



U.S. Pharmacopeia  
The Standard of Quality™

## USP DIETARY SUPPLEMENT VERIFIED BACKGROUNDER

The U.S. Pharmacopeia (USP) tests the purity, potency, and quality of dietary supplements. The USP Verified Mark on a dietary supplement assures consumers, healthcare professionals, and retailers that the product contains the ingredients listed on the label.

### The USP Verified Mark

Dietary supplement products that meet USP's stringent testing and review requirements are awarded the USP Verified Mark. When consumers see this distinguishable mark on a supplement label, they can be assured that the product

- Contains the ingredients listed on the product label, in the declared strengths and amounts
- Does not contain harmful levels of contaminants
- Will break down and release ingredients in the body within a specified amount of time
- Has been made under Good Manufacturing Practices (GMPs)

### USP Evaluation & Maintenance

USP evaluates dietary supplements submitted to the program based on

- Manufacturer compliance with USP standards for GMP
- A comprehensive review of quality control and manufacturing documentation
- Extensive laboratory testing

After a dietary supplement has been verified, USP will periodically conduct random, off-the-shelf tests to ensure that the product continues to meet USP's strict standards. USP also continues to conduct GMP compliance audits of a manufacturing site on a three-year basis. During the intervening years, manufacturers are required to conduct annual self-audits and report results to USP for review.

### Why USP?

For nearly 200 years, USP has set standards defining the purity, potency, and quality for prescription medicines and dietary supplements. Compiled in the *United States Pharmacopeia–National Formulary (USP–NF)*, these standards are recognized by U.S. federal law and used in more than 130 countries.

To learn more, visit the USP Verified website— [www.uspverified.org](http://www.uspverified.org)—or contact Dr. Srinivasa at 301-816-8334, email: [vs@usp.org](mailto:vs@usp.org).

**Oct. 2006**

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