



RATE YOUR PLATE

I. Spotting Fraudulent Claims on the Internet

Search for vitamins and vitamin-like substances sold over the Internet. Then write a report concerning any claims made on behalf of these products that you consider fraudulent or misleading. Are the websites selling vitamins, or are they a cover for selling something else? Compare the price of the vitamins from these sites with the price you would pay at the local supermarket or drugstore. Do any of these sites display any disclaimers or warnings about the products?

II. A Closer Look at Supplement Use

With the current popularity of vitamin and mineral supplements, it is more important than ever to understand how to evaluate a supplement. Study the label of a supplement you use or one readily available from a friend or the supermarket. Then answer the following questions.



1. What is the recommended dosage of this supplement?

2. Based on the recommended dosage, are there any individual vitamins for which the intake would be greater than 100% of the Daily Value? List these vitamins.

3. Are any suggested intakes above the Upper Level for the nutrient?

4. Are there any superfluous ingredients, such as herbs or flavors, in the supplement? You can often determine these by looking for ingredients that do not have a percent of Daily Value.

5. Does at least 50% of the vitamin A in the product come from beta-carotene or other provitamin A carotenoids (to reduce risk of preformed vitamin A toxicity)?

6. Are there any warnings on the label as to populations who should not consume this product?

7. Are there any other signs that tip you off that this product may not be safe?
