

# Components of a Product Label



A label is a kind of short functional text that **refers to printed information** affixed on the outer package **of products**. The social function of a label is to give detail information about the products such as medicine, food, beverages, cosmetics, electronics, etc. The purpose of a label is to provide identification or information about an object, product, or item.

**Do the exercise to get all the information of variety of products!**

The following picture is for question 1 and 2.

## Healthy Life Original 100% Whole Wheat Whole Grain Bread

Nutrition Facts			
Serving Size 2 Slices (41g)			
Servings Per Container 11			
Amount Per Serving	%DV	2 Slices	1 Slice
<b>Calories</b> 70		Calories from Fat 5	
<b>Calories</b> 35		Calories from Fat 0	
% Daily Values*			
<b>Total Fat</b> 0g/0g	0%	0%	
<b>Saturated Fat</b> 0g/0g	0%	0%	
<b>Trans Fat</b> 0g/0g			
<b>Polysaturated Fat</b> 0g/0g			
<b>Monounsaturated Fat</b> 0g/0g			
<b>Cholesterol</b> 0mg/0mg	0%	0%	
<b>Sodium</b> 150mg/80mg	6%	3%	
<b>Total Carbohydrate</b> 16g/8g	5%	3%	
<b>Dietary Fiber</b> 5g/3g	20%	12%	
<b>Sugars</b> 2g/1g			
<b>Protein</b> 5g/2g			
<b>Vitamin A</b> 0% 0%			0% 0%
<b>Calcium</b> 10% 4%			4% 2%
<b>Thiamin</b> 6% 4%			2% 2%
<b>Niacin</b> 8% 2%			2% 0%
<b>Folic Acid</b> 2% 0%			
*Percent Daily Values (DV) are based on a diet of 2,000 calories per day. Your daily values may be higher or lower depending on your diet and needs.			
<b>Total Fat</b>	Less than 65g	80g	
<b>Sat Fat</b>	Less than 20g	25g	
<b>Cholesterol</b>	Less than 300mg	200mg	
<b>Sodium</b>	Less than 2,400mg	2,400mg	
<b>Total Carbohydrate</b>	300g	375g	
<b>Dietary Fiber</b>	25g	25g	

**NO Bromate**  
**NO Hydrogenated Oil**  
**0 Grams Trans Fats**  
**NO Saturated Fats**  
**NO Cholesterol**

**INGREDIENTS:** WATER, 100% WHOLE GRAIN WHOLE WHEAT FLOUR, SOY FIBER AND/OR WHEAT FIBER AND/OR SUGAR CANE FIBER, WHEAT GLUTEN, YEAST, BROWN SUGAR, CONTAINS 2% OR LESS OF THE FOLLOWING: MOLASSES, SALT, DOUGH CONDITIONERS (MONO & DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, ETHOXYLATED MONO- DIGLYCERIDES, ASCORBIC ACID, CALCIUM PEROXIDE, AZODICARBONAMIDE), CALCIUM PROPIONATE (TO PREVENT SPOILAGE), GUAR GUM, YEAST NUTRIENTS (CALCIUM SULFATE, CALCIUM CARBONATE, AMMONIUM SULFATE), FUMARIC ACID, WHEAT STARCH, PALM OIL, SOY LECITHIN.

**CONTAINS: WHEAT, SOY.**

LEWIS BAKERIES, INC.  
 GENERAL OFFICES: EVANSVILLE, IN 47710

**Allergy Advisory:** Produced on the same bakery equipment as baked goods containing milk, eggs, or nuts. Therefore, this product may inadvertently contain milk, eggs, or nuts to which some people may be allergic.

While we make every effort to post the most current product nutrition facts and ingredients on this web site, your best source of product information is what is printed on the package you purchase.

- What is the purpose of the text?
  - To show the ingredients of a product.
  - To explain the superiority of a product.
  - To describe the nutrition fact of product.
  - To give detailed information about a product.
- From the text, we can conclude that the product....
  - is safe for all people
  - is good for our health
  - contains saturated fats
  - is made from wheat only

The following picture is for questions 3 and 4.

**Drug Facts** (continued)

**Directions:**  
**FOR USE IN THE EAR ONLY.**  
For adults and children, including toddlers and infants:

- remove tamper-evident seal from neck of bottle.
- twist cap off bottle.
- tilt head sideways.
- squeeze plastic applicator to release 2-3 drops into ear. (Applicator should not enter ear canal).
- keep drops in ear by keeping head tilted or placing cotton in ear.
- repeat as needed. Use when pain recurs.

**Other information:**  
Active ingredients are manufactured according to homeopathic principles and are therefore non-toxic and have no known side effects.

**Inactive ingredient:**  
Vegetable glycerin

Distributed by: Walgreen Co.,  
200 Walnut Rd., Deerfield, IL 60015-4615  
©2015 Walgreen Co.  
100% Satisfaction Guaranteed with all Walgreen Products or Your Money Back.  
www.walgreen.com  
Made in Switzerland

NDC 0383-9030-11



## HOMEOPATHIC Ear Pain Relief

Relieves pain  
Safe for use  
with antibiotics

Ear Drops

Safe For All Ages

Compare to SIMILASAN® Earache Relief™ ear drops active ingredients



10ml / 0.33 fl oz

ITEM 507683



**Drug Facts**

**Active ingredients:** Chamomilla 10X, Mercurius solubilis 15X, Sulphur 12X

**Purpose:** calmative, pain reliever, pain reliever, pain reliever, anti-itch

**Uses:**  
According to homeopathic principles, the active ingredients in this medication provide temporary relief from earache (ear pain) in children and adults due to:

- drafts
- colds
- flu
- swimmer's ear

**Warnings:**

- For external use only.
- A physician should be consulted about earache in children.
- Initial exacerbation of symptoms may occur.
- Keep this and all medicines out of the reach of children.
- If swallowed, get medical help or contact a Poison Control Center right away.

**Do not use:**

- If you have ear drainage, discharge, irritation, a rash in the ear, or are dizzy; consult a doctor.
- with ear tubes, after ear surgery or with damaged ear drums.

**Stop use and ask a doctor if:**

- symptoms persist for more than 48 hours.
- there is discharge from the ear.
- there is a fever of 102°F or greater.

3. Why does the writer write the label?
  - A. To tell us how to use the ear drops.
  - B. To show the content of the ear drops.
  - C. To inform about the use of the ear drops.
  - D. To give detailed information about the ear drops.
4. What should people do before using the product?
  - A. Read the label carefully
  - B. See a doctor to consult
  - C. Check the use of the product
  - D. Use antibiotics for all ear pains

The following picture is for questions 5 and 6.

ALL NATURAL

POWERED BY BOTANICALS

**DIRECTIONS:**  
SHAKE WELL. SPRAY ON.  
RUB IN. A LITTLE GOES A  
LONG WAY!

**Ingredients:** Liquid Shea Butter (Shea butter esters) 70%  
Eucalyptus Lemon Essential Oil 30%

**Store** in a cool dry place. For external use only. Discontinue use  
if rash occurs. Do not ingest.




MADE IN USA    Ozone Layer Deodorant, LLC  
Wilmington, NC 28401

ZERO BAD STUFF™



ZERO

INSECT REPELLENT

WITH MOISTURIZING  
SHEA BUTTER



100%

ALL-NATURAL

NO DEET

1.25 oz / 38 ml



5. What is the product used for?
  - A. To scent the room
  - B. To moisturize the skin
  - C. To repel insects from houses
  - D. To protect user from insects' bites
6. From the label we know that....
  - A. the product is harmful to human skin
  - B. the product contains unnatural ingredients
  - C. we should stop using it when rash appears
  - D. we should keep the product in a warm place

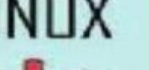


The following picture is for questions 7 and 8.



7. What is the label about?
  - A. Food
  - B. Vitamin
  - C. Beverage
  - D. Supplement
8. Why do you think we should consume the product?
  - A. It is healthy
  - B. It is zero fat
  - C. It contains vitamins
  - D. It has calcium

The following picture is for questions 9 and 10.



**PINUX**

**Children's  
Cough Syrup**

**75 ml**

Exp date; 200621

Cough Mixture of formula 440 presented by  
**PINUX**

It is a great tasting syrup to help control  
your child's cough while shooting his or her  
throat. It relieves dry cough. Use medicine  
according to physician's instructions.

Keep it in moderate temperature  
Keep away from children

9. What is the brand name of the cough syrup?
  - A. Formula 440
  - B. PINUX
  - C. Cough Mixture
  - D. Children's Cough Syrup
10. What is the primary purpose of this medicine?
  - A. To control a child's fever
  - B. To relieve a dry cough
  - C. To soothe a sore throat
  - D. To treat a stomachache

The following picture is for questions 11 – 14.

## Nutrition Facts

Serving Size 1 container (71g)

Amount Per Serving

**Calories 330** Calories from Fat 130

	% Daily Value*
<b>Total Fat</b> 14g	<b>22%</b>
Saturated Fat 7g	<b>36%</b>
Trans Fat 0g	
<b>Cholesterol</b> less than 5mg	<b>1%</b>
<b>Sodium</b> 1170mg	<b>49%</b>
<b>Total Carbohydrate</b> 42g	<b>14%</b>
Dietary Fiber 2g	<b>6%</b>
Sugars 2g	
<b>Protein</b> 7g	
Vitamin A 4%	Vitamin C 2%
Calcium 2%	Iron 25%

\* Percent Daily 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 Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**INGREDIENTS:** ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM OIL, SALT, CONTAINS LESS THAN 2% OF DRIED CARROT FLAKE, DRIED CORN, DRIED GREEN PEA MONOSODIUM GLUTAMATE, POWDERED CHICKEN, GLUCOSE, ONION POWDER, DRY SOY SAUCE (WHEAT, SOYBEAN, SALT), HYDROLYZED CORN AND SOY PROTEIN, MALTODEXTRIN, SPICE AND COLOR, GARLIC POWDER, CALCIUM SILICATE, SUGAR, POTASSIUM CARBONATE, SODIUM CARBONATE, SODIUM TRIPOLYPHOSPHATE, CITRIC ACID, RENDERED CHICKEN FAT, AUTOLYZED YEAST EXTRACT, DISODIUM GUANYLATE, DISODIUM INOSINATE, NATURAL AND ARTIFICIAL FLAVOR, TBHQ (PRESERVATIVE), SODIUM ALGINATE, AUTOLYZED TORULA YEAST EXTRACT.

CONTAINS WHEAT AND SOYBEAN.

**NISSIN** MANUFACTURED BY: NISSIN FOODS (USA) CO., INC.  
2001 W. ROSECRANS AVE., GARDENA, CA 90249

MANUFACTURED IN A FACILITY THAT PROCESSES MILK, EGG, PEANUT, TREE NUTS, CRUSTACEAN SHELLFISH, AND FISH PRODUCTS.

**CHICKEN Flavor**

**Recommended Cooking Directions**



- 1 • Pull back lid to dotted line.
- Fill cup to inside line with boiling water from kettle or microwave.



- 2 • Close lid and let stand for 3 minutes.
- Stir well and enjoy.

**Do Not Microwave.**  
**Caution: Product is hot; please handle with care.**  
**Do not purchase if cup is open or torn.**

**Cup Noodles.®**  
**For the Very Best in Ramen Noodle Soup.®**

www.nissinfoods.com

- How many calories are in one serving of this product?
  - 130
  - 330
  - 42
  - 14
- Which of the following allergens is NOT listed on the label?
  - Soy
  - Fish
  - Peanuts
  - Wheat
- What is the percentage of the daily value for sodium in one serving of this product?
  - 14%
  - 49%
  - 22%
  - 36%
- According to the recommended cooking directions, how long should you let the noodles stand after adding boiling water?
  - 1 minute
  - 3 minutes
  - 5 minutes
  - 2 minutes

The following picture is for questions 15 and 16.



**INFORMASI NILAI GIZI (Nutrition Facts)**

Takaran Saji 1 Kotak (200 ml)  
Serving Size 1 Pack (200 ml/8.76 fl.oz)  
Jumlah Sajian per Kemasan : x1  
Serving per Container : x1

**JUMLAH PER SAJIAN (AMOUNT PER SERVING)**

Energi Total 90 kkal  
Energy Total 90 kkal

Energi dari Lemak 20 kkal  
Energy from Fat 20 kkal

	%RAG/ %DV*
Lemak Total (Total Fat)	2.5 g 4 %
Lemak Jenuh (Sat. Fat)	1.5 g 3 %
Lemak Trans (Trans Fat)	0 g 0 %
Kolesterol (Cholesterol)	10 mg 4 %
Protein	7 g 12 %
Karbohidrat Total (Total Carbohydrate)	11 g 3 %
Natrium (Sodium)	105 mg 7 %
Kalium (Potassium)	350 mg 7 %

Vitamin A	25 %
Vitamin B1	25 %
Vitamin B2	20 %
Vitamin B3	15 %
Vitamin B5	10 %
Vitamin B6	20 %
Vitamin B12	35 %
Vitamin C	15 %
Vitamin D3	20 %
Vitamin K	8 %
Biotin	20 %
Kolin (Choline)	8 %
Kalsium (Calcium)	25 %
Zink (Zinc)	6 %
Magnesium	6 %
Fosfor (Phosphorus)	20 %
Selenium	8 %

\* Persen AKG berdasarkan kebutuhan energi 2150 kkal.  
Kebutuhan energi Anda mungkin lebih tinggi atau lebih rendah.

\* Percent Daily Values are based on a 2150 calorie diet.  
Your daily values may be higher or lower depending on your calorie needs.

Mengandung Inositol 15.6 mg, dan Klorida 206.6 mg per sajian.  
Contains Inositol 15.6 mg, and Chloride 206.6 mg per serving.

**Komposisi:** Susu Sapi Segar, Susu Skim Bubuk, Penstabil Nabati, Garam, Tanpa Pengawet.  
**Ingredients:** Fresh Milk, Skim Milk Powder, Vegetable Stabilizer, Salt, Contains No Preservatives.

15. What product is the label about?
  - A. Food for kids.
  - B. Dairy milk.
  - C. Low fat milk.
  - D. Cereal for kids.
16. From the text we know that ...
  - A. The product contains vitamins.
  - B. The product contains mostly carbohydrate.
  - C. The amount of protein per serving is more than the sugars.
  - D. The daily value percentage of calcium is less than that of trans fat.



The following picture is for questions 17 and 18.

**Barsotti**  
FAMILY JUICE CO.

**100% JUICE**

**Nutrition Facts**  
8 servings per container  
Serving Size 8 Fl.Oz (240mL)  
Amount Per Serving  
**Calories 110**  
% Daily Values\*

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	26g	9%
Dietary Fiber	0g	0%
Total Sugars	21g	
Includes 0g Added Sugars		0%
Protein	2g	4%
Vitamin D	0mcg	0%
Calcium	22mg	2%
Iron	0.3mg	2%
Potassium	347mg	8%
Vitamin C	62mg	70%

\* % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Freshly Squeezed Oranges, Flash Pasteurized

0 28165 00084 0

NOT FROM CONCENTRATE  
NO PRESERVATIVES  
NO ADDED SUGARS\*  
\*Not a reduced calorie food. See nutrition facts for sugar & calorie content.

SHAKE BEFORE SERVING  
Juice naturally separates

KEEP REFRIGERATED  
USE UNEXPIRED PRODUCT  
WITHIN 7 DAYS OF OPENING

Hidden among the orchards and pines in the Sierra foothills of Northern California ... we handcraft our juices, ciders, and blends in small batches at our family ranch. Barsotti has been an Apple Hill<sup>SM</sup> tradition since 1976!

Exp date: 200621

have a  
**plant**<sup>TM</sup>  
fruitsandveggies.org

Barsotti Juice Co., Inc.  
An Apple Hill Farm  
Camino, CA 95709  
(530) 622-4629  
www.barsottijuice.com

64 fl oz (1/2 GAL.) 1.89L

17. How many servings are in the entire container?

- A. 1
- B. 8
- C. 110
- D. 64

18. What is the main ingredient of this juice?

- A. Flash Pasteurized
- B. Sugar
- C. Water
- D. Freshly Squeezed Oranges

The following picture is for questions 19 – 20.

**AUGMENTIN®**

Tear along perforation

NSN 6505-01-340-0847

**Directions for mixing:**  
Tap bottle until all powder flows freely.  
Add approximately 2/3 of total water  
for reconstitution **(total = 67 mL);**  
shake vigorously to wet powder. Add  
remaining water; again shake vigorously.

**Dosage:** See accompanying prescribing  
information.

Tear along perforation

*Keep tightly closed.  
Shake well before using.  
Must be refrigerated.  
Discard after 10 days.*

**125mg/5mL**  
NDC 0029-6085-39

**AUGMENTIN®**  
**AMOXICILLIN/  
CLAVULANATE POTASSIUM  
FOR ORAL SUSPENSION**

When reconstituted, each 5 mL contains:  
**AMOXICILLIN, 125 MG,**  
as the trihydrate  
**CLAVULANIC ACID, 31.25 MG,**  
as clavulanate potassium

**75mL** (when reconstituted)

**SB SmithKline Beecham**

19. What is the concentration of this medication when it is reconstituted?
- A. 67 mg/mL
  - B. 125 mg/5 mL
  - C. 75 mL
  - D. 31.25 mg/5 mL
20. How many days after reconstitution should the medicine be discarded?
- A. 7 days
  - B. 10 days
  - C. 67 days
  - D. 5 days