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Trust NSF to Protect You

Certification of Dietary Supplements

The dietary supplements industry continues to grow each year as consumers look for products to help them live healthier lives. Even common foods and beverages are being enhanced with ingredients such as vitamins and minerals.

Given the many published reports suggesting that not all supplements actually contain the ingredients or ingredient quantities shown on the product label, consumers today have cause to be concerned. With such a confusing array of information and products out there, how can consumers determine which manufacturers' products are credible?

Certified vs. Non-Certified Supplements

The term 'dietary supplement' technically includes any product taken by mouth that contains a dietary ingredient intended to supplement the diet. This would include vitamins, minerals, herbs, botanicals, amino acids and concentrates, metabolites, constituents and extracts of these substances.

Many dietary supplements do not undergo testing prior to being marketed to consumers. However, many manufacturers have sought independent, accredited certification for their products. Certification of dietary supplements involves a voluntary inspection of a company's facilities for Good Manufacturing Practices (GMPs) along with testing samples of their products to:

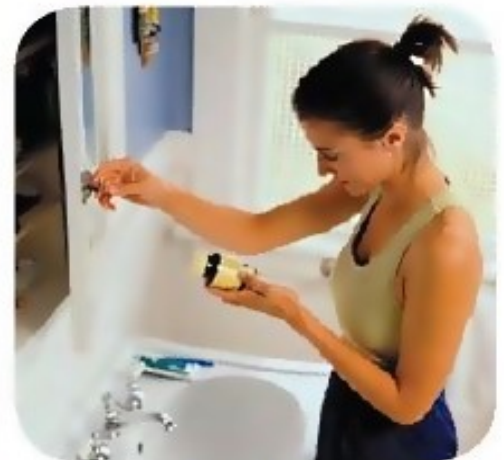
- Determine if the ingredients in the tested products match what is shown on the product's label;
- Determine if any ingredients are present in the tested products that are not disclosed on the label; and
- Determine if any potentially harmful contaminants are present in the tested products.

In addition to the above testing, sports supplements can also be tested under the NSF Certified for Sport™ program to verify they do not contain banned athletic substances.

Understand the Risk

In addition to potentially containing unlisted ingredients or contaminants, both certified and non-certified dietary supplements may not be totally risk-free for all individuals under all circumstances. Some supplements can interact with over-the-counter or prescription medications or have unwanted effects during surgery, while others may contain active ingredients that can cause adverse reactions in some users.

If you have any concerns, check with your health care provider prior to taking a dietary supplement and be sure to choose supplements that are independently certified to NSF/ANSI 173 or NSF Certified for Sport™ if you are concerned about a supplement's content.



Dietary supplements – just one of over 200,000 products NSF International certifies to help you live safer.

NSF Product and Service Listings

These NSF Official Listings are current as of **Saturday, March 10, 2012** at 12:15 a.m. Eastern Time. Please [contact NSF International](#) to confirm the status of any Listing, report errors, or make suggestions.

Alert: NSF is concerned about fraudulent downloading and manipulation of website text. Always confirm this information by clicking on the below link for the most accurate information:

<http://www.nsf.org/Certified/GMP/Listings.asp?CertName=forever&>

Good Manufacturing Practices Registration Dietary Supplements

This is a Registration by NSF International that this company is in compliance with Good Manufacturing Practices (GMP) as set forth in NSF/ANSI Standard 173-2008, Dietary Supplements, Section 8. These requirements are consistent with the published GMP regulation for dietary supplements as defined in 21 CFR § 111, which was published by the FDA in June 2007.

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Good Manufacturing Practices Registration Athletic Banned Substances Program

This is a Registration by NSF International that this company is in compliance with the athletic banned substance requirements for Good Manufacturing Practices (GMP) as set forth in NSF GMP Registration Program Specific Policies (PP-5, PP-6). These requirements are consistent with the published GMP regulation for dietary supplements as defined in 21 CFR § 111, which was published by the FDA in June 2007.

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