# **New FDA Compliant Nutrition Facts Panel** (Fully Editable)

Manufacturers will have until **July 26**, **2018** to comply with the final requirements, and manufacturers with less than \$10 million in annual food sales will have an additional year to make the changes.

Nutrition Facts **Servings:** larger, \_ 8 servings per container Serving sizes bolder type Serving size 2/3 cup (55g) updated Amount per serving Calories: **230** Calories larger type % Daily Value\* Total Fat 8g 10% Saturated Fat 1g 5% Trans Fat 0g **Updated** 0% Cholesterol 0mg daily Sodium 160mg 7% values Total Carbohydrate 37g 13% Dietary Fiber 4g 14% New:

added sugars — Change in nutrients required

Total Sugars 12g Includes 10g Added Sugars 20% Protein 3g Vitamin D 2mcg 20% Calcium 260mg Iron 8mg 45% Potassium 235mg 6% The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Actual

New

amounts

declared

footnote

**Nutrition Facts** 8 servings per container 2/3 cup (55g) Serving size

**Standard Vertical** 

(Side-by-Side Display)

		% Daily	Value
Total Fat 8g			10%
Saturated Fat	1g		5%
Trans Fat 0g			
Cholesterol 0m	ng		0%
Sodium 160mg			7%
Total Carbohy	drat	<b>te</b> 37g	13%
Dietary Fiber 4	g		14%
Total Sugars 1	2g		
Includes 10g	g Ad	ded Sugars	20%
Protein 3g			
Vit. D 2mcg 10%	•	Calcium 260	mg 20%
Iron 8mg 45%	•	Potas. 23	5mg 6%
* The % Daily Value (DV a serving of food contri a day is used for gener	ibutes	to a daily diet. 2,0	

Nutrition

10 servings per container

**Facts** 

Serving size

**Calories** 

Nutrition Fa

serving per container

Serving size

Saturated Fat

**Total Fat** 

Amount per serving Calories

2 slices (56g)

**Nutrition Facts** 17 servings per container **Serving size** 3/4 cup (28g)

**Standard Vertical** 

(w/ Voluntary)

aily Value	
2%	Total Fat 1.5g
0%	Saturated Fat 0g
	Trans Fat 0g
	Polyunsaturated Fat 0.5g
0%	Monounsaturated Fat 0.5g
7%	Cholesterol 0mg
8%	Sodium 160mg Total Carbohydrate 22g
7%	
1 70	Dietary Fiber 2g
	Soluble Fiber <1g
	Total Sugars 9g
16%	Includes 8g Added Sugars
18%	Protein 9g
10 /0	Tiotem ag
10%	Vitamin D 2mcg (80 IU)
10%	Calcium 130mg
25%	Iron 4.5mg
2%	Potassium 115mg
10%	Vitamin A 90mcg
10%	Vitamin C 9mg
25%	Thiamin 0.3mg
25%	Riboflavin 0.3mg
25%	Niacin 4mg
25%	Vitamin B <sub>6</sub> 0.4mg
50%	Folate 200mcg DFE (120mcg folic acid)
25%	Vitamin B <sub>12</sub> 0.6mcg
8%	Phosphorus 100mg
6%	Magnesium 25mg
25%	Zinc 3mg
	The % Daily Value (DV) tells you how muc a serving of food contributes to a daily diet a day is used for general nutrition advice.
Protein 4	Calories per gram: Fat 9 • Carbohydrate 4 •

64 servings per container Serving size 1 tbsp (1	4g)
Amount per serving Calories 13	0
%	DV*
Total Fat 14g	18%
Saturated Fat 2g	10%
Trans Fat 2g	
Polyunsaturated Fat 4g	
Monounsaturated Fat 6g	
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Protein 0g	
Not a significant source of cholesterol, dietary fiber, total sugars, added sugars, vitamin D, calcium, iron, and potassium	
* %DV = %Daily Value	

% Daily Value\*

% **DV** 

5%

0%

13%

2%

Total Carbohydrate 36g

Includes 1g of Added Sugars

Dietary Fiber 2g

Total Sugars 1g

Protein 4g

% DV Amount/serving

Fiber 0g

9% Protein 3g

Total Carb. 15g

Total Sugars 14g

Incl. 13g Added Sugars 26%

0%

3%

5%

3%

The % Daily Value

(DV) tells you how much a nutrient in a serving of food contributes to

a daily diet. 2,000 calories a day is used for general nutrition advice.

Simplified Display

**Nutrition Facts** 

## Vitamin D 0mcg 0% • Calcium 80mg 6% • Iron 1mg 6% • Potassium 470mg 10% Thiamin 15% • Riboflavin 8% • Niacin 10%

2%

3%

0%

12%

Amount/serv

Total Fat 1.5g

Saturated Fat 0.5g

Trans Fat 0.5g

Cholesterol 0mg

Sodium 280mg

**Nutrition Facts** 

5 servings

per container

Serving size

0g

1/6 cup (28g)

Lir	near Display for Small Packages
Amount per serving: Trans Fat 0g, Choles Fiber 0g (0% DV), Tot	Cts Servings: 12, Serv. size: 1 mint (2g), Calories 5, Total Fat 0g (0% DV), Sat. Fat 0g (0% DV), St. Omg (0% DV), Sodium Omg (0% DV), Total Carb. 2g (1% al Sugars 2g (Incl. 2g Added Sugars, 4% DV), Protein 0g, Im (0% DV), Iron (0% DV), Potas. (5% DV).

**Tabular Display for Small Packages** 

Amount/serving

**Total Fat** 2g

Sat. Fat 1g

Trans Fat 0.5g

Sodium 200mg

**0%** 0g

Cholesterol 10mg

## Calories 90 Vitamin D 0% • Calcium 6% • Iron 6% • Potassium 10%

A	ggregate Disp	olay		Dual Column D
icts	Wheat Squares Sweetened	Corn Flakes Not Sweetened	Mixed Grain Flakes Sweetened	<b>Nutrition</b>
1 box	(35g)	(19g)	(27g)	2 servings per container Serving size
	130 % Daily Value*	% Daily Value*	100 % Daily Value*	Calories Per serving 220

**0%** 0g

lories

1 cup (255g)

Per serving | Per container

**Dual Column Display** 

rans Fat		0g		0g		0g		Total	Fat	50	J	6%
lesterol		0mg	0%	0mg	0%	0mg	0%	Satu	rated Fat	20	J	10%
ium		0mg	0%	200mg	9%	120mg	5%	Tran	s Fat	00	]	
al Carbohydrate		29g	11%	17g	6%	24g	9%	Chole	esterol	15	img	5%
ietary Fiber		3g	11%	1g	4%	1g	4%	Sodiu	ım	24	l0mg	10%
otal Sugars		8g		6g		13g		Total	Carb.	35	5g	13%
Includes Added Sugar	s	8g	16%	5g	10%	13g	26%	Dieta	ary Fiber	60	1	21%
tein		4g		1g		1g		Tota	l Sugars	70	1	
% Daily Value (DV) tells you	Vitamin D	2mag	10%	2mag	10%	Omeg	0%	Inc	I. Added Su	igars 4	1	8%
much a nutrient in a serving	Calcium	2mcg 0mg	0%	2mcg 0mg		0mcg 0mg	0%	Prote	in	99	1	
od contributes to a daily diet.  0 calories a day is used for	Iron	2mg	10%	1mg		4mg	20%				,	
eral nutrition advice.	Potassium	2111g 125mg	4%	25mg		30mg	1%	Vitami	n D	51	ncg	25%
	Vitamin A	_   12311ig	0%	251119	10%	Johns	10%	Calciu	m	20	00mg	15%
	Vitamin C	_	0%		15%		90%	Iron		11	mg	6%
	Thiamin	_	35%		15%		25%	Potass	sium	4	70mg	10%
	Riboflavin	_	30%		10%		25%	* The 0/	Daily Value (D	N/) telle		
	Niacin	_							Daily Value (Dontributes to a			
			.30%		10%		20%					
	Vitamin B <sub>6</sub>		30%		20%		20%		n advice.			
NI11-1	Vitamin B <sub>6</sub>		30%	Tabular D	20%	ontainer	20%		n advice.	serving	Per c	ontaine
Nutritio	Vitamin B <sub>6</sub>		30%	Per serving % DV*	20% ual C	ontainer % DV*	20%	nutritio	Per s	% DV*		% D\
Nutritic Facts	Vitamin B <sub>6</sub>	Total Fat	30%	Per serving % DV*	20% ual C	ontainer % DV*	Display  Total Carl	nutritio	Per s	% DV*	70g	% DV
<b>Facts</b>	Vitamin B <sub>6</sub>	Saturated Fat	30% 5g 2g	Per serving % DV*	20%   Per c	ontainer % DV*	Display  Total Cark Dietary Fib	nutrition	<b>Per s</b> 35g 6g	% DV*	70g 12g	% D\
Facts 2 servings per con	Vitamin B <sub>6</sub>	Saturated Fat Trans Fat	30% 5g 2g 0g	Per serving % DV* 6% 10%	20% Per c	ontainer % DV* 13% 20%	Display  Total Cark Dietary Fits Total Suga	nutrition	Per s 35g 6g 7g	% DV* 13% 21%	70g 12g 14g	% DV 25° 43°
<b>Facts</b>	Vitamin B <sub>6</sub>	Saturated Fat Trans Fat Cholesterol	5g 2g 0g 15r	Per serving % DV* 6% 10%	20% Per c 10g 4g 0g 30mg	13% 20%	Total Cark Dietary Fits Total Suga	nutrition	Per : 35g 6g 7g 4g	% DV*	70g 12g 14g 8g	% DV
Facts 2 servings per con Serving size 1 cup (255g)	Vitamin B <sub>6</sub>	Saturated Fat Trans Fat	5g 2g 0g 15r	Per serving % DV* 6% 10%	20% Per c	ontainer % DV* 13% 20%	Display  Total Cark Dietary Fits Total Suga	nutrition	Per s 35g 6g 7g	% DV* 13% 21%	70g 12g 14g	% DV 25° 43°
Facts 2 servings per con Serving size	Vitamin B <sub>6</sub>	Saturated Fat Trans Fat Cholesterol	5g 2g 0g 15r	Per serving % DV* 6% 10% mg 5% 0mg 10%	20% Per c 10g 4g 0g 30mg	13% 20%	Total Cark Dietary Fits Total Suga	nutrition	Per : 35g 6g 7g 4g	% DV* 13% 21%	70g 12g 14g 8g	% DV 25° 43°
Facts 2 servings per con Serving size 1 cup (255g) Calories 220 44	Vitamin B <sub>6</sub>	Saturated Fat Trans Fat Cholesterol Sodium	5g 2g 0g 15r 240 5m	Per serving % DV* 6% 10% mg 5% 0mg 10%	20% Per co	13% 20%	Total Cark Dietary Filt Total Suga Incl. Add	nutrition	Per s 35g 6g 7g 4g 9g	% DV* 13% 21%	70g 12g 14g 8g 18g	% DV 25° 43°

				% DV*		% <b>DV</b> *
Total	Fat	50	J	6%	10g	13%
Satu	rated Fat	20	J	10%	4g	20%
Tran	s Fat	00	J		0g	
Chole	esterol	15	img	5%	30mg	10%
Sodiu	ım	24	l0mg	10%	480mg	21%
Total	Carb.	35	5g	13%	70g	25%
Dieta	ary Fiber	60	J	21%	12g	43%
Tota	l Sugars	70	J		14g	
Inc	l. Added Sugars	40	J	8%	8g	16%
Prote	ein	90	J		18g	
Vitami	n D	51	ncg	25%	10mcg	50%
Calciu	m	20	00mg	15%	400mg	30%
Iron		1r	ng	6%	2mg	10%
Potass	sium	_	70mg	10%	940mg	20%
food co	Daily Value (DV) tells on thirbutes to a daily di n advice.  Per servii % D	ng	,000 calor		used for ger	
	35g <b>13</b>	_	70g	25		
	6g <b>21</b>		12g	43		
	7g	_	14g		-	
Sugars		%	8g	16	%	
	00		100		_	

1/4 cup dry mix (44g)

Per baked portion

% DV\*

21%

25%

20%

16%

13%

0%

8%

300

Per 1/4 cup dry mix

170

% DV\*

2%

**5**%

13%

8%

16g

5g

0g

36g 13%

> 0mcg 100mg

60mg

375mg

**Dual Columns, Two Forms of the Same Food** 

10%

### **Nutrition Facts Nutrition Facts** 12 servings per container 1/2 muffin (114g) Serving size

Calories

Total Fat

Trans Fat

Cholesterol

Total Carb.

Sodium

Vitamin D

Calcium

Saturated Fat

Per 1 muffin

760

% **DV** 

41%

30%

42%

oaium	460mg	2170	960mg	42
otal Carb.	56g	20%	112g	419
Dietary Fiber	2g	7%	4g	14
Total Sugars	32g		64g	
Incl. Added Sugars	30g	60%	60g	120
rotein	3g		6g	
ita-sala D	0.4	00/	0.0	0.0
itamin D	0.1mcg	0%	0.2mcg	2
alcium	40mg	4%	80mg	6
on	2mg	10%	4mg	20
otassium	190mg	4%	380mg	8
nfants throu	ıgh 12	Mont	hs of <i>i</i>	Age
Amount per s	tion er contair ze 1 serving	Fa		Age
Nutrit 4 servings po Serving size	tion er contair ze 1 serving	Fa	cts	Age
Amount per s	tion er contair ze 1 serving	Fa er pack	(70g) 25	Age
4 servings per Serving size Amount per second Total Fat 0g	er contain ze 1 serving	Fa er pack	cts (70g) <b>25</b>	Age
Amount per s Calorie  Total Fat 0g Saturated Fat	er contain ze 1 serving	Fa er pack	(70g) 25	Age
Amount per s Calorie  Total Fat 0g Saturated Fat Trans Fat 0g	er contain ze 1 serving	Fa er pack	(70g) 25	Age
Amount per s Calorie  Total Fat 0g Saturated Fat Trans Fat 0g Cholesterol 0	er contain ze 1 serving	Fa er pack	(70g) 25	Age
Amount per s Calorie  Total Fat 0g Saturated Fat Trans Fat 0g Cholesterol 0 Sodium 74mg	er contain ze 1 serving	Fa er pack	(70g) 25 by Value 0%	Age
Amount per s Calorie  Total Fat 0g Saturated Fat Trans Fat 0g Cholesterol 0	er contain ze 1 serving S Og	Fa er pack	(70g) 25	Age

Total Sugars 3g

Protein 0g

Vitamin D 0mcg

Potassium 230mg

Calcium 5mg Iron 1mg

Includes 0g Added Sugars

0%

0% 2%

10%

35%

Amount/Serving %DV\*

Total Fat 9.5g

Sat. Fat 2g

Trans Fat 0g

Sodium 72mg

**Cholesterol** 0mg

**Below are the Current Nutrition Facts Panels** 

This nutritional panel packs a lot of info in a small horizontal format and takes advantage of the many unusual nutrients the product has.

**15**%

**9**%

0%

0%

3%

Amount/Serving %DV\*

Dietary Fiber 14g 55%

11%

Total Carb. 19g

Sugars 5g

Dietary Fiber 14g

Potassium 148mg 4%

**Total Carb.** 19g

Sugars 5g

Protein 5.5g

Zinc 12% • Selenium 16% • Molybdenum 37% • Phosphorus 60%

**Abbreviated Version with Regular Helvetica** 

Amount/Serving %DV\*

Total Fat 9.5g

Sat. Fat 2g

Trans Fat 0g

Vitamin B5 9% • Vitamin D 3% • Vitamin E 8% • Magnesium 2.5% • Copper 26%

15%

0%

% Daily Value\*

0%

0%

0%

0%

0%

0%

0%

**Dual Columns, Per Serving and Per Unit** 

Per 1/2 muffin

16g

3g

0g

50mg

480ma

380

% DV\*

21% 32g

**15%** 6g

17%

0g

**21%** 960mg

100mg

12 servings per container

Serving size

**Calories** 

Total Fat

Trans Fat

Cholesterol

Sodium

Saturated Fat

#### Dietary Fiber <1g 2% <1g **Total Sugars** 18g 18g Incl. Added Sugars 18g 18g **36**% 36% **Protein** 2g 3g

1.5g

1g

0g

0mg

36g

300mg

0mcg

100mg

	1mg 6%	1mg
otass	sium 45mg 0%	45mg
food co	Daily Value (DV) tells you how much a nutrient ontributes to a daily diet. 2,000 calories a day is n advice.	
	Children 1-3 Yea	ırs
	<b>Nutrition Fa</b>	octe
		1013
	1 serving per container  Serving size 1 container	er (85a)
	Serving Size T contains	er (obg)
	Amount per serving	70
	Calories	70
	% Da	ily Value*
	Total Fat 1.5g	4%
	Saturated Fat 0.5g	5%
	Trans Fat 0g	
	Cholesterol 10mg	3%
	Sodium 240mg	
	Socium 240mg	16%
	Total Carbohydrate 11g	16% 7%
	Total Carbohydrate 11g	7%
	<b>Total Carbohydrate</b> 11g  Dietary Fiber 1g	7%
	Total Carbohydrate 11g Dietary Fiber 1g Total Sugars 1g	7% 7%
	Total Carbohydrate 11g  Dietary Fiber 1g  Total Sugars 1g  Includes 1g Added Sugars	7% 7%
	Total Carbohydrate 11g Dietary Fiber 1g Total Sugars 1g Includes 1g Added Sugars Protein 3g	7% 7% 4% 23%
	Total Carbohydrate 11g Dietary Fiber 1g Total Sugars 1g Includes 1g Added Sugars Protein 3g Vitamin D 0mcg	7% 7% 4% 23%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 1,000 calories a day is used for general nutrition advice.

Amount/Serving %DV\*

6%

**55**%

Calories / Calories: 4

Trans / Trans 0g

Sodium / Sodium Omg

Fiber / Fibres 0g

**Protein / Proteines Og** 

Vitamin A / Vitamine A

Vitamin C / Vitamine C

Percent Values are based on a 2.000 calorie

2,000

300mg 2,400mg 2,400mg 300g 375g

Calories

Less Than

Less Than

Less Than

Less Than

2,500

300mg

% DV\*

3244mg ‡

30g

**Calcium / Calcium** 

Iron/Fer

Sugars / Sucres 0g

Saturated / Satures Og

**Cholesterol / Cholesterol Omg** 

Fat / Lipids < 1g

Carb/Gluddes Og

22%

1.5%

**3**%

2%

% Daily Value\*

0%

0%

0%

0%

0%

0%

0%

0%

0%

0%

0%

0%

0%

% Valeur Quotidienne\*

**53%** 

Vitamin A 254 IU

Vitamin C 1mg

Calcium 30mg

Iron 0.4mg

B12 3mcg

Amount/Serving %DV\*

They will be Phased Out Entirely by July 26th, 2019

Nutrition

Serv. Size 1 bar (45g)

Calories from Fat 85

\*Percent Daily Values (DV) are

based on a 2,000 calorie diet

Nutrition

Serv. Size 1 bar (45g)

Calories 185

**Facts** 

% Daily Value\*

0%

0%

0%

0%

0%

0%

Total Fat Less than 1g

Saturated Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

\*Percent Daily Values are based

on a 2000 calorie diet.

Trans Fat 0g

**Cholesterol** Omg

Sodium 0mg

**Total Carb** 0g

Protein 0g

Calories 185

*Percent Daily based on a 2	values (DV) are 0,000 calorie diet	reviated ver	amin C 1.5% • Calc	um 3% • Iron 2% n label.
When vitamins, fiber and sugar are basically zero you can us this format			n Dropped Poly a um , Sugars and	
Nutrition Facts Serving Size: 1 second spray (.5 ml) Serving Per Container: 354	Serving	rition Size: 1 sec s Per Contain	spray (.5ml)	Nutrition Facts - Valeur Nutritive Serving Size: 1 second spray (.5 ml) Portion: 1 seconde de pulverization (.5ml)
Amount Per Serving		t Per Serv		Serving Per Container: 354 Portions par Contenant: 354
Calories: 4 Cal from Fat: 4	Calorie	<b>s:</b> 4 Ca	I from Fat: 4	Amount Per Serving / Teneur par Portion

Trans Fat 0g Cholesterol 0mg **Sodium** 0mg

Total Carb 0g

Sugars 0g

### Protein 0g 0% Vitamin A 4% Vitamin C 4% Not a significant source of dietary fiber, sugar, vitamin A and C, calcium and iron. Iron 4% Calcium 10% \*Percent Daily Values are based on a 2,000 calorie diet.

(6% DV). Percent Daily Values are based on a 2,000 calorie diet.

Amount/Serving % Daily Value

Dietary Fiber 0g

Total Fat Less than 1g

Saturated Fat 0g

This one is good on little packages where a traditional panel won't fit. Nutritional Facts Serving Size 1.5oz (43g), Servings Per Package 2 Amount Per Serving: Calories 180, Fat Cal. 90, Total Fat 11g (17% DV), Saturated Fat 5g (25% DV), Trans Fat 0g, Cholesterol 45mg (15% DV), Sodium 90mg (4% DV), Total Carb. 22g (7% DV), Fiber 0g, Sugar 18g, Protein 2g, Vitamin A (4% DV), Vitamin C (0% DV), Calcium (2% DV), Iron

Amount/Serving % Daily Value\*

Total Fat 0g Total Carbohydrate 4g 1% depending on your calorie nee 0% Dietary Fiber 3g Saturated Fat 0g Total Fat Trans Fat 0g Sugars 1g Cholesterol Protein 2g Sodium Cholesterol 0mg 0% Sodium 20mg 1% Dietary Fiber Calories Per Gram
Fat 9 • Carbohydrate 4 • Protein 4 Vitamin A 4% • Vitamin C 50% • Calcium 2% • Iron 2%

When your package is large, perhaps 6x8 inches or more, you may be required to include the full daily values chart and forgo abbreviations for saturated fats and carbohydrates. These layouts include that extra chart and full spelling for nutrients

**Nutrition Facts Supplement Facts Nutrition Facts** erving Size: 2 Capsules erving Per Container: About 36 nount Per Serving 52mg 260% acin (as Niacinamide) 14mg 650% tamin B6 (as Pyridoxine HCL) 14mcg 210% tamin B12 (as Cyanocobalamin) antothenic Acid (as D-Calcium Pantothenate) 14mg 130%

Calories: 4		al fron	n Fat: 4
	9	6 Daily	Value*
Total Fat Le	ss th	an 1g	0%
Saturated I	Fat 0g	J	0%
Trans Fat 0	g		0%
Cholesterol	0mg		0%
Sodium 0mg	J		0%
Total Carbo	hydr	ate 0	g <b>0</b> %
Dietary Fib	er 0g		0%
Sugars 0g			
Protein 0g			
Vitamin A 4%	•	Vitami	n C 4%
Calcium 10%	•	Iron 4	%
*Percent Values are diet. Your Daily Value depending on your o	es may	be higher	
Calor		2,000	2,500
Total Fat Less Sat Fat Less Cholesterol Less	Than Than Than	65g 20g 300mg 2,400mg 300g	80g 25g 300mg 2,400mg 375q

Nutrition

Serving Size 3 oz (85g)

Servings Per Bag About 5

Facts

Calories 25

Calories from Fat 0

Serving Size: 1oz (28g) Serving Per Container: 2		ze: 2 Capsules er Container: About 36	
	Amount Per	r Serving	%
Amount Per Serving		Niacinamide)	52mg 2
<b>Calories:</b> 130 Cal fro	om Fat: 50 Vitamin B6	(as Pyridoxine HCL)	14mg (
% Da	aily Value* Vitamin B12	2 (as Cyanocobalamin)	14mcg 2
Total Fat 6g	9% Pantothenic	c Acid (as D-Calcium Pantoth	nenate) 14mg
Saturated Fat 4.5g	22%		3244mg
	Catteine		200mg
Trans Fat Og	0% Glucuronol	actone	150mg
<b>Cholesterol</b> Omg	0% Inositol		130mg
Sodium 65mg	2% Astragalus	Extract (Roots)	100mg
Total Carbohydrate 15g	5% Ginkgo Bild	oba Extract (Leaves)	100mg
Dietary Fiber 4g	16% Malic Acid		140mg
Sugar Og	* Percent Dai	ily Values (DV) are based on a 2,1 e Not Established	000 calorie diet.
<b>Protein</b> 7g	14%		
/itamin A 45% Vitamin C	0%	This is wh	at a
Calcium 6% Iron 10%	sun	plement labe	Hooks
Vitamin K 15% Thiamin 3	0000/	•	
Riboflavin 330% Niacin 16	I hev us	sually don't ha	ave the
MINORIANII 220% MINORII 10	U 70		

This is what a supplement label looks like. ey usually don't have the regular fats, carbs, protein, fiber values.

You don't have to be boring. A fun label packed with vitamin info.

Nutritional Samples Provided and Designed by www.Claytowne.com

#### lucuronolactone 150mg ‡ 130mg ‡ ositol stragalus Extract (Roots) 100mg ‡ inkgo Biloba Extract (Leaves) 100mg ‡ 140mg ‡