

Choosing supplements checklist

Use the following checklist as a guide for selecting high-quality supplements for you and your patients.

Verify manufacturer information:

- ☐ Check the manufacturer's credentials, including certifications and compliance with regulatory standards.
- ☐ Research the manufacturer's reputation and history in the industry.

Inspect packaging and labels:

- ☐ Scrutinize packaging for spelling errors, inconsistent fonts, or poor print quality.
- ☐ Verify the label's authenticity, ensuring it matches the manufacturer's standard design.

Examine security features:

- ☐ Authenticate holograms, seals, or unique identifiers provided by the manufacturer.
- ☐ Be wary of missing or altered security features on the packaging.

Review physical appearance:

- ☐ Examine the color, size, and shape of the supplements for any irregularities.
- ☐ Look for changes in texture or consistency that may indicate tampering.

Be cautious of unusual odors:

- ☐ Check if the product has an unusual or off-putting smell. Genuine supplements typically have a distinct and consistent odor. Keep in mind that some ingredients, such as B vitamins and valerian, may have a naturally distinct odor.

Research third-party testing:

- ☐ Choose supplements that have undergone third-party testing for quality and purity.
- ☐ Access databases or certifications from reputable testing organizations.

Source from reputable distributors:

- ☐ Purchase supplements from trusted distributors with a proven track record.
- ☐ Verify the distributor's commitment to quality and transparency.

Be skeptical of unrealistic prices:

- ☐ Compare prices with other reputable sources to identify outliers. Counterfeit products may be priced significantly lower than their genuine counterparts.

Scrutinize online purchases:

- ☐ Be cautious when buying supplements online, especially from unknown or unverified sellers.

Question claims:

- ☐ Be wary of supplements making grandiose or inconsistent health claims.

Educate patients:

- ☐ Inform patients about the risks of counterfeit supplements.
- ☐ Encourage patients to report any adverse reactions or unexpected results from supplement use.