

DIETARY SUPPLEMENTS: CHECK THE LABEL FIRST

Should I buy this supplement? Ask these questions and mark “1” for yes and “0” for no.

Is it 3rd-party certified/verified (does it have one of the seals* on the label)?	yes/no	
Are there fewer than 5 ingredients (except gelatin, color additives, and dyes)?	yes/no	
No ingredients listed as “blends,” “proprietary blends,” or “delivery systems” on the label?	yes/no	
Can you pronounce the names of all the ingredients?	yes/no	
No caffeine or caffeine limited to no more than 200 mg/serving/day?	yes/no	
No promise of a “quick fix”?	yes/no	
Are all Daily Values less than 200% (except fish oil & glucosamine)?	yes/no	
Total Score greater than 4 is OK, score less than 4 is “no go” or get more information.		



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**STRONG
B.A.N.D.S.**

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