

CHEAT SHEET

NUTRITION & SUPPLEMENT FACTS PANELS

NUTRIENT COMPARISONS

noun | nu·tri·ent com·par·i·sons | \ˈnü-trē-ənt kəm-ˈper-ə-səns\

1990 VS. 2016 DV NUMBERS AND LABEL INCLUSION REQUIREMENTS. (ADULTS AND CHILDREN ⇒ 4 YRS)

| Label Nutrient | NEW REGS | | PRE-EXISTING REGS | |
|--------------------|-------------------------|-----------------------|-------------------------|-------------|
| | Mandatory/ Voluntary | Daily Value | Mandatory/ Voluntary | Daily Value |
| Calories | M | - | M | - |
| Calories from Fat | Not listed | | M | - |
| Total Fat | M | 78 g | M | 65 g |
| Sodium | M | 2300 mg | M | 2400 mg |
| Fluoride | V | - | Not listed | |
| Total Carbohydrate | M | 275 g | M | 300 g |
| Dietary Fiber | M | 28 g | M | 25 g |
| Soluble Fiber | V | - | V | - |
| Insoluble Fiber | V | - | V | - |
| Added Sugars | M | 50 g | Not listed | |
| Other Carbohydrate | Not listed | | V | - |
| Vitamin D | M | 20 mcg | V | 400 IU |
| Calcium | M | 1300 mg | M | 1000 mg |
| Potassium | M | 4700 mg | V | 3500 mg |
| Vitamin A | V | 900 mcg RAE | M | 5000 IU |
| Vitamin C | V | 90 mg | M | 60 mg |
| Vitamin E | V | 15 mg α-tocopherol | V | 30 IU |
| Vitamin K | V | 120 mcg | V | 80 mcg |
| Thiamin | V | 1.2 mg | V | 1.5 mg |
| Riboflavin | V | 1.3 mg | V | 1.7 mg |
| Niacin | V | 16 mg NE | V | 20 mg |
| Vitamin B6 | V | 1.7 mg | V | 2 mg |
| Folate/Folic Acid | V | 400 mcg DFE | V | 400 mcg |
| Vitamin B12 | V | 2.4 mcg | V | 6 mcg |
| Biotin | V | 30 mcg | V | 300 mcg |
| Pantothenic Acid | V | 5 mg | V | 10 mg |
| Phosphorus | V | 1250 mg | V | 1000 mg |
| Magnesium | V | 420 mg | V | 400 mg |
| Zinc | V | 11 mg | V | 15 mg |
| Selenium | V | 55 mcg | V | 70 mcg |
| Copper | V | 0.9 mg | V | 2 mg |
| Manganese | V | 2.3 mg | V | 2 mg |
| Chromium | V | 35 mcg | V | 120 mcg |
| Molybdenum | V | 45 mcg | V | 75 mcg |
| Chloride | V | 2300 mg | V | 3400 mg |
| Choline | V | 550 mg | Not listed | |

This chart shows only the nutrients that changed from the 1990 to the 2016 Nutrition and Supplement labeling regulations.

The table below shows those nutrients that didn't change.

| Nutrient | REGS | |
|-----------------------------|------|---------|
| Calories from Saturated Fat | V | - |
| Saturated Fat | M | 20 g |
| Trans Fat | M | - |
| Poly Fat | V | - |
| Mono Fat | V | - |
| Cholesterol | M | 300 mg |
| Total Sugars | M | - |
| Sugar Alcohol | V | - |
| Protein | M | 50 g |
| Iron | M | 18 mg |
| Iodine | V | 150 mcg |

Note: Nutrients not shown in the exact order they must appear on the labels. Your Genesis R&D program will take care of that for you.