



Don't be intimidated by GMP regulations: you can do it!

GMP & Labeling

- Don't include any health claims (ie: "pain relief")
- Don't include drug names (ie: "better than aspirin")
- Don't include illness names (ie: "fibro relief")
- Do** list all ingredients
- Do** list contact information
- Do** include a batch number

[The complete FDA guidelines about labeling.](#)

Do i need [a supplement facts box? Probably not](#): there is a small business exemption!

GMP Documentation

- Document your ingredients: everything you purchase/harvest, with proof of id.
- Document all of your recipes & formulas with exact measurements
- Document each batch you make
- Document your distribution (so that you can find products if anyone reports a problem!)
- Document your business processes: how you keep things clean, what you do if someone returns a product, what you do if there's an adverse reaction, etc.

A complete list of [every form you need is here, in section V.](#)

GMP & Marketing

- Same as the labeling: no health claims, disease names, drug comparisons, etc
- Applies to your website, social media, any videos you make, your newsletter. . .
- Read the FDA warning letters so you can learn what they're looking for

AHPA has a [newsletter with all the FDA warnings](#), so that you can keep up to date!

Need more help?
Check out our Herbal Business Program!
commonwealthherbs.com/business