mitovida
METABOLISM • MITOCHONDRIA • ME

THE MITOVIDA BUYER'S GUIDE

How to choose a supplement.

14 checks before you buy.

A practical guide to judging any supplement on quality, evidence, formulation and safety, not marketing promises. Ours included.

What's in it
Checks 1 to 6

Does it work
Checks 7 to 9

How it's made
Checks 10 and 11

Safe and honest
Checks 12 to 14

?

START HERE

First ask: do I need this supplement?

Identify a specific nutritional gap, health goal or clinician-recommended use. A supplement isn't automatically helpful because it's popular, "natural" or expensive. Food, lifestyle, diagnosis and appropriate medical care come first.

THE 14-POINT CHECKLIST

Check each box *before you buy.*

What's in it

CHECKS 1–6

- [ ] **1 Clear purpose**

  Does the product explain what it's meant to support, without promising to cure a disease?

- [ ] **2 Full ingredient disclosure**

  Can you read the complete Supplement Facts panel: serving size, every ingredient amount and the "other ingredients"? Be cautious with proprietary blends that hide individual amounts.

- [ ] **3 Inactive ingredients**

  Read the "other ingredients": capsule material, binders, coatings, colors, sweeteners, preservatives and flow agents such as magnesium stearate or silicon dioxide. They aren't automatically harmful. Check whether any are unnecessary for you, poorly disclosed, or known to bother you.

- [ ] **4 Allergens and dietary fit**

  Check for milk or casein, soy, wheat or gluten, peanuts, tree nuts, egg, fish, shellfish, sesame and other relevant allergens. If you need gluten-free, vegan or dairy-free, verify the exact claim and, when it matters, the brand's allergen-control or testing policy. "Free from" doesn't always mean zero cross-contact.

- [ ] **5 Specific ingredient forms**

  Does the label name the actual form (for example, magnesium glycinate rather than just "magnesium") and, where it applies, the standardized botanical extract or probiotic strain? The best form depends on the goal and the evidence.

- [ ] **6 A meaningful, appropriate dose**

  Are amounts listed per serving, and is the serving realistic to take? More isn't always better. Add up what you get from other products and check upper limits.

Does it work

CHECKS 7–9

- [ ] **7** **Evidence for the intended benefit**

  Does human research support the ingredient at a comparable dose and form? Evidence for one ingredient doesn't prove a multi-ingredient product works.

- [ ] **8** **Thoughtful formulation**

  Does each ingredient have a clear reason to be there? Complementary ingredients can make sense, but "synergy" shouldn't be assumed without studies of the combination.

- [ ] **9** **Absorption and usability**

  Is there a credible reason behind special delivery claims such as sustained-release, liposomal or "enhanced absorption"? Better absorption doesn't automatically mean better results.

How it's made

CHECKS 10–11

- [ ] **10** **Independent quality verification**

  Look for third-party certification or testing you can verify, covering identity, amount and contaminants. A certificate of analysis (COA) helps when it matches the finished product and batch.

- [ ] **11** **Responsible manufacturing**

  Check for a traceable manufacturer, lot or batch number, expiration date and storage instructions. GMP compliance supports manufacturing quality; it doesn't prove a product works.

Safe and honest

CHECKS 12–14

- [ ] **12** **Safety and interactions**

  Review allergies, pregnancy or breastfeeding, kidney or liver conditions, medications and overlapping supplements. Ask a clinician or pharmacist about interactions, especially during cancer treatment.

- [ ] **13** **Honest marketing**

  Walk away from "FDA-approved supplement," guaranteed cures, "zero side effects," dramatic detox promises, or claims that one formula is best for everyone.

- [ ] **14** **Real value**

  Compare the cost per useful serving, not just the bottle price, capsule count, number of ingredients or milligrams printed on the front.

SIDE BY SIDE

Compare two products *side by side.*

Use this in the store or while shopping online. If something isn't clear, ask the brand before you buy.

CHECK	PRODUCT A	PRODUCT B
Clearly stated intended use	☐ Yes ☐ No ☐ Not clear	☐ Yes ☐ No ☐ Not clear
Full ingredients and amounts per serving	☐ Yes ☐ No ☐ Not clear	☐ Yes ☐ No ☐ Not clear
Inactive ingredients reviewed	☐ Yes ☐ No ☐ Not clear	☐ Yes ☐ No ☐ Not clear
Allergens and dietary needs verified	☐ Yes ☐ No ☐ Not clear	☐ Yes ☐ No ☐ Not clear
Appropriate forms and doses	☐ Yes ☐ No ☐ Not clear	☐ Yes ☐ No ☐ Not clear
Human evidence for the intended use	☐ Yes ☐ No ☐ Not clear	☐ Yes ☐ No ☐ Not clear
Credible testing or quality verification	☐ Yes ☐ No ☐ Not clear	☐ Yes ☐ No ☐ Not clear
No obvious safety or interaction concern	☐ Yes ☐ No ☐ Not clear	☐ Yes ☐ No ☐ Not clear
Reasonable cost per useful serving	☐ Yes ☐ No ☐ Not clear	☐ Yes ☐ No ☐ Not clear

Stop and check before you buy

If you're pregnant or breastfeeding, buying for a child, living with a significant chronic condition, preparing for surgery, receiving chemotherapy or radiation, or taking prescription medication, get individual advice from your clinician first. Supplements don't replace prescribed treatment, and concerning symptoms need medical care.

What quality seals actually tell you

In the United States, the FDA does not pre-approve dietary supplements for safety or effectiveness. Independent programs such as NSF or USP can verify identity, content, contaminants and manufacturing standards, and what each one covers differs. Drug-tested athletes may need a specific banned-substance program. No seal guarantees a benefit, or that a product is right for you.

What the small print *is telling you.*

Minerals

"Magnesium 200 mg (as magnesium glycinate)" gives the elemental amount and its source. "Magnesium glycinate 200 mg" may be the weight of the whole compound, which is less actual magnesium.

Botanicals

"Turmeric extract 500 mg" says less than a label that names the plant part, extract ratio and standardized marker. Standardization supports consistency; it doesn't prove effectiveness.

Probiotics

Look for genus, species and strain, a viable count with a stated measuring point (ideally through expiration), and storage needs. More CFU isn't necessarily better.

Other ingredients

A capsule may contain cellulose (vegetarian), gelatin (animal-derived), rice flour, silicon dioxide or magnesium stearate. Their presence doesn't signal poor quality; clear labeling and how you tolerate them matter more than a "zero fillers" claim.

Allergen statements

"Lactose-free" isn't the same as "milk-protein-free." Ingredients made from milk can still matter for someone with a milk allergy. Gluten-free labeling and testing matter most for people with celiac disease.

Combination formulas

A blend can have sound biological reasoning, but it shouldn't be called clinically proven just because its separate ingredients have been studied.

The final decision

Choose the product that passes the safety checks, matches your actual need, clearly discloses what's inside, has credible quality evidence, and uses ingredients and doses supported by relevant research. If important information is missing, ask before you buy.

Learn more

- U.S. FDA: Information for consumers on using dietary supplements
  fda.gov/food/dietary-supplements
- NIH Office of Dietary Supplements: background information
  ods.od.nih.gov
- NSF supplement certification programs
  trust.nsf.org/certifications

Educational information only, not medical advice. Requirements and certifications vary by country. Talk to your practitioner before starting any supplement.