

CHAPTER 4 COMPANION

Label Red Flags Card

Ignore the sales story on the front. Inspect the facts on the back.

QUICK START

Set aside 5 minutes. Use a pencil or pen. Honest estimates beat perfect answers.

THE SEVEN-POINT HONESTY SCREEN

- ☐ Every active ingredient and its amount are clearly listed.
- ☐ The claim is specific enough to mean something.
- ☐ The company provides meaningful quality and testing transparency.
- ☐ The serving size is realistic for normal long-term use.
- ☐ The label includes appropriate cautions and directions.
- ☐ The company is identifiable, reachable, and accountable.
- ☐ The formula is not overloaded with unnecessary ingredients, fillers, or noise.

THE RULE

Passing this screen does not prove the product works or is safe for you. It only earns further review through the Safety Gate and Receipts Ladder.

LABEL REVIEW

Product and company:

Exact ingredient amounts		☐
Proprietary or hidden blend		☐
Specific, supportable claims		☐
Realistic serving size		☐
Cautions and contraindications		☐
Quality/testing transparency		☐
Company identity and contact		☐
Fillers, dyes, allergens, extras		☐

SORT THE LABEL

Clear and transparent enough to evaluate further.	Important information is vague, missing, or needs clarification.	Hidden doses, misleading claims, major transparency problems, or no credible accountability.
---	--	--

What would I still need to verify before buying or continuing this product?

Would I still buy this if I could see only the back label?

YOUR NEXT MOVE

Photograph the Supplement Facts, other ingredients, cautions, lot number, and company information. Keep those receipts before you decide.

Educational use only. This worksheet does not diagnose, prescribe, establish safety, or replace individualized care. Do not start, stop, or change medications or medically necessary treatment based solely on this tool. Review personal questions with an appropriately licensed healthcare professional.