

Assessing supplement quality:

Key questions to consider

Consider these questions when evaluating the quality and manufacturing standards of dietary supplements.

Quality of ingredients:

- ☐ Are the ingredients sourced from reputable suppliers?
- ☐ Is there transparency about the sources of raw materials?

Purity and contaminant testing:

- ☐ Has the product undergone third-party testing?
- ☐ Are there certificates of analysis available for each batch?
- ☐ Is the product free from contaminants such as heavy metals, pesticides, and microbial contaminants?

Bioavailability:

- ☐ Does the supplement use easily absorbable forms of nutrients?
- ☐ Is the formulation designed to enhance bioavailability?
- ☐ Are there any added ingredients to improve absorption?

Dosage accuracy:

- ☐ Is the dosage per serving clearly indicated on the label?
- ☐ Are the amounts of active ingredients consistent with recommended daily values or clinical guidelines?

Allergen information:

- ☐ Is there clear information about potential allergens such as gluten, soy, dairy, or nuts?
- ☐ Are allergen cross-contamination prevention measures in place during manufacturing?

Additives and fillers:

- ☐ Does the supplement contain unnecessary fillers, binders, or artificial colors?
- ☐ Are there any additives that could cause adverse reactions in sensitive individuals?

Current Good Manufacturing Practices (cGMPs):

- ☐ Is the supplement manufactured in a facility that follows cGMPs?
- ☐ Does the manufacturer adhere to quality standards set by regulatory bodies?

Formulation integrity:

- ☐ Does the supplement contain the declared amount of active ingredients?
- ☐ Are there any proprietary blends that hide specific ingredient quantities?

Storage and shelf life:

- ☐ Are there specific storage requirements mentioned on the label?
- ☐ What is the shelf life of the product, and is it within a reasonable timeframe?

Ethical and sustainable practices:

- ☐ Does the company prioritize ethical sourcing and sustainable practices?
- ☐ Are there certifications or statements indicating commitment to social responsibility?

Manufacturer reputation:

- ☐ Is the supplement from a reputable and well-established manufacturer?
- ☐ Are there any history or recalls associated with the brand?

Distributor reputation:

- ☐ Is the distributor reputable and known for working with trustworthy brands?
- ☐ Have there been any issues or controversies related to the distributor's business practices?
- ☐ Does the distributor adhere to proper storage and handling practices to maintain the integrity of the supplements during transportation?
- ☐ Are there mechanisms in place to prevent the distribution of counterfeit or unauthorized products?

Patient-specific considerations:

- ☐ Does the supplement meet the specific dietary or lifestyle requirements of the patient?
- ☐ Are there potential interactions with other medications or supplements the patient is taking?

Cost and value:

- ☐ Is the cost of the supplement justified by its quality and effectiveness?
- ☐ Are there more cost-effective alternatives without compromising quality?

