

How Vitamin Cottage Determines the Quality of Supplements  
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Here at Vitamin Cottage we demand quite a bit of information from our vendors before product can be purchased for our shelves.

First of all the products can not contain the following ingredients: If the product contains aspartame, Sucralose, colloidal silver, DHEA, hormones (i.e. DHEA, KETO-7, Pregnenolone, Androstenedione, Testosterone, HGH, IGF-1), Chaparral, EDTA, Germanium, Guarana, Phaseolamin (white kidney bean extract), artificial flavors and colors, hydrogenated/partially hydrogenated oils, talc or Acesulfame K, Sulfur Dioxide, MSG, fresh milk products from cows who have been given BGH, iron oxide, kola nut or other stimulant containing herbs, or additives such as propylene glycol, polyethylene glycol, or sodium benzoate the product should not be presented for approval because the product will not be approved.

We have a handout entitled "Things We Don't Carry and Why" which explains some of the ingredients on the above list. We do make exceptions for sodium benzoate because just about all liquid Aloe Vera products use it as a preservative to inhibit molds. We have also made some exceptions on stimulant containing herbs in that some products have been "grandfathered in" that were approved before we decided to stop approving new products with guarana or kola nut. As new research about bitter orange has come out we have allowed that product into our stores. If we find that a previously "clean" product now has an additive such as polyethylene glycol or artificial flavors we discontinue the product and do not purchase it unless we are given proof that the ingredient has been removed.

Vendors are also required by us to provide information on their manufacturing processes. If the company is part of NNFA - the Natural Nutritional Foods Association - which is the supplement industry's self-governing body, and follows the NNFA Good Manufacturing Practices or GMP, it helps to ensure that they are taking all steps necessary to produce high quality, pure products. As part of GMP, companies test their raw materials to be sure that they are free from molds, bacteria and foreign objects as well as for quality and purity and to be sure that the product is actually what the supplier claims it is.

We carry these NNFA member/GMP Certified companies: Arizona Natural Supplements, Botanical Labs (Zand, Herbs for Kids, Natra-Bio brands), Chemins (Cyto Charge brand), Country Life, Earthrise Nutritionals (Earthrise Spirulina brand), Great American Health Products, Innovative Natural Products, JR Carlson labs, Metagenics (Ethical Nutrients brand), Natrol, Nutrition Now, NBTY, Now Foods, Trace Minerals Research and Waukunaga of America (Kyolic brand). For more information on NNFA and GMP, please see their website at [www.nnfa.org](http://www.nnfa.org). To easily

find their information on GMP, click on Issue Center, then Assurance Program. You can then find a list of companies that are NNFA members practicing GMP under the header "GMP Certified Companies".

Some companies use GMP without being a member of the National Nutritional Foods Association. We have a Quality Questionnaire that they must fill out that requests information that a company practicing GMP would automatically comply with. Companies are also required to provide samples of Certificates of Analysis to us on raw materials that they use in products, or a finished products assay, or both. We require this information from existing vendors on our shelves as well as new vendors. Vendors need to update this information to us annually.

Finally, Vitamin Cottage also periodically does independent lab testing on supplements to ensure that their potencies and quality are what are being stated on the labels.

Because we demand so much information from our vendors, we often take longer to add new products to our shelves. We often do not have the "latest craze" right away, but make sure first that a product meets our quality standards.

I hope that this information is helpful and allows you to feel comfortable with the products that Vitamin Cottage carries on the supplement department shelves. We appreciate your patronage and will continue to provide you with the highest quality products at the lowest prices.