


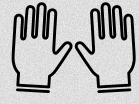
NUTRITION LABEL CLAIMS


Nutrient Content

- Describes the level of a nutrient in a product

USING PERCENT DAILY VALUE (%DV) AS A GUIDE TO
EVALUATE NUTRIENT CONTENT

0-5%DV IS A LOW SOURCE OF NUTRIENTS 

10-19%DV IS A GOOD SOURCE OF NUTRIENTS 

20+% IS A HIGH SOURCE OF NUTRIENTS 

- Compares the level of a nutrient in one food to that of another food

"FREE"

"HIGH"

"LOW"

"MORE"

"LITE"

"REDUCED"



Health

- Describes "potential" relationships between a food, food component, or dietary supplement ingredient and reduced risk of a disease or health-related condition
- Established by scientific literature agreement
- Tightly regulated by FDA
- Authorized vs Qualified

"CAN HELP"

"MAY DECREASE THE RISK OF"



Structure/Function

- Describes the relationship between a nutrient or dietary ingredient and its impact on body structure, function, or maintenance

"CALCIUM BUILDS STRONG BONES"

"FIBER MAINTAINS BOWEL REGULARITY"

"OMEGA-3 FATTY ACIDS SUPPORT BRAIN HEALTH"

- No FDA pre-approval required



* Dietary Supplements: Claims of General Wellbeing and Nutrient-Deficiency Disease Claims

Sources <https://www.fda.gov/food/food-labeling-nutrition/label-claims-conventional-foods-and-dietary-supplements>, <https://www.walmart.com>

For More Information www.mededmaterials.org

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