

# My supplement evidence record

Keep the exact claim and unanswered questions together.

**Exact claim, source URL and date**

**Study reference and publication date**

**Participants and starting conditions**

**Tested preparation and reported amount**

**Endpoint, sample type and collection timing**

**Comparator, result and uncertainty**

**My observations and other recent changes**

**Question for my clinician or the manufacturer**

Observations do not diagnose low testosterone or prove a supplement effect.

Research amounts are not personal dosing instructions.

Persistent symptoms and safety questions need individual professional advice.