

My ingredient study comparison

Record the preparation and the limits of the comparison.

Actual product, label URL and date

Plant name and plant part stated on label

Named extract, standardization and marker basis

Amount per unit, label serving and arithmetic

Study reference and exact tested preparation

Study population, duration and comparator

Measured endpoint, result and limits

Missing information and professional questions

A matching name or amount does not establish personal benefit or safety.

Research exposures are not a schedule to copy or combine.

Do not stop prescribed treatment to try a supplement.