



Supplement Checklist

- Did I talk to my doctor or dietitian to confirm this supplement could be useful for my health?
- Did I confirm there are no interactions between this supplement and my current medications?
- Does this supplement company use good manufacturing practices?
Check to see if the company has third party seals like NSF, UL, Consumer Lab, or Informed Sport. These are signs of good practices.
- Is the supplement label free from outrageous or sensationalized claims?
- Is this the right dosage based on my doctor's advice and/or current evidence-based research?
- Does the supplement offer full transparency with amounts of ingredients?
Avoid "proprietary blends" that are not clear about actual ingredient amounts.
- Is the supplement free of FDA/FTC warning letters?
Do a quick online search to find out.

If you've checked every box, it should help you feel more confident that this may be a good supplement choice!