

Healthy Living: Dietary Supplement Labels¹

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Dietary supplement labels contain lots of information. The ingredient list and Supplement Facts panel tell you what the supplement provides. Knowing this can help you make informed decisions on which supplements to take and how much to take. For more information, check with your doctor or pharmacist. Find the words that may be found on dietary supplements labels in the word search puzzle below:

S S Y Z M Z R N X V B I Y
 C E N Z O Q P G Y G H N V
 M Q R I D M Z S V E Q G W
 E J D V M R L L A B U R S
 I K A N I A W L I V J E H
 G V J V B N T L Y B Y D L
 R W X R S H G I U P P I A
 I D E C C T F S V Q I E R
 Y H Z L M Q W X I W D N U
 T P A E L D S H W Z T T T
 J I C O U H J Y I P E S A
 M E U L A V Y L I A D U N
 T A R K R B F B Z J T J V



WORD BANK
 DAILY VALUE
 HEALTH CLAIM
 HERBALS
 INGREDIENTS
 NATURAL
 SERVING SIZE
 VITAMINS

1. La versión en español de este documento es *Vida Saludable: Etiquetas de Suplementos Dietéticos* (FCS8854span). This document, FCS8854, is one in a series of the Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida, Gainesville, FL 32611. Date of Publication: June 2008. Please visit the EDIS Web site at <http://edis.ifas.ufl.edu>
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