

Frequently Asked Questions for Industry on Nutrition Facts Labeling Requirements

The following is one of the FAQs for industry the FDA has related to recent changes to the Nutrition Facts label.

For more FAQs, visit [Industry FAQs on the Changes to the Nutrition Facts Label](#).

Is the format changing for the Supplement Facts Label? How big should the calorie declaration be for the Supplement Facts label?

The format of the Supplement Facts label is not changing substantially. Similar to the Nutrition Facts label, we will no longer require vitamin A, vitamin C, or calories from fat to be declared as (b)(2) dietary ingredients, and instead we will require vitamin D, potassium, and added sugars to be declared. In addition, we have replaced “sugars” with “total sugars” in the list of (b)(2) dietary ingredients, and we have made several changes in the order in which vitamins and minerals are listed (for example, when declared, choline must follow potassium on the label and fluoride must be at the end of the list of nutrients), as described on page 33933 of the final rule (§ 101.36(b)(2)(i)(B)). Furthermore, we have updated the Daily Values based on recent science, and we are updating the units of measures. We also are requiring a footnote for labels for certain products represented or purported to be for use by children 1 through 3 years of age as shown in § 101.36(e)(11)(ii) (Please see Section P beginning on page 33932 of the final rule <https://www.gpo.gov/fdsys/pkg/FR-2016-05-27/pdf/2016-11867.pdf>).

The calorie declaration on the Supplement Facts label does not need to be as prominent as on the Nutrition Facts label because many dietary supplements do not contribute a significant amount of calories to the diet. Therefore, as we state on page 33939 of the final rule, we are not requiring that information about calories be displayed in a larger type size or be highlighted in bold type or extra bold on any Supplement Facts label. In a future technical amendment, we will correct the error in the codified section of the final rule (§ 101.36(e)), which states that a font size at least two points greater [than 8 point] shall be used for “Calories” and the heading “Calories” and the actual number of calories per serving shall be highlighted in bold or extra bold type.

The following are High-Resolution Examples of Different Supplement Facts Labels in the New Format (for reference only).

(i) Multiple vitamins (Includes voluntary listing of vitamin D in IUs)

| Supplement Facts | | |
|---|-------------------------------------|--------------------------|
| Serving Size 1 Gelcap Servings Per Container 100 | | |
| | Amount Per Serving | % Daily Value |
| Vitamin A (as retinyl acetate and 50% as beta-carotene) | 900 mcg | 100% |
| Vitamin C (as ascorbic acid) | 90 mg | 100% |
| Vitamin D (as cholecalciferol) | 20 mcg (800 IU) | 100% |
| Vitamin E (as dl-alpha tocopheryl acetate) | 15 mg | 100% |
| Thiamin (as thiamin mononitrate) | 1.2 mg | 100% |
| Riboflavin | 1.3 mg | 100% |
| Niacin (as niacinamide) | 16 mg | 100% |
| Vitamin B ₆ (as pyridoxine hydrochloride) | 1.7 mg | 100% |
| Folate | 400 mcg DFE (240 mcg folic acid) | 100% |
| Vitamin B ₁₂ (as cyanocobalamin) | 2.4 mcg | 100% |
| Biotin | 3 mcg | 10% |
| Pantothenic Acid (as calcium pantothenate) | 5 mg | 100% |

Other ingredients: Gelatin, lactose, magnesium stearate, microcrystalline cellulose, FD&C Yellow No. 6, propylene glycol, preservatives (propylparaben and sodium benzoate).

(ii) Multiple vitamins for children and adults (excludes Servings Per Container which is stated in the net quantity of contents declaration)

Supplement Facts

Serving Size 1 Tablet

| Amount Per Serving | | % Daily Value for Children 1 through 3 Years of Age | % Daily Value for Adults and Children 4 or more Years of Age |
|----------------------------------|-------------------------------------|--|---|
| Calories | 5 | | |
| Total Carbohydrate | 1 g | <1%** | <1%* |
| Total Sugars | 1 g | † | † |
| Includes 1g Added Sugars | | 4%** | 2%* |
| Vitamin A (50% as beta-carotene) | 450 mcg | 150% | 50% |
| Vitamin C | 60 mg | 400% | 67% |
| Vitamin D | 20 mcg | 133% | 100% |
| Vitamin E | 8 mg | 133% | 53% |
| Thiamin | 0.9 mg | 180% | 75% |
| Riboflavin | 0.9 mg | 180% | 69% |
| Niacin | 11.2 mg | 187% | 70% |
| Vitamin B ₆ | 0.9 mg | 180% | 53% |
| Folate | 300 mcg DFE (180 mcg folic acid) | 200% | 75% |
| Vitamin B ₁₂ | 2.0 mcg | 222% | 83% |

* Percent Daily Values are based on a 2,000 calorie diet.
 ** Percent Daily Values are based on a 1,000 calorie diet.
 † Daily Value not established.

Other ingredients: Sugar, sodium ascorbate, gelatin, maltodextrin, dl-alpha tocopheryl acetate, niacinamide, magnesium stearate, Yellow 6, artificial colors, stearic acid, palmitic acid, artificial flavors, pyridoxine hydrochloride, thiamin mononitrate, vitamin A acetate, cholecalciferol, and cyanocobalamin.

(iii) Multiple vitamins in packets (Includes voluntary listing of vitamin D in IUs)

| Supplement Facts | | | | |
|---------------------------|----------------------|------|----------------------|------|
| Serving Size 1 Packet | | | | |
| Servings Per Container 10 | | | | |
| Amount Per Serving | AM Packet | | PM Packet | |
| | % Daily Value | | % Daily Value | |
| Vitamin A | 450 mcg | 50% | 450 mcg | 50% |
| Vitamin C | 90 mg | 100% | 90 mg | 100% |
| Vitamin D | 20 mcg (800 IU) | 100% | | |
| Vitamin E | 15 mg | 100% | | |
| Thiamin | 1.2 mg | 100% | 1.2 mg | 100% |
| Riboflavin | 1.3 mg | 100% | 1.3 mg | 100% |
| Niacin | 16 mg | 100% | 16 mg | 100% |
| Vitamin B ₆ | 1.7 mg | 100% | 1.7 mg | 100% |
| Folate | 200 mcg DFE | 50% | 200 mcg DFE | 50% |
| | (120 mcg folic acid) | | (120 mcg folic acid) | |
| Vitamin B ₁₂ | 1.2 mcg | 50% | 1.2 mcg | 50% |
| Biotin | | | 3 mcg | 10% |
| Pantothenic Acid | 2.5 mg | 50% | 2.5 mg | 50% |

Ingredients: Sodium ascorbate, ascorbic acid, calcium pantothenate, niacinamide, dl-alpha tocopheryl acetate, microcrystalline cellulose, dextrin, starch, mono- and diglycerides, vitamin A acetate, magnesium stearate, gelatin, FD&C Blue #1, FD&C Red #3, artificial colors, thiamin mononitrate, pyridoxine hydrochloride, citric acid, lactose, sorbic acid (preservative), tricalcium phosphate, sodium benzoate (preservative), sodium caseinate, preservatives (methylparaben, potassium sorbate, BHA, BHT), ergocalciferol, cyanocobalamin, and artificial flavors.

(iv) Dietary supplement containing dietary ingredient with and without RDIs and DRVs

| Supplement Facts | |
|---|----------------------|
| Serving Size 1 Capsule | |
| Servings Per Container 100 | |
| Amount Per Capsule | % Daily Value |
| Calories 20 | |
| Total Fat 2 g | 3%* |
| Saturated Fat 0.5 g | 3%* |
| Polyunsaturated Fat 1 g | † |
| Monounsaturated Fat 0.5 g | † |
| Vitamin A 765 mcg | 85% |
| Vitamin D 21 mcg | 105% |
| Omega-3 fatty acids 0.5 g | † |
| * Percent Daily Values are based on a 2,000 calorie diet. | |
| † Daily Value not established. | |

Ingredients: Cod liver oil, gelatin, water, and glycerin.

(v) A proprietary blend of dietary ingredients

| Supplement Facts | | |
|--|--------------------------------|--------------------------|
| Serving Size 1 tsp (3g) (makes 8 fl oz prepared) | | |
| Servings Per Container 24 | | |
| | Amount Per Teaspoon | % Daily Value |
| Calories | 10 | |
| Total Carbohydrate | 2 g | <1%* |
| Total Sugars | 2 g | † |
| Includes 2g Added Sugars | | 4%* |
| Proprietary Blend | 0.7 g | |
| German Chamomile (flower) | | † |
| Hyssop (leaf) | | † |

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Other ingredients: Fructose, lactose, starch, and stearic acid.

(vi) Dietary supplement of an herb

| Supplement Facts | |
|-----------------------------------|----------|
| Serving Size 1 Capsule | |
| Servings Per Container 100 | |
| Amount Per Capsule | |
| Oriental Ginseng, powdered (root) | 250 mcg* |
| * Daily Value not established. | |

Other ingredients: Gelatin, water, and glycerin.

(vii) Dietary supplement of amino acids

| Supplement Facts | |
|--|---------|
| Serving Size 1 Tablet | |
| Servings Per Container 50 | |
| Amount Per Tablet | |
| Calories | 15 |
| Isoleucine (as L-isoleucine hydrochloride) | 450 mg* |
| Leucine (as L-leucine hydrochloride) | 620 mg* |
| Lysine (as L-lysine hydrochloride) | 500 mg* |
| Methionine (as L-methionine hydrochloride) | 350 mg* |
| Cystine (as L-cystine hydrochloride) | 200 mg* |
| Phenylalanine (as L-phenylalanine hydrochloride) | 220 mg* |
| Tyrosine (as L-tyrosine hydrochloride) | 900 mg* |
| Threonine (as L-threonine hydrochloride) | 300 mg* |
| Valine (as L-valine hydrochloride) | 650 mg* |

* Daily Value not established.

Other ingredients: Cellulose, lactose, and magnesium stearate.

(viii) Dietary supplement illustrating “per serving” and “per day” information
(Includes voluntary listing of vitamin D in IUs)

| Supplement Facts | | | | |
|---|-------------------|----------------------|----------------------------|----------------------|
| Serving Size 1 Caplet Servings Per Container 100 | | | | |
| | Per Caplet | | Per Day (3 Caplets) | |
| | Amount | % Daily Value | Amount | % Daily Value |
| Vitamin D (as cholecalciferol) | 7 mcg (280 IU) | 35% | 21 mcg (840 IU) | 105% |
| Calcium (as calcium citrate) | 650 mg | 50% | 1950 mg | 150% |

Other ingredients: Hydroxypropylmethylcellulose (HPMC), microcrystalline cellulose, maltodextrin, and magnesium stearate.

(12) Split display

Supplement Facts

Serving Size 1 Packet
Servings Per Container 10

| Amount Per Packet | % Daily Value | Amount Per Packet | % Daily Value |
|--|----------------------|--------------------------------------|---------------|
| Vitamin A (from cod liver oil) | 900 mcg 100% | Magnesium (as magnesium oxide) | 63 mg 15% |
| Vitamin C (as ascorbic acid) | 250 mg 278% | Zinc (as zinc oxide) | 11 mg 100% |
| Vitamin D (as ergocalciferol) | 20 mcg 100% | Selenium (as sodium selenate) | 25 mcg 45% |
| Vitamin E (as dl-alpha tocopherol) | 75 mg 500% | Copper (as cupric oxide) | 0.5 mg 56% |
| Thiamin (as thiamin mononitrate) | 60 mg 5000% | Manganese (as manganese sulfate) | 5 mg 217% |
| Riboflavin | 60 mg 4615% | Chromium (as chromium chloride) | 50 mcg 143% |
| Niacin (as niacinamide) | 60 mg 375% | Molybdenum (as sodium molybdate) | 50 mcg 111% |
| Vitamin B ₆ (as pyridoxine hydrochloride) | 60 mg 3529% | Potassium (as potassium chloride) | 200 mg 4% |
| Folate | 400 mcg DFE 100% | | |
| | (240 mcg folic acid) | Betaine (as betaine hydrochloride) | 25 mg * |
| Vitamin B ₁₂ (as cyanocobalamin) | 100 mcg 4167% | Glutamic Acid (as L-glutamic acid) | 25 mg * |
| Biotin | 100 mcg 333% | Inositol (as inositol monophosphate) | 75 mg * |
| Pantothenic Acid (as calcium pantothenate) | 60 mg 1200% | <i>para</i> -Aminobenzoic acid | 30 mg * |
| Choline (as choline chloride) | 100 mg 18% | Deoxyribonucleic acid | 50 mg * |
| Calcium (from oystershell) | 130 mg 10% | Boron | 500 mcg * |
| Iron (as ferrous fumarate) | 10 mg 56% | | |
| Iodine (from kelp) | 150 mcg 100% | | |

* Daily Value not established.

Other ingredients: Cellulose, stearic acid, and silica.