

Third-party tested supplements: what it means

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A seal from an independent organization can indicate proper manufacturing, listed ingredients and no harmful contaminant levels. The NIH says it does not guarantee a product is safe or effective.

What a seal can tell you

The NIH says several independent organizations offer quality testing, and products that pass can display a seal. It names ConsumerLab.com, NSF International and U.S. Pharmacopeia as examples, without endorsing them.

A seal indicates	A seal does not guarantee
✓ Properly manufactured	✗ That the product is safe
✓ Contains the listed ingredients	✗ That the product is effective
✓ No harmful levels of contaminants	

Based on the NIH consumer fact sheet on dietary supplements.

How to check a claim

- Look for the name of the organization, not only the word “tested”.

- Ask the seller which lab did the testing and which batch it covers.
- Check whether a report exists for the product you are buying.

Where we stand

We do not claim third-party testing right now, because we do not hold the documents. See The Receipts for what we can and cannot prove.

See every label before you buy

verdavita shows the full Supplement Facts panel on every product page. One-time purchase, 90-day money-back guarantee.

verdavita.com/shop

Sources

- NIH Office of Dietary Supplements: Dietary Supplements: What You Need to Know https://ods.od.nih.gov/factsheets/WYNTK-Consumer/

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