THE LABEL FIELDBOOK

Compare supplement labels

What does each Supplement Facts panel say about the same ingredient?

Label detail	Product A	Product B
Product name		
Serving size Include the unit.		
Servings per container		
Ingredient name Which ingredient will I compare?		
Amount per serving For the ingredient above.		
Proprietary blend name If listed.		
Blend amount per serving If listed.		

A question for my pharmacist

Which serving size, ingredient or blend would I like help understanding?

For education only, not medical advice. Talk with your healthcare professional before changing any medicine or supplement.

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