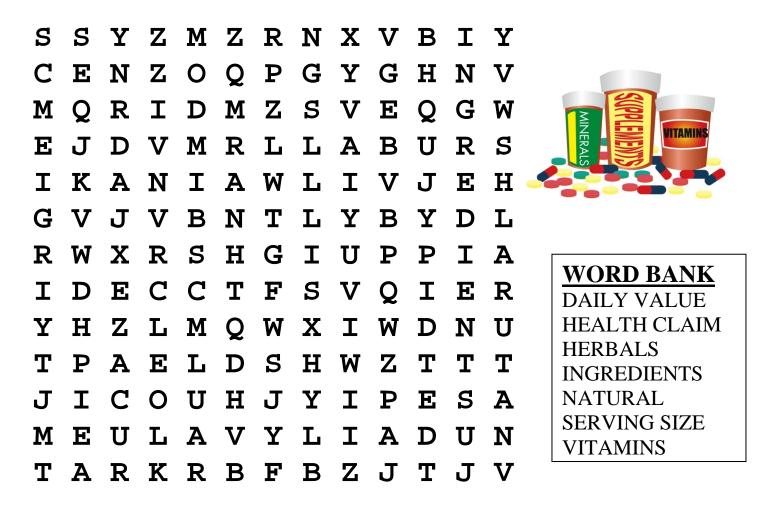
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Healthy Living: Dietary Supplement Labels¹

Karla P. Shelnutt²

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:



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