Rordie

FREE BUYER'S CHECKLIST

9 Supplement Red Flags to Check Before You Buy

Tick each box when the product passes the check. One "no" isn't proof of a scam, but three or four mean: slow down, read independent reviews and talk to your pharmacist first.

Product: _____ Date: _____

1 ☐ **The ingredient label is hidden until you pay**
Can I read the full Supplement Facts label before paying?
Look for a clear, readable photo of the Supplement Facts panel before the order button. If there isn't one, email support and ask for it. No label, no order.

2 ☐ **An "FDA approved" badge**
No "FDA approved" badge anywhere on the page or bottle?
"Made in an FDA-registered facility" and "GMP" are normal claims. "FDA approved" is never true for a supplement.

3 ☐ **Countdown timers and "only 7 bottles left"**
Does the "limited offer" survive a page reload?
Reload the page or open it in a private window. If the timer starts over, or the "today only" price is still there next week, it was never limited.

4 ☐ **Promises to cure, reverse or replace your medicine**
No claims to cure, reverse or replace a medicine?
Legitimate products use careful wording such as "supports healthy blood sugar levels", followed by the FDA disclaimer. Walk away from any page that tells you to stop a prescribed medicine.

5 ☐ **Studies that never tested this product**
Do the cited studies match this product's ingredients, doses and claims?
Open the study for two or three key ingredients. Was it done in humans? At the same dose and form? With more than a handful of people? Who paid for it?

6 ☐ **Proprietary blends that hide the doses**
Is the amount of each key ingredient listed (no hidden blend)?
Prefer labels that give the amount of every ingredient. If there is a blend, the first ingredient is the largest; the last ones may be tiny.

7 ☐ **Doses far below, or far above, what research used**
Are the key doses close to what studies used, and under the upper limits?
Compare the key amounts with the doses used in human studies. For vitamins and minerals, the NIH Office of Dietary Supplements fact sheets list the upper limit for adults.

8 ☐ **Testimonials are the main evidence**
Is there evidence beyond testimonials and before-and-after photos?
Look for small print such as "results not typical". Run a testimonial photo through a reverse image search; stock photos turn up fast.

9 ☐ **No warnings about medicines or health conditions**
Have I checked the label warnings with my pharmacist or doctor?
Read the warnings on the label, then show the label (or a photo of it) to your pharmacist before you start. It takes five minutes and costs nothing.

Score: ____ / 9 passed. 8–9: looks reasonable, still check with your doctor. 5–7: ask questions before you buy. 0–4: walk away.

General information, not medical advice.