



The Cost of Poor Quality:

Learning the Basics of Quality Food and Supplements

By *Tammy Blakemore*, Chief Executive Officer of *Execute To Achieve*.

Have you ever heard the saying garbage in—garbage out? This term came from the computer industry but is an accurate way to describe how the quality of your output is determined by the quality of your input. Creating a quality product takes verification, checks and testing throughout the entire process. This starts with the verification of raw materials used for the blend and ends with validating that the finished product meets label claims through testing. This is the only proven way to ensure your product is at highest level of quality.

Often, I hear brand owners say that the manufacturer has tested my product, not realizing that the label owner has the ultimate responsibility for product quality.

Are you wondering why is this even needed? Food and supplements are regulated by the FDA. Some people don't realize that the FDA regulates more than just pharmaceutical products. The FDA, along with us, wants safe, high-quality products on the market. They have laws in place called the Code of Federal Regulations (CFR) which contain all the legal requirements. Each regulated market has a section of unique code to follow to be compliant. 21 CFR part 110, 111 and part 117 are just a few of the food and supplement regulation sections. These regulations are very detailed and extensive. They can be overwhelming to try to figure out, and it's hard to know where to start.

Stay with us as we explain the basics of food and supplement quality and how to meet the FDA requirements. Let **Execute to Achieve** help guide you through the process. When you gain knowledge, this leads to confidence and ultimately compliance with the law. Are you ready to learn on your journey to high quality products? Let's get started today!

About Execute To Achieve

After spending years in the food and supplement industry, it was clear that resources need to be dedicated to education, training, and guidance on how industries and brands alike need to comply with FDA requirements. Our team of experienced managers will assist your company in building a quality food safety mindset, maintain compliance with ISO and FDA regulations, and train employees for strong retention. Employees want to be part of a team when they are empowered, knowledgeable, and confident in their job.

Contact us at solutions@executetoachieve.com and let us give guidance to your organization too!