

READ FIRST: This is an Illustrator editable file. You cannot edit it in your browser. Download (save) file and then open in Adobe Illustrator. Fonts are Helvetica Neue (because they look better) unless otherwise noted.

This nutritional panel packs a lot of info in a small horizontal format and takes advantage of the many unusual nutrients the product has.

Nutrition Facts Serv. Size 1 bar (45g) Calories 185 Calories from Fat 85 <small>*Percent Daily Values (DV) are based on a 2,000 calorie diet</small>	Amount/Serving %DV*	Amount/Serving %DV*	Amount/Serving %DV*
	Total Fat 9.5mg 15%	Potassium 148mg 4%	Vitamin A 254 IU 22%
	Sat. Fat 2mg 9%	Total Carb. 19g 6%	Vitamin C 1mg 1.5%
	Trans Fat 0mg 0%	Sugars 5g	Calcium 30mg 3%
	Cholesterol 0mg 0%	Dietary Fiber 14g 55%	Iron 0.4mg 2%
	Sodium 72mg 3%	Protein 5.5g 11%	B12 3mcg 53%
	<small>Vitamin B5 9% • Vitamin D 3% • Vitamin E 8% • Magnesium 2.5% • Copper 26% Zinc 12% • Selenium 16% • Molybdenum 37% • Phosphorus 60%</small>		

Abbreviated Version with Regular Helvetica

Nutrition Facts Serv. Size 1 bar (45g) Calories 185 Calories from Fat 85 <small>*Percent Daily Values (DV) are based on a 2,000 calorie diet</small>	Amount/Serving %DV*	Amount/Serving %DV*
	Total Fat 9.5mg 15%	Total Carb. 19g 6%
	Sat. Fat 2mg 9%	Dietary Fiber 14g 55%
	Trans Fat 0mg 0%	Sugars 5g
	Cholesterol 0mg 0%	Protein 5.5g
	Sodium 72mg 3%	
	<small>Vitamin A 22% • Vitamin C 1.5% • Calcium 3% • Iron 2%</small>	

The classic abbreviated vertical nutrition label.

When vitamins, fiber and sugar are basically zero you can use this format

Regular Helvetica Version with Dropped Poly and Mono and added A, C, Iron, Calcium, Sugars and Fiber

French Canadian Version

Nutrition Facts	
Serving Size: 1 second spray (.5 ml) Serving Per Container: 354	
Amount Per Serving	
Calories: 4	Cal from Fat: 4
	% Daily Value*
Total Fat Less than 1g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carb 0g	0%
Protein 0g	0%
Not a significant source of dietary fiber, sugar, vitamin A and C, calcium and iron. <small>*Percent Daily Values are based on a 2000 calorie diet.</small>	

Nutrition Facts	
Serving Size: 1 sec spray (.5ml) Serving Per Container: 354	
Amount Per Serving	
Calories: 4	Cal from Fat: 4
	% Daily Value*
Total Fat Less than 1g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carb 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 4%	Vitamin C 4%
Calcium 10%	Iron 4%
<small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	

Nutrition Facts - Valeur Nutritive	
Serving Size: 1 second spray (.5 ml) Portion: 1 seconde de pulverization (.5ml)	
Serving Per Container: 354 Portions par Contenant: 354	
Amount Per Serving / Teneur par Portion	
	% Daily Value*
	% Valeur Quotidienne*
Calories / Calories : 4	
Fat / Lipids < 1g	0%
Saturated / Satures 0g	0%
Trans / Trans 0g	0%
Cholesterol / Cholesterol 0mg	0%
Sodium / Sodium 0mg	0%
Carb/Glucides 0g	0%
Fiber / Fibres 0g	0%
Sugars / Sucres 0g	0%
Protein / Protelnes 0g	0%
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	0%
Iron/Fer	0%

This one is good on little packages where a traditional panel won't fit.

Nutritional Facts Serving Size 1.5oz (43g), Servings Per Package 2 Amount Per Serving: Calories 180, Fat Cal. 90, Total Fat 11g (17% DV), Saturated Fat 5g (25% DV), Trans Fat 0g, Cholesterol 45mg (15% DV), Sodium 90mg (4% DV), Total Carb. 22g (7% DV), Fiber 0g, Sugar 18g, Protein 2g, Vitamin A (4% DV), Vitamin C (0% DV), Calcium (2% DV), Iron (6% DV). Percent Daily Values are based on a 2,000 calorie diet.
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When your package is large, perhaps 6x8 inches or more, you may be required to include the full daily values chart and forgo abbreviations for saturated fats and carbohydrates. These layouts include that extra chart and full spelling for nutrients

Nutrition Facts Serving Size 3 oz (85g) Servings Per Bag About 5 Calories 25 Calories from Fat 0	Amount/Serving % Daily Value*	Amount/Serving % Daily Value*	<small>*Percent Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs: Calories 2,000 2,500 Total Fat Less Than 65g 80g Sat Fat Less Than 20g 25g Cholesterol Less Than 300mg 300mg Sodium Less Than 2,400mg 2,400mg Total Carb 300g 375g Dietary Fiber 25g 30g Calories Per Gram Fat 9 • Carbohydrate 4 • Protein 4</small>
	Total Fat 0g 0%	Total Carbohydrate 4g 1%	
	Saturated Fat 0g 0%	Dietary Fiber 3g 12%	
	Trans Fat 0g	Sugars 1g	
	Cholesterol 0mg 0%	Protein 2g	
	Sodium 20mg 1%		
	Vitamin A 4% • Vitamin C 50% • Calcium 2% • Iron 2%		

Nutrition Facts	
Serving Size: 1 sec spray (.5ml) Serving Per Container: 354	
Amount Per Serving	
Calories: 4	Cal from Fat: 4
	% Daily Value*
Total Fat Less than 1g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 4%	Vitamin C 4%
Calcium 10%	Iron 4%
<small>*Percent Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs: Calories 2,000 2,500 Total Fat Less Than 65g 80g Sat Fat Less Than 20g 25g Cholesterol Less Than 300mg 300mg Sodium Less Than 2,400mg 2,400mg Total Carb 300g 375g Dietary Fiber 25g 30g Calories Per Gram Fat 9 • Carbohydrate 4 • Protein 4</small>	

Nutrition Facts	
Serving Size: 1oz (28g) Serving Per Container: 2	
Amount Per Serving	
Calories: 130	Cal from Fat: 50
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 4.5g	22%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 65mg	2%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	16%
Sugar 0g	
Protein 7g	14%
Vitamin A 45%	Vitamin C 0%
Calcium 6%	Iron 10%
Vitamin K 15%	Thiamin 380%
Riboflavin 330%	Niacin 160%
Vitamin B6 280%	Folate 35%
Vitamin B12 110%	Pantothenic Acid 6%
Phosphorus 4%	Magnesium 8%
Zink 15%	Selenium 20%
<small>*Percent Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs</small>	

Supplement Facts	
Serving Size: 2 Capsules Serving Per Container: About 36	
Amount Per Serving	% DV*
Niacin (as Niacinamide)	52mg 260%
Vitamin B6 (as Pyridoxine HCL)	14mg 650%
Vitamin B12 (as Cyanocobalamin)	14mcg 210%
Pantothenic Acid (as D-Calcium Pantothenate)	14mg 130%
Taurine	3244mg ‡
Caffeine	200mg ‡
Glucuronolactone	150mg ‡
Inositol	130mg ‡
Astragalus Extract (Roots)	100mg ‡
Ginkgo Biloba Extract (Leaves)	100mg ‡
Malic Acid	140mg ‡
<small>* Percent Daily Values (DV) are based on a 2,000 calorie diet. ‡ Daily Value Not Established</small>	

This is what a supplement label looks like. They usually don't have the regular fats, carbs, protein, fiber values.

You don't have to be boring. A fun label packed with vitamin info.