

# SAFETY SENSE

## A Supplement's Label Can Indicate Its Quality

(NAPSA)—A growing number of consumers are taking dietary supplements to enhance their health and vitality.

Unfortunately, not all supplements are made with the same degree of care when it comes to safety. Here are some tips from the experts at The VitaminShoppe on how to examine a supplement's label and packaging to make sure you are getting a quality product. For example:

- Is the expiration date clearly marked?



**When purchasing a dietary supplement, make sure the bottle has a safety seal in place, with no openings.**

- 
- Do the bottle and cap fit properly?
  - Is the product label correctly placed on the container?
  - Does the bottle have a safety seal in place, with no openings visible?
  - Is a child safety cap in place, if appropriate?

To learn more, visit the Web site at [www.vitaminshoppe.com](http://www.vitaminshoppe.com).