

Your Health Journey Deserves More than a Guess

Everything worth checking before you buy – about the product, and the company behind it. Save it, print it, and use it every time.

Is the Product Safe & Effective?

- 1 **Does it provide the correct nutrition?** Look for meaningful, clearly stated amount present in the finished product, not just the ingredient's presence on the label.
- 2 **Does it provide precise intake recommendations?** This includes recommended amount, time of day, how to consume the supplement, and so forth.
- 3 **Is it a capsule, liquid, or powder?** The best format for any supplement is one you will take consistently.
- 4 **Does the ingredient dosage match the amount given during the clinical study?** A supplement should only make structure/function claims on the label if the suggested intake of the finished product matches the amount of the active ingredient used in clinical studies.
- 5 **Are the usage instructions precise?** A well-made supplement will have clear, direct intake recommendations, including precise usage, time of day, how to consume the supplement, etc.
- 6 **Does the supplement have side effects or drug interactions?** Well-researched supplements should provide a safety profile. This becomes vital if you are taking multiple supplements a day.
- 7 **Is it made in a cGMP-certified facility?** These standards help to ensure that what is listed on the label matches what is actually in the supplement.
- 8 **Is it third-party tested for quality and stability?** This means that an independent lab, not the manufacturer, has verified the product's purity, potency, and shelf stability.
- 9 **Does it meet your dietary and allergen requirements?** This is personal. Look for information that indicates if it is Gluten-Free, Non-GMO, Vegan, etc.
- 10 **Is it free of the top 9 allergens?** Many consumers eliminate certain ingredients to avoid serious health issues. Look for a product that discloses whether it contains the top 9 allergens.

What to Look for in a Supplement Company?

- What does the company stand for?
- Is it a large or small company?
- Is the company backed by trustworthy scientists and researchers?
- What types of customer education and support does the company provide?
- Does the company align with social impact or charitable giving?

*These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.