Deciphering a Probiotic Label

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

**Digestive 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

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Supplement per Serving</th>
<th>%DV**</th>
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<tbody>
<tr>
<td>Proprietary Blend</td>
<td>12 billion CFU **</td>
</tr>
<tr>
<td>Lactobacillus plantarum AB2</td>
<td></td>
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<tr>
<td>Lactobacillus rhamnosus CD3</td>
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<tr>
<td>Lactobacillus salivarius EF6</td>
<td></td>
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<tr>
<td>Bifidobacterium longum GH8</td>
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**** Daily value not established

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

**Company Name and Contact Information:**
Consumers can contact the company with questions, to get more information or to report any adverse effects.

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.

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

**Use by/Expiration Date:** This tells you how long the probiotic will contain adequate levels of live probiotic 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.

**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.

International Scientific Association for Probiotics and Prebiotics

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