of the products produced at that plant are then tested by our accredited laboratories to determine if the products are compliant with the requirements of NSF/ANSI 173.



NSF Certification Program

There are three main components of the NSF Dietary Supplements Certification Program:

- Verify that the contents of the supplement actually match what is printed on the label
- Assure that there are no ingredients present in the supplement that are not openly disclosed on the label
- Determine if any contaminants are present in the tested products at unsafe levels

Supplements for athletes can also be tested under the NSF Certified for Sport® program to confirm that they do not contain any ingredients banned by major athletic organizations.

Consumer Benefits

If you use a dietary supplement certified by NSF, you can be confident that its contents are being regularly checked by one of the most respected certifiers in the world.

With so many choices on the market, it pays to be cautious. Do your research and look for certification to NSF/ANSI 173 on the label.

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For additional information, visit www.nsf.org or contact the NSF Consumer Affairs Office at info@nsf.org.

A list of NSF Certified products is available online at www.nsf.org.