10.Lot number If you have a problem with a product, you will need to provide the manufacturer with the lot number, so they can track down the constituent components of that lot and pinpoint the source of a problem.Quality seals You may see many different quality seals on a probiotic label, but the most important is GMP–Good Manufacturing Practice–which means that the manufacturer has invited FDA representatives to visit the premises and approve company protocols for cleanliness, proper management of source materials, and employee training.Other ingredients Supplements may contain other nonactive ingredients, for instance, fillers, binders, flow agents, the capsule itself, and other specialty items.There are dozens of other quality seals, indicating compliance with organic rules, GMO–free products, allergen–free products, and more.The number of CFUs on the label is guaranteed up to the listed expiration date.11.12.13.KNOW

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