

My collagen label and discussion checklist

Record the product, your purpose and the questions to discuss.

My purpose and the exact outcome I want to discuss:

Product name and animal source (attach the full label):

Label fields: serving weight / collagen amount / protein amount:

Other active ingredients and amounts:

Allergies, medicines or prescribed restrictions to discuss:

Symptoms or questions, including when they started:

Agreed next step and review, if appropriate:

- ☐ I checked the source, serving information and added ingredients.
- ☐ I have a question to discuss, or a clear reason to skip buying.
- ☐ I will not use a supplement response to diagnose a hormone problem.

Planning worksheet, not a diagnosis, safety check or medical clearance.

Do not delay assessment for persistent symptoms or change prescribed medicines.

Full guide: primeformen.com/does-collagen-affect-testosterone/