

SUPPLEMENT QUESTIONNAIRE

Choosing a quality supplement can be a confusing task. With so many brands making promising claims and so many products to choose from, navigating the supplement aisle can feel overwhelming.

When choosing a supplement brand, it's helpful to consider where the ingredients are sourced from, if the product has been tested and researched, and if it's effective. Also, check to see if the supplement has any unnecessary additives and if it's vouched for by any doctors or trusted sources.

The following questions are aimed to help you evaluate the quality of the supplements you buy. It's okay if you don't know all of the answers – this is a comprehensive set of questions to get you thinking through a critical lens. Remember to always check with your doctor before taking any supplements, and see if they personally recommend any brands.

FOR EACH SUPPLEMENT YOU TAKE, ANSWER THE FOLLOWING QUESTIONS:

Supplement: _____ Brand: _____ Expiration date: _____

Yes No

- Have you done any testing or consulted with any medical professionals to indicate your need to take this supplement?
- Does this brand have an established reputation?
- Is this supplement natural or synthetic?
- Has it been tested for contaminants (e.g., heavy metals, aflatoxins, or chemicals)?
- Do you know where the ingredients are sourced from?
- Does this product tout scientific evidence regarding its efficacy?
- Any additives?

Where did you purchase this supplement from? _____

What is your purpose for taking this supplement (e.g., nutritional deficiency, optimal health, increase energy, etc.)? _____

What motivated you to pick this brand? (Did a doctor or trusted source recommend it? Did you pick it based on the claims on the packaging? Did you read online reviews?) _____

List all other supplements or medications you're taking. Have you asked a medical professional about any possible interactions or contraindications? _____



Have you noticed any improvements, changes, or side effects since taking this supplement? Note your observations here.