WomenRX

SUPPLEMENTS / LABEL AND OVERLAP REVIEW

Look beyond the bottle.

Use the actual labels. Include medicines and other products when discussing your list with a clinician or pharmacist; this sheet does not calculate a safe dose.

What specific need or result am I considering?

PRODUCT 1

Name / form

Reason for taking

Amount AND unit per serving

Actual amount / frequency I use

PRODUCT 2

Name / form

Reason for taking

Amount AND unit per serving

Actual amount / frequency I use

PRODUCT 3

Name / form

Reason for taking

Amount AND unit per serving

Actual amount / frequency I use

Repeated ingredients or label questions

Medicines / surgery / pregnancy questions

Quality testing can check product contents, but a seal does not prove that a product works or is safe for you. FDA does not approve supplements for safety and effectiveness before marketing.

Keep this on your own device. No submission or tracking. Not a diagnostic or prescribing tool.

NIH ODS: Dietary Supplements - What You Need to Know
FDA: Information for Consumers on Using Dietary Supplements