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## The USP Dietary Supplement Verification Program

### Program Overview

The USP Dietary Supplement Verification Program is a voluntary testing and auditing program that helps dietary supplement manufacturers ensure the production of quality products for consumers. Available worldwide, the program verifies the quality, purity, and potency of dietary supplement finished products through the following processes:

- ▶ comprehensive laboratory testing of dietary supplement products and their ingredients against dietary supplement standards found in [The United States Pharmacopeia](#) and [The National Formulary \(USP-NF\)](#)
- ▶ a thorough manufacturing and quality control document review
- ▶ an on-site manufacturing facility audit for compliance with USP standards and [FDA current Good Manufacturing Practices \(21 CFR Part 111\)](#)
- ▶ random off-the-shelf testing to confirm that USP Verified products continue to meet USP's strict standards

[Learn more about the USP Verification Process.](#)

### The USP Verified Mark and what it means

Products that meet the program's stringent criteria are awarded the distinctive USP Verified Mark for use on labels, packaging, and promotional materials. The Mark makes it easy for customers, healthcare practitioners, and retailers to identify USP Verified products. Seeing the USP Verified Mark on a label indicates that the dietary supplement product inside



- ▶ **Contains the ingredients listed on the label, in the declared potency and amounts.** Tests have shown that contents of some supplements don't match the label and some contain significantly less or more than the claimed amount of key ingredients. There may be health risks when supplements taken for a specific health condition do not contain ingredients in appropriate quantities. USP Dietary Supplement Verification helps assure customers that they are getting the value they expect from a product they are purchasing.
- ▶ **Does not contain harmful levels of specified contaminants.** Some supplements have been shown to contain harmful levels of certain heavy metals (e.g., lead and mercury), pesticides, bacteria, molds, toxins, or other contaminants. At specific levels these contaminants can pose serious risks to one's health.
- ▶ **Will break down and release into the body within a specified amount of time** If a supplement does not break down properly to allow its ingredients to dissolve in the body, the consumer will not get the full benefit of its contents. USP Dietary Supplement Verification tests products against federally-recognized dissolution standards.
- ▶ **Has been made according to FDA current GMPs using sanitary and well-controlled procedures.** Assurance of safe, sanitary, well-controlled, and well-documented manufacturing and monitoring processes indicates that a supplement manufacturer is quality-conscious and concerned for public well-being.

### Where you can find the Mark

The USP Verified Mark can be found on dietary supplement products stocked in U.S. pharmacies, wholesale clubs, groceries, and other retail outlets. (See a complete [list](#) of current USP Verified products.) The USP Verified Mark also appears next to verified products featured on several professional and consumer health databases: [Natural Medicines Comprehensive Database—www.naturaldatabase.com](#), [ConsumerReportsHealth.org](#), and [PogoHealth.com](#). (A subscription may be necessary to view site information.)

### What makes the program unique

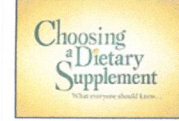
A nonprofit federally recognized standards-setting organization, USP is the only such organization that also offers voluntary verification services. USP's expertise in the field stems from its nearly 200 years of experience establishing standards of quality for medications and, more recently, dietary supplements and food ingredients. USP standards are used in more than 130 countries and are federally recognized per the Federal Food, Drug and Cosmetic Act and the Dietary Supplement Health and Education Act.

Learn more about USP Dietary Supplement Verification and USP Verified products through our [resources](#) section. Or, find out how you can [participate](#) in the program.

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#### Highlights

#### Watch "Choosing a Dietary Supplement"



View USP's interactive presentation and learn how to choose supplements wisely.

High Bandwidth (6.0MB)  
Low Bandwidth (3.0MB)

See a list of [USP Verified dietary supplements](#).



USP Verified on Facebook



View Dr. Low Dog Interview

[New USP Dietary Supplements Compendium](#)

#### Related Resources

View and download [additional resources and participant manuals](#) for all USP Verified services.

#### Contact Information

To learn more about USP Verified dietary supplements or how you can join the program, email [USPverified@usp.org](mailto:USPverified@usp.org) or call +1-301-816-8273.

<b>USP Verified Dietary Supplements</b>	
Participating companies	
Verified supplements	
Verification process	
Participant manual and education resources	
Join the program	
Frequently asked questions	
USP Verified Dietary Supplement Ingredients	
USP Verified Pharmaceutical Ingredients	
<b>Information For:</b>	
	Manufacturers
	Regulators
	Healthcare Providers
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<b>Search USP Careers</b>	
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## Join the USP Verified Program for Dietary Supplements

If you would like to discuss how you can get the USP Verified Mark on the dietary supplements that you manufacture or sell, please e-mail [programmmarketing@usp.org](mailto:programmmarketing@usp.org).

### Contact Information

To discuss how you can get the USP Verified Mark on the dietary supplements that you manufacture or sell, email [programmmarketing@usp.org](mailto:programmmarketing@usp.org) or call +1-301-816-8237.

### Overview

USP's independent verification program for dietary supplements is open to manufacturers of vitamins, minerals, amino acids, botanicals, and other dietary supplement products recognized under the Dietary Supplement Health and Education Act (DSHEA). The program will help to validate the integrity of your products and increase consumer confidence, brand loyalty, and product sales. Market research has established that a majority of consumers are more likely to buy supplements that have been verified by USP.

Since the launch of its verification program for dietary supplements in 2002, USP has verified 730 products for participants. More than 45 million dietary supplement packs featuring the USP Verified Mark have appeared on store shelves across the nation. More products with the Mark are being launched regularly.

### Program Requirements

Under its fee-based dietary supplement verification program, USP tests and verifies supplements against the official, DSHEA-recognized standards that USP itself establishes for integrity, purity, and potency. USP also tests for proper manufacturing practices and accuracy of ingredient labeling. The verification process includes laboratory testing of product samples, documentation reviews, manufacturing audits, and off-the-shelf product testing. Products that meet USP's stringent program requirements are allowed to use the USP Verified Mark on labels and other materials, subject to USP's guidelines and oversight.

### Benefits of USP Verified

- ▶ USP's expertise and rigorous testing will help you enhance the quality of your supplements and meet proposed FDA Good Manufacturing Practices (GMPs).
- ▶ USP's ongoing communication and public education efforts will help to educate consumers about dietary supplements and the importance of verification.
- ▶ USP Verified helps to build brand equity and loyalty by adding credibility to your supplements.
- ▶ Joining the rigorous USP Verified program demonstrates your commitment to high-quality standards that can stand up to independent third-party testing.

[Click on the following link for the application to submit products to the USP Verification Program for dietary supplements.](#)

- USP Verified Dietary Supplements
- Participating companies
- Verified supplements
- Verification process
- Participant manual and education resources
- Join the program
- Frequently asked questions
- USP Verified Dietary Supplement Ingredients
- USP Verified Pharmaceutical Ingredients

### Information For:

	Manufacturers
	Regulators
	Healthcare Providers
	Consumers
	Members/Volunteers

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