



Healthy Nutrition Safer Supplements

Third-Party Tested Supplements: What to Look For

HYN® Healthy You Nutrition, LLC

Third-party testing is a quality check performed by an independent organization that is not the supplement manufacturer. It can help reduce the risk of contamination, mislabeling, and potency issues, but it does not guarantee that a product is perfect or risk-free.

Best practice: Choose products that display a recognized verification or sport certification seal, and confirm the exact product (and when applicable, the lot/batch) in the program's online directory.

Common certification marks you may see on labels (verify online)



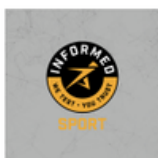
NSF Certified for Sport®

Athlete-focused certification; screens for banned substances and contaminants and includes GMP facility audits.



NSF Contents Certified

Verifies label claims and screens for unsafe levels of select contaminants (scope varies by program).



Informed Sport

Banned-substance testing program that emphasizes batch testing prior to market release (verify in directory).



Informed Choice

Regular monitoring and testing for banned substances with quality and manufacturing oversight (verify in directory).

Other respected third-party programs you may see (verify online)

- USP Verified Mark (product-specific verification for identity, potency, purity/contaminants, performance, and GMP).
- ConsumerLab (independent testing and quality ratings; some products earn an Approved designation after testing).
- UL Verified (verification scope varies by program and category).
- BSCG Certified Drug Free (banned-substance focused program).
- IFOS (omega-3/fish oil quality and purity program).
- TRU-ID (DNA-based botanical ingredient authentication).
- Clean Label Project (screens for select contaminants; award criteria and scope vary).

Quick shopper checklist

- **Match the program to your needs:** athletes should prioritize sport programs (for example NSF Certified for Sport, Informed Sport, Informed Choice).
- **Confirm the exact product:** certification is often *product-specific*, not brand-wide. Verify product name and form (dose, flavor).
- **For athletes, verify lot/batch when available:** use the program directory or app to confirm the certified lot.
- **Look beyond marketing terms:** "pharmaceutical grade" and "clinically studied" are not the same as independent verification.
- **Check interactions:** review supplements with your medical team if you are pregnant, on medications, or have kidney/liver conditions.



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