

# THE **ABCDE'S OF BUYING** HEALTH PRODUCTS



**Access the website.**  
Buy only **FDA-registered, notified** health products.



**Be informed.**  
Do your **research** on the product.



**Check the label.**  
Read the product label well.



**Discontinue use in case of adverse events.**  
If you suspect that the product has caused you a reaction, **seek the advice** of a healthcare professional.



**E-Report**  
**Report** any adverse reaction to FDA.

**Be a well-informed consumer.**  
Make it a habit to visit the FDA website at:



FDA ADVISORY  
No. 2017-324

**TO: GENERAL CONSUMING PUBLIC**

**SUBJECT: Reminders to the Public During the Holiday Season**

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The Food and Drug Administration (FDA) is reminding the public to be cautious and vigilant when buying food products as well as toys and cosmetic products. Consumers might fall victim to unscrupulous operators selling unsafe, compromised, improperly handled and stored, and misbranded food, toys and cosmetic products. The FDA advises the public to follow these basic consumer tips before buying food products, toys and cosmetics for the holidays.

1. Buy products with appropriate market authorization issued by FDA.  
You can search the list of registered and notified products in the official FDA website ([www.fda.gov.ph](http://www.fda.gov.ph)). Just type the product name written on the label.
2. Buy products from reputable sources / retailers.  
The public is strongly advised to refrain from shopping in shady places. Unregistered food products and unnotified toys and cosmetic products may contain ingredients that may bring harm to your health.

For food products, check the environment from where the products are being sold. Food products must at all times be sold under optimal hygienic conditions. Products intended to be stored with their optimal conditions must be observed. Frozen products must be kept frozen and refrigerated products stored in refrigerators. Area of selling must at all times be free from pests such as rodents, insects, etc.

3. Read the label.  
Product labels are there to enable consumers to obtain accurate information such as the nature, quality and quantity of the product. This information can help and guide consumers when buying and using products. For food, be sure to read the ingredient list to check if you are allergic to one or more of the ingredients. For toys and cosmetics, make sure that you have read the instructions for use before using the product to avoid accidents or mishaps.

Labels at all times must not be tampered (e.g. cutting out of label details, sticking-on of new expiration date, rubbed-off information). Deficiencies in labelling information and presence of tampering should serve as warning to consumers in choosing products.

FDA's regulation requires the following minimum information be printed on the product label:





For processed food products	For toys and childcare articles	For cosmetic products
<ul style="list-style-type: none"> <li>• Brand name and Product name</li> <li>• Net content/weight</li> <li>• List of Ingredients</li> <li>• Name of manufacturer/repacker/distributor/importer</li> <li>• Expiry or expiration date/consume-before-date/use-by-date</li> <li>• Lot identification code</li> <li>• Nutrition Information</li> <li>• Storage condition (e.g. for those needing storage beyond the normal room temperature)</li> <li>• Food Allergen information (e.g. nuts, milk, crustaceans, etc.)</li> <li>• Directions for Use (as applicable)</li> </ul>	<ul style="list-style-type: none"> <li>• SKU / Model / Item number of the product</li> <li>• Warnings / Cautionary Statements</li> <li>• Name and address of the local company responsible for placing the product in the market</li> <li>• License to Operate number of the local company responsible for placing the product in the market</li> <li>• Age grading</li> </ul>	<ul style="list-style-type: none"> <li>• Brand and product name and its function</li> <li>• Net content</li> <li>• Instructions for use</li> <li>• Full ingredient list</li> <li>• Special precautions, if any</li> <li>• Name and address of the local company responsible for placing the product in the market</li> <li>• Country of Manufacture</li> <li>• Manufacturing and/or Expiration Date</li> <li>• Batch/Lot number</li> </ul>

For food products, the integrity of the packaging and seal must likewise be checked. Packaging materials are intended to protect the safety and quality of the product thus product must be intact within the claimed shelf-life product. Check for the following:


- Canned goods must not be dented, rusted and bulging
- Soft packaging materials such as plastics, foils, aluminium wraps must at all times be free from tear and perforations
- Metal bottle caps must be free from rust
- Glass bottles must be intact and without cracks

4. Report to FDA any suspicious establishment, activity or unregistered food product or unnotified toys and cosmetic products.

Reports can be made through the following channels:

- FDA e-Report (<http://www.fda.gov.ph/ereport>)
- Call the Center for Cosmetics Regulation and Research (CCRR) Hotline at (02) 857-1900 local 8113 or 8107 or the Center for Food Regulation and Research (CFRR) Hotline at (02) 857-1900 local 8112 or 8115.
- Send an e-mail to [report@fda.gov.ph](mailto:report@fda.gov.ph) or [info@fda.gov.ph](mailto:info@fda.gov.ph)
- Send a message through the FDA Philippines Official Facebook (Food and Drug Administration Philippines) and Twitter account (@FDAPhilippines).

For more information and inquiries, please e-mail us at [info@fda.gov.ph](mailto:info@fda.gov.ph). Dissemination of the information to all concerned is requested.

  
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