



Let the Buyer Beware?

Make it GMP for Me

by Margy Squires

Women are the majority of supplement shoppers. Maybe it's in the genes as most of us recognize a brand name like Kleenex or a designer label like Gucci with a blink of an eye. So it's no surprise that we look for the trademark of excellence – GMP – as the best of the best for our supplements too.

Short for *Good Manufacturing Practices*, GMPs are the guidelines collaborated by the Federal Drug Administration (FDA) and the Natural Products Association (NPA). The final FDA ruling was June 2007 with full compliance by June 2010, giving the industry time to meet FDA mandates. The FDA is the federal umbrella which supplement regulation falls under. The NPA, founded in 1936, is the nation's largest and oldest nonprofit organization dedicated to the natural products industry which includes foods, dietary supplements, and health/beauty aids.

Think all supplements are the same? Or do you ever wonder who made it, what's in it and are you really getting what you paid for? At To Your Health, we are adamant about educating our customers so they make an intelligent choice based on facts, and that means what's in the product is reflected in a truthful product label. That's why you need to buy GMP.

How does GMP promise you integrity and safety? When a manufacturing facility applies for GMP status, it must adhere to certain guidelines stipulated by the FDA. For example, parts of the process includes testing raw materials, procedural checklists in the manufacturing, and testing the finished product. Then there's the label guidelines and structure function claims if any. The finished product *must* match what the ingredient levels are on the label. In short, the process guarantees the real deal and not a designer knockoff.

There's one more step in the process. The manufacturer can apply for certification status or GMPc. This means that not only does the product manufacturing *comply* with GMP mandates but is *examined and passes* inspection to be certified by an independent agent as a GMP compliant facility.

Specifically, the FDA ruling states GMP will ensure “that dietary supplements are manufactured consistently as to identity, purity, strength, and composition”. Their requirements include “design and construction of physical plants that facilitate maintenance, cleaning, proper manufacturing operations, quality control procedures, testing final product or incoming and in-process materials, handling consumer complaints, and

maintaining records”. If that sounds a little too technical, look at the GMP Benefits box. In short, the GMP logo ensures the supplement you are holding in your hand is safe on multiple layers of checkpoints. And when you're taking a supplement for health reasons, it should be safe. So next time you pick up a TyH product and see the GMP logo, you'll know we care enough to give you the very best.



One more thing. Despite all the propaganda of the press and erroneous news reports, I hope you see now that the supplement industry *is* regulated by the FDA through GMP. Let the buyer beware? Not when it's GMP.

GMP Benefits

Buying GMP means that supplements

- ◆ meet quality standards
- ◆ are free from contamination
- ◆ are accurately labeled
- ◆ accurately list dietary ingredients
- ◆ are safe
- ◆ have manufacturing & batch production records
- ◆ manufactured to ensure its identity, purity, strength & composition
- ◆ held & distributed in a facility under appropriate conditions of temperature, humidity, light & sanitation
- ◆ have a written record of any GMP product complaints
- ◆ retain records for 1 year past the shelf life date

Source: www.fda.gov GMP Fact Sheet

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