Understanding supplemented food labels

Supplemented foods are prepackaged foods with **added supplemental ingredients** like **vitamins, minerals, amino acids** or **other** ingredients (for example, caffeine).

These foods carry a supplemented food facts table with:

1. The heading **"Supplemented Food Facts"**
2. A **"Supplemented with"** section at the bottom of the table with all the supplemental ingredients
3. A footnote that says: **"includes naturally occurring and supplemental amounts"**

canada.ca/en/health-canada/services/food-nutrition/supplemented-foods

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Understanding caution labels on supplemented foods

Caution labels are on some supplemented foods that can pose a health risk if:

- consumed in excess by the general population; or
- consumed by those who are pregnant, children or other vulnerable groups.

Supplemented / Supplémenté
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This **identifier** tells you there are cautions on the back of the package

The caution box could tell you:

1. who should not eat or drink this product
2. to limit the number of servings per day
3. to not eat or drink it with other supplemented foods or supplements with the same supplemental ingredients

"High caffeine content" must appear somewhere on the label of a caffeinated energy drink

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