Deciphering a Probiotic Label

This is an example of a dietary supplement label for a product sold in the United States.

**Digested System Support**
This supplement provides 4 different strains of living probiotics (friendly bacteria). Proper amounts of friendly bacteria may result in improved immune function and overall intestinal health.

**Suggested Use**
Take one capsule daily with a meal.

**Keep Dry to Maintain Potency**
Use by 12/12/2018

**Supplement Facts**
- **Serving Size**: 2 Capsules
- **Servings Per Container**: 30
- **Amount per serving**:
  - **Proprietary Blend**: 12 billion CFU
  - **Lactobacillus plantarum AB2**
  - **Lactobacillus rhamnosus CD3**
  - **Lactobacillus salivarius EF6**
  - **Bifidobacterium longum GH8**

****Daily value not established

**Other Ingredients**: Capsules (cellulose, water), cellulose, vegetable stearin and silica.

**Manufactured by Probiotic Company**
- www.probioticname.com
- (800)555-1234
- City, ST 12345

**Product of USA**

**Recommended Use**: Tells you what benefits you can expect from the product. Claims that relate the product to the structure or function of a healthy person’s body (such as “supports digestive health”) must be accompanied by a disclaimer that the FDA has not evaluated these claims.

**Dosage/Usage/Serving Size**: The amount that needs to be consumed to obtain the desired benefit.

**Genus, Species, and Strain of the Bacteria**: You need all 3 to know what probiotic you are getting. For the probiotic, Lactobacillus acidophilus MN5, Lactobacillus is the genus, acidophilus is the species, and MN5 is the strain designation. A strain designation identifies the specific strain in the product. Strain specificity is important as different strains within the same species can have different health benefits. Choose products that identify the strains of bacteria contained in their product.

**Use by/Expiration Date**: This tells you how long the probiotic will contain adequate levels of live probiotics to deliver claimed benefits. Probiotic bacteria are living microorganisms and their numbers can drop during storage. Products are formulated to have indicated CFU through the “use-by” date.

**Storage Information**: How to store the product to ensure product quality and safety.

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