

# COMPARE THE LABEL.

A practical checklist for any supplement brand.

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## 01 Start with the complete serving.

Write down the serving size and servings per container. Capsules in the bottle, scoop weight and active-ingredient amount are different numbers.

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## 02 Compare the same ingredient.

Check the ingredient name, form and amount per serving. Different formulas do different jobs, even when their packaging uses similar benefit language.

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## 03 Read the full ingredient list.

Check added nutrients, caffeine, botanical blends and other ingredients. Note animal sources and allergens relevant to you.

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## 04 Compare the price you will actually pay.

One-time price / labeled servings = cost per serving. Calculate subscription prices separately and check recurring terms, shipping and tax.

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## 05 Check directions and warnings.

Review use, storage and precautions. Ask your clinician about medicines or medical conditions. A research amount is not your personal dosing instruction.

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## 06 Check what a claim really establishes.

Ingredient research is not automatically a trial of the finished product. A certification or test should have a real issuer, scope and current supporting record.

**Put the formulas side by side.**

[nutrabotanicususa.com/compare/formulas](https://nutrabotanicususa.com/compare/formulas)