

Supplement Evidence Worksheet

Keep your choices, checked details and unanswered questions together.

Product, date and current label / lot

Extract, standardization and listed amount

Study link and population

Design: control group, blinding and duration

Outcome measured and what it does not show

Medication, allergy or clinician questions

Purchase terms, renewal and return questions

Missing information and next source to check

Education only: this worksheet does not diagnose or clear supplement use.

Persistent symptoms and medication questions need qualified guidance.

A study result or a completed checklist cannot guarantee a personal benefit.