

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



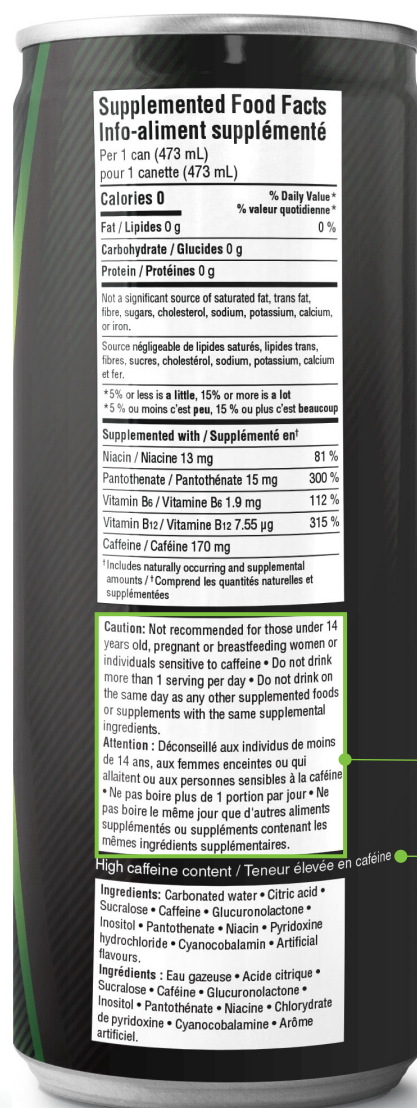
Health Canada Santé Canada

Canada

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
● Health Canada / Santé Canada

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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