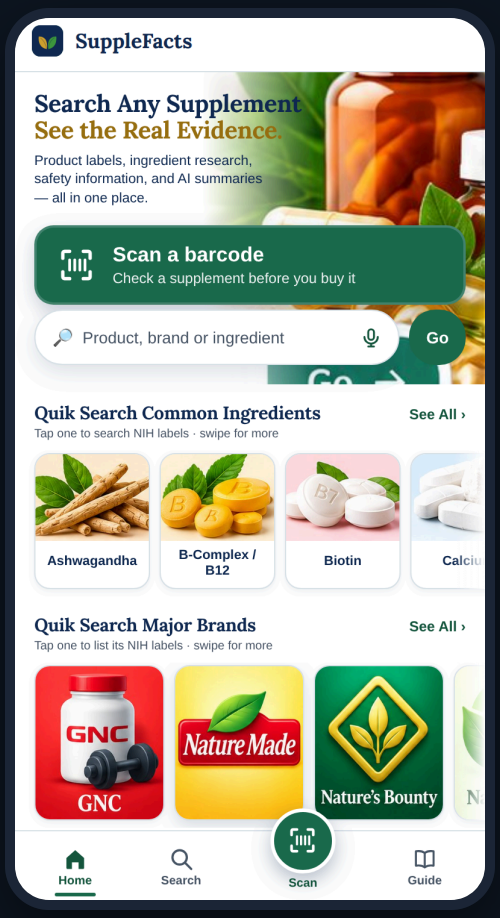
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How to Use SuppleFacts

A phone guide to scanning or searching real supplement labels, getting an AI summary of every ingredient, and running a deeper evidence check with Perplexity, ChatGPT, or Claude.

CHECK THE EVIDENCE · MAKE INFORMED CHOICES



Robert Coleman, MS Pharm.
User's Guide · October 2026

supplefacts.brokenpromiseshealthcare.org

Quick Start

Five steps from a bottle on the shelf to a plain-language read on what is inside. Each step has a full page later in this guide.

1 **Put SuppleFacts on your Home Screen (once)**

Open **supplefacts.brokenpromiseshealthcare.org** in Safari (iPhone) or Chrome (Android), tap **Share** (or the three-dot menu), then **Add to Home Screen**.

2 **Tap Scan, or search**

Tap the round green **Scan** button in the middle of the bottom bar, allow the camera, and hold the barcode inside the white box about a hand-width away. No barcode? Type a name in Search, or tap the **microphone** in the search box and say it.

3 **Check the match**

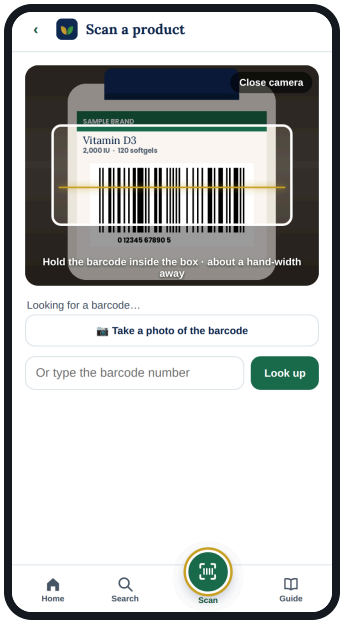
Matched by barcode means the barcode matches an NIH label. **Possible match** is only a guess from names: check your bottle. **No NIH label found**: photograph the label (page 8).

4 **Open the label and tap Generate summary**

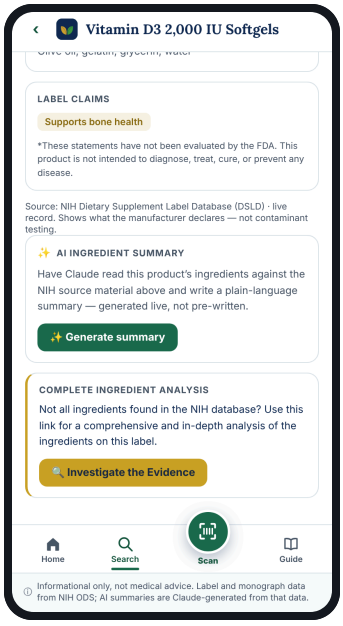
Tap **Show ingredients & evidence**, scroll to the AI Ingredient Summary, and tap the green button. The plain-language summary appears in a few seconds.

5 **Investigate the evidence (optional)**

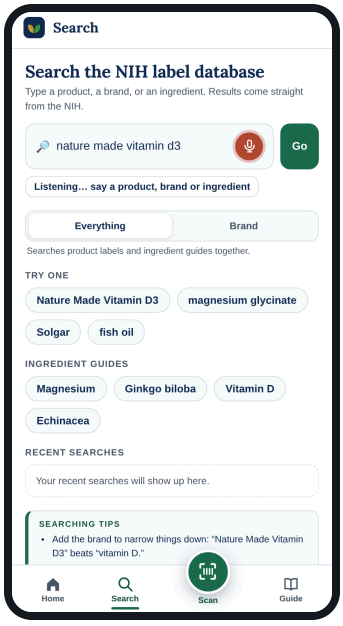
Tap the gold **Investigate the Evidence** button to send the whole label and a research prompt to Perplexity, ChatGPT, or Claude.



Scan: barcode in the white box



Label, summary button, evidence



Or search by voice

BARCODE WILL NOT SCAN?

Tap **Take a photo of the barcode**, or type the number printed under the bars and tap **Look up**. SuppleFacts is a research aid, not medical advice: check anything important with your pharmacist or doctor.

What This Guide Covers

SuppleFacts puts the NIH's database of real supplement labels in your pocket. Scan a barcode or search a product, see exactly what is on its label, then check the evidence behind every ingredient. This guide shows you how, one screen at a time, with plain steps for scanning, searching, label photos, the two evidence buttons and the AI apps on your phone.

The app is independent. No sponsor pays for it, and nothing in it replaces a conversation with your own doctor or pharmacist. SuppleFacts is built to help you ask better questions of both.

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About SuppleFacts

SuppleFacts is the phone companion to The American Supplement Investigation, the website and three-book series by Robert Coleman, MS Pharm., and Joy Meier, Pharm.D. It puts the site's core idea, *check the evidence before you buy*, in your pocket.

What it does

- **Scans barcodes.** Point your phone camera at the barcode on a bottle and the app finds the matching NIH label, so you can check a product in the store aisle.
- **Searches real labels.** Type a search, or tap the microphone and say it. Every search runs live against the NIH Office of Dietary Supplements' Dietary Supplement Label Database (DSLD), which holds over 200,000 U.S. product labels as submitted by manufacturers.
- **Shows the label clearly.** Brand, product, serving size, every declared ingredient and its amount, other ingredients, and label claims.
- **Explains the ingredients.** Curated ingredient guides (monographs) in plain language or clinical detail, plus a live AI Ingredient Summary written by Claude for the exact product you open.
- **Goes deeper on request.** One tap sends the whole label and a research prompt to the AI of your choice, so you can check doses and compare studies.

Where the information comes from

SuppleFacts keeps no product database of its own. The NIH stays the source of truth for what is on a label; the AI features are research helpers, not authorities. The anonymous visit counts the app keeps (Google Analytics) do not include what you search for or scan.

Put it on your Home Screen

SuppleFacts is a web app, so there is nothing to download from an app store. Add it to your Home Screen once and it opens full screen like any other app. The address is **supplefacts.brokenpromiseshealthcare.org**. SuppleFacts has its own address, separate from The American Supplement Investigation website (**supplements.brokenpromiseshealthcare.org**), where the FAQ, Evidence Library, and Top 25 guide live.

IPHONE (SAFARI)

- Open the SuppleFacts address in Safari.
- Tap the **Share** button (square with an arrow).
- Scroll and tap **Add to Home Screen**, then **Add**. The SuppleFacts leaf icon (navy square, gold and green leaves) is now on your Home Screen.

ANDROID (CHROME)

- Open the same address in Chrome.
- Tap the **three-dot menu** at the top right.
- Tap **Install app** or **Add to Home screen**, then confirm.

TIP

The app shows a short reminder card with these steps the first time you open it on a phone; tap the X to dismiss it. If the app ever looks out of date after an update, close and reopen it. Removing the Home Screen icon and adding it again always fetches the latest version.

Scan a Barcode

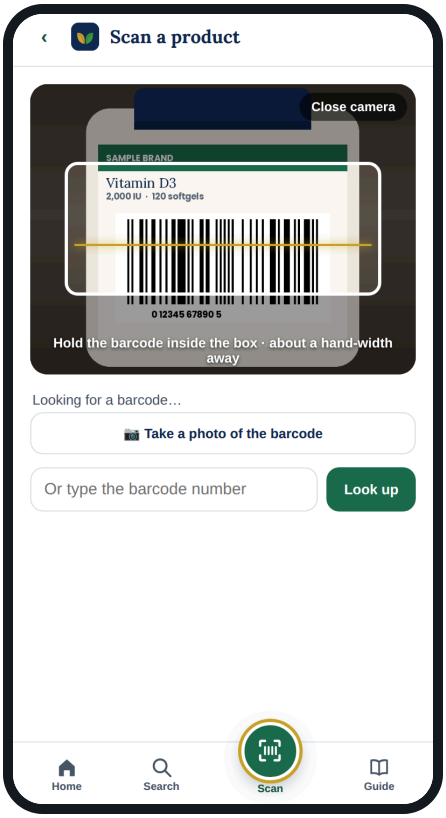
Scanning turns the barcode on a bottle into its NIH label in a few seconds, so you can check a product while you stand in the aisle.

1. **Tap Scan**
   Use the round green **Scan** button in the middle of the bottom bar, or the **Scan a barcode** button on the Home screen.

2. **Allow the camera**
   The first time, your phone asks permission to use the camera. Tap **Allow**. The picture stays on your phone and is never uploaded.

3. **Hold the barcode inside the white box**
   Keep the bottle about a hand-width away, with the barcode flat and well lit. The app reads a number only when it sees the same one twice in a row, so hold steady for a second. If your phone supports it, a **Light** button turns on the flashlight.

4. **See the result**
   The camera closes and a result card appears. The next page explains the three possible results.



The scan screen: barcode inside the white box.

IF IT WILL NOT READ

- **Tilt the bottle** to remove glare, especially on shiny or curved labels, and try the **Light** button in dim aisles.
- Tap **Take a photo of the barcode** and let the app read the photo instead.
- Type the digits printed under the bars into **Or type the barcode number**, then tap **Look up**.
- Or give up on the code and search by name; see Finding a Supplement.

QR CODES ARE IGNORED

Only the standard striped product barcode (UPC or EAN) is read. A QR code printed next to it, a very common sight on supplement bottles, will not confuse the scan.

WHAT LEAVES YOUR PHONE

Only the barcode number is sent, to look up the product. Your camera view and any barcode photo stay on your phone. A label photo (page 8) is sent to Claude only to read its text, and is not saved.

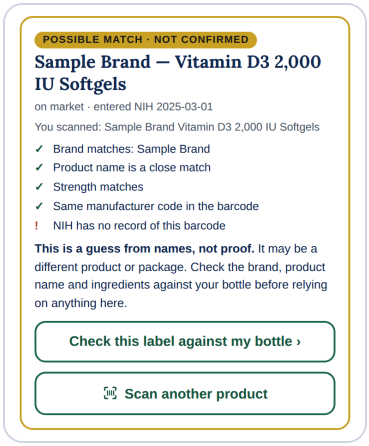
What the Result Means

The barcode itself says nothing about ingredients. The app uses it to learn the product name from public product databases, then looks for that product in the NIH label database. You see one of three results.



Matched by barcode

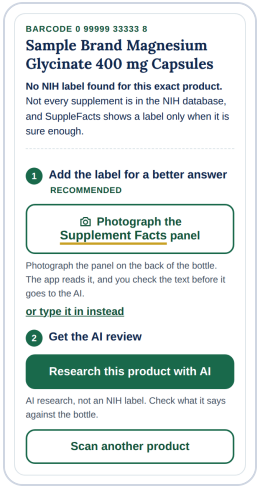
The best result. The barcode matches an NIH label record. Tap **Show ingredients & evidence** to open the label.



Possible match, not confirmed

NIH has no record of this barcode, so the app offers the closest label by name and lists its checks: brand, product name, strength, and the manufacturer code inside the barcode. **It is a guess, not proof.** The brand must agree, or no label is offered. Compare the ingredient list with your bottle.

Other possible labels appear below the card, and **Not the right one? Search NIH** opens a normal search.



No NIH label found

The app shows a label only when it is sure enough. NIH may list other products from the brand but not this one, and not every supplement is in the database. Tap **Research this product with AI** to have an AI assistant review it.

For a better answer, add the label: tap **Photograph the Supplement Facts panel** on the back of the bottle (or choose **type it in instead**) and check the text the app reads.

Over-the-counter drugs, such as allergy or pain pills, are not supplements, so the app links to DailyMed, the NIH drug label database. If no database knows the number, you see **We could not identify this barcode**: type the name from the bottle (required; the microphone key on your keyboard can say it for you), add the label, and tap **Research with AI**, which stays grey until the name is filled in.

OFF-MARKET LABELS

NIH keeps records of products that are no longer sold. If your match is marked off market, the app says so, and the product may have been reformulated since. Compare the label with your bottle.

RECENTLY SCANNED

The Scan screen lists your last 20 scans so you can reopen a product without scanning again. **Clear** removes the list. It is kept only on your phone.

Finding a Supplement

No barcode, or it will not scan? Search instead. You can type, say it aloud, or tap a Quik Search tile. All three ask the NIH label database.

1 Type in the search box

Enter a product, a brand, or an ingredient, then tap **Go**. Adding the brand narrows things quickly: "Nature Made Vitamin D3" finds your product faster than "vitamin D" alone.

2 Or say it with the microphone

Tap the **microphone** inside the search box, allow it if asked, and say a product, brand, or ingredient. The search starts when you stop talking. If the microphone looks dimmed or does not respond (some phones do not allow it in Home Screen mode), tap it for an explanation, then tap the box and use the microphone key on your keyboard.

3 Or tap a Quik Search tile

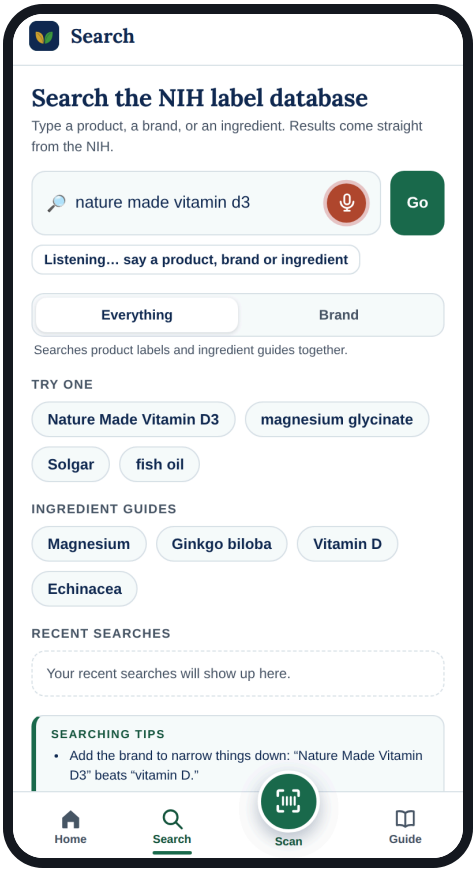
Common Ingredients lists 25 of the most common supplement ingredients, and **Major Brands** lists well-known producers. Swipe a row sideways, or tap **See All** for a grid.

4 Pick your product from the results

Tap the product that matches the bottle in your hand. For some ingredients, an ingredient guide (monograph) appears with the labels.

5 Use Back to go back

The arrow at the top left takes you one screen back. **Home** returns to the start, **Search** puts the cursor in the search box, and the round **Scan** button opens the camera.



Search by voice: the microphone is inside the search box.

TIP

Product not turning up? Try the brand name alone, or drop a word such as "Complex" or "Advanced." NIH label records use the exact wording printed on the bottle, which does not always match how a product is marketed. The tiles show how the NIH records a brand name, so a brand tile may list a sub-brand separately. **Still nothing?** The app offers a photo of the Supplement Facts panel, then AI research (page 8).

GOOD TO KNOW

Results come live from the NIH. If the NIH is busy or your signal is weak, you will see a message with a Try again button. Nothing is made up while you wait.

When NIH Has No Label

Not every supplement is in the NIH database. New products, small brands and imports are often missing. SuppleFacts can still help: add a photo of the Supplement Facts panel on the bottle, and an AI assistant reviews what is actually printed there, not a guess from the name.

1 Tap Research with AI

Under a list of possible labels, the button ends with three dots (**Research "…" with AI …**) because it opens the label step first. On the Nothing found card and after a scan, the label step is already open.

2 Photograph the Supplement Facts panel

Tap the camera button and photograph the panel on the back of the bottle. Fill the frame, hold the bottle flat, use good light, and tilt it to avoid glare. The app reads the panel in a few seconds.

3 Check the text it read

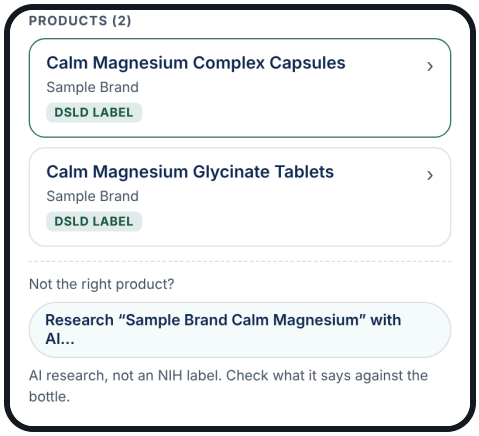
You see **Label captured** and the text in a box. Compare every line with the bottle and fix anything wrong. **[unreadable]** marks a word or number it could not make out. No camera handy? Tap **or type it in instead**.

4 Tap Research

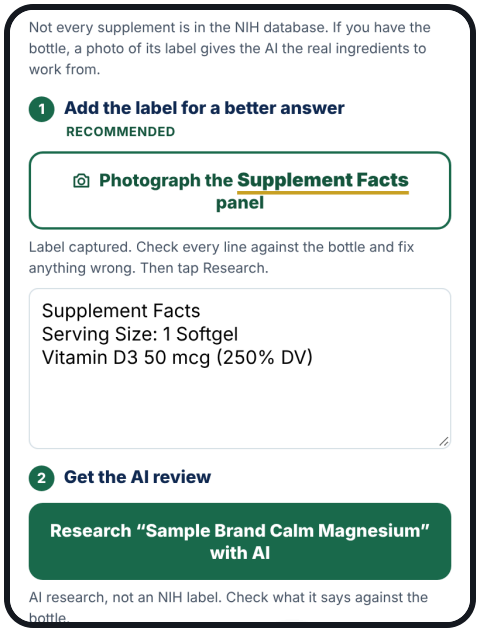
SuppleFacts opens a page on the Investigation website with your request ready, including the label text. Choose Perplexity, ChatGPT or Claude, as in Evidence Button Two. After a scan that found nothing, type the brand and product name first; the button stays grey until you do.

✓ Skip the photo if you like

Research works without one. The AI then looks for the label online and says plainly if it cannot find it.



Under a list of labels: tap Research with AI.



The label step after the photo is read.

WHERE YOU WILL SEE THIS STEP

- Nothing found, after a search
- Not the right product? under any list of labels
- No NIH label found, or We could not identify this barcode, after a scan
- The Couldn't reach the NIH message

IF THE PHOTO WILL NOT READ, AND WHAT HAPPENS TO IT

- **A photo of the front of the bottle will not work.** It must show the Supplement Facts panel. If none is found you will see a message: try again with the panel filling the frame, or type it in.
- **Too many photos just now:** wait a few minutes, or type the panel instead.
- **Check before you send.** The app can misread small print, so the check in step 3 matters.
- **Your photo:** it is sent to Claude only to read the text, and SuppleFacts does not save it. The AI research that follows is not an NIH label: check what it says against the bottle.

Reading the Label Screen

Open any product and you see its NIH label record, followed by the two evidence buttons. The illustration shows a sample product.

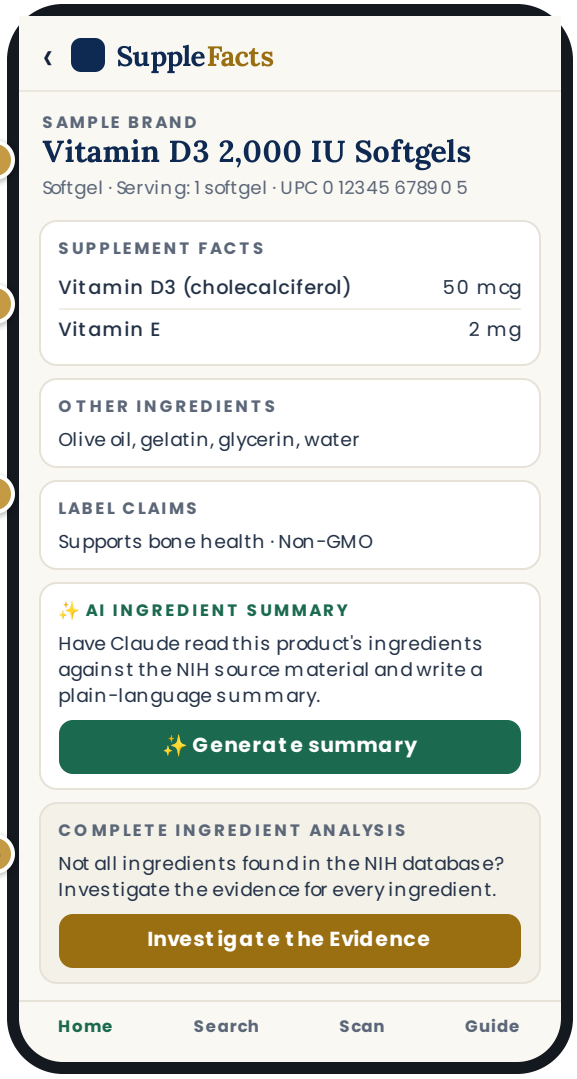


Illustration of a label screen. Your screen shows the real product.

1. **Product details.** Brand, product name, form, serving size, and barcode (UPC), exactly as recorded in the NIH database. If NIH marks the label off market, a note here says so.
2. **Supplement Facts.** Each declared ingredient with its amount per serving and % Daily Value where the label lists one. Tap a row that says **View ingredient monograph** to read its guide. A row that says **Ask AI** has no guide in the app; tap it to investigate that one ingredient (see Part Three).
3. **Other ingredients and label claims.** Fillers, binders, and capsule materials, plus the wording the manufacturer uses on the label. Claims appear as chips; they are the maker's statements, not findings.
4. **The two evidence buttons. Generate summary** (green) gives you a quick read inside the app. **Investigate the Evidence** (gold) sends the full label to a research assistant of your choice. The next two pages cover each one.

LOOK FOR

- **Proprietary blends:** a total weight with no per-ingredient amounts. You cannot tell how much of each ingredient you are getting.
- **Missing % Daily Value:** some ingredients have no official daily target, so none is listed.
- **Dose units:** mcg, mg, IU. Many labels also put the amount "per serving" while the bottle's directions say to take more than one.

The line under the label reads: "Shows what the manufacturer declares — not contaminant testing." A label tells you what a maker says is in the bottle. It does not tell you whether the product was tested.

AI Ingredient Summary

The green **Generate summary** button gives you a fast, plain-language read on the product you are looking at. It is the quickest of the two evidence buttons and it stays inside the app.

1. **Open a product, then scroll to the AI Ingredient Summary panel**
   It sits just under the label, above the gold Investigate button.

2. **Tap "Generate summary"**
   The panel shows "Asking Claude…" and then "Writing…" while the answer builds. It usually takes a few seconds, and the finished summary scrolls into view on its own. The app sends Claude only this product's label information (ingredients, amounts, serving, form, and claims), not anything about you.

3. **Read the summary**
   You get plain paragraphs: what the main ingredients are, what the research says about them, anything worth watching for, and how the product's makeup compares with what the evidence supports. The panel notes that it was generated by Claude and is not medical advice.

4. **Tap "Regenerate" for a fresh version**
   If you open the same product again later, the saved summary appears right away. Tap **Regenerate** if you want Claude to write a new one.

WHAT THE SUMMARY IS GOOD FOR

- A quick orientation before you decide whether a product deserves a closer look.
- Translating a long ingredient list into everyday language.
- Spotting ingredients you want to ask your pharmacist or doctor about.

WHAT IT IS NOT

- It is a starting point written by AI, not a verdict. Treat every claim as something to verify.
- It reads only what is on this label. It does not know your medicines, your health conditions, or the product's lab testing.
- For a full dose-by-dose comparison with published studies, use the second button (next page).

IF SOMETHING GOES WRONG

"Claude is busy right now" means too many requests arrived at once; wait a moment and tap **Try again**. If a message says the live summary is not switched on, the app offers a **Full analysis on the website** button that opens the second option instead.

Investigate the Evidence

The gold **Investigate the Evidence** button goes beyond the label. It builds a research prompt from this exact product, then hands it to the AI assistant you choose: Perplexity, ChatGPT, or Claude.

1. **Tap "Investigate the Evidence"**
   It is the gold button at the bottom of the product screen, under "Complete ingredient analysis." The app opens the Product Lookup page of The American Supplement Investigation in a new tab, with your whole label already loaded in a research prompt.

2. **Look over the prompt (optional)**
   The prompt appears in a box so you can see what will be sent. It asks the AI to open with a **Bottom Line** and its confidence, then check the label, rate the evidence for each ingredient, compare the dose with what studies used, and flag anything weak, missing or unverified. It must never invent a citation.

3. **Choose where to run it**
   Tap **Analyze with Perplexity**, **Analyze with ChatGPT**, or **Analyze with Claude** to open that assistant with your prompt, or tap **Copy Full Research Prompt** to paste it into any AI you like, including Gemini.

4. **Read the answer, then check its sources**
   A good answer opens with a Bottom Line, compares the dose with what studies used, and names safety issues. Treat every citation as a starting point and confirm it.

Just one ingredient? Tap "Ask AI" on its row

A row marked **Ask AI ›** has no guide in the app. Tap it for a screen with that ingredient's own **Investigate the Evidence** button, then tap **Back to the original label** to return to the same spot.

No NIH label? Research with AI

On the **No NIH label found** and **Could not identify** cards, and under a list of possible labels, **Research with AI** opens a label step first. Photograph the Supplement Facts panel (page 8), check the text the app read, then tap Research. On Could not identify, type the product name first. The photo is optional.

Which button should I use?

	GENERATE SUMMARY	INVESTIGATE THE EVIDENCE
Speed	Seconds, stays in the app	Opens another page and an AI app
Best for	A first look at one product	Checking doses, comparing studies, asking follow-up questions
Who writes it	Claude, through SuppleFacts	The assistant you pick, on your account
Account	None needed	Your own account with the AI app you choose

SuppleFacts does not see your chat with Perplexity, ChatGPT, or Claude. Once the prompt is sent, you are using that company's app under your own account and privacy terms.

Why the AI Step Matters

SuppleFacts does not depend on a barcode, and it does not depend on the NIH label database. Those are the fastest routes when they work. The AI step is what keeps the app useful when they do not: it can review a supplement from just a name, or from a photo of its Supplement Facts panel.

Many ways in, one kind of review

WHERE YOU START	WHAT YOU DO
Barcode matches an NIH label	The label opens. Tap **Generate summary** for a quick read, or **Investigate the Evidence** for the full review.
Barcode does not match, or is not recognized	Type the name from the bottle, add a photo of the panel if you like, and tap **Research with AI**.
No barcode, name only	Search by name. If NIH shows no label, or none is the right one, tap **Research with AI**. The AI looks for the label online, names its source, and says plainly if it cannot find it.
Name plus a photo of the Supplement Facts panel	The best result for a product NIH lacks. The app reads the panel, you check the text, and the AI reviews what is actually printed on your bottle.

Generate summary needs an NIH label to read. Research with AI does not, so a new product, a small brand or an import is no longer a dead end.

What the AI adds, and what it cannot do

In seconds the AI compares each amount on the label with the doses used in published studies, and gives every review the same parts (see the next page): a Bottom Line, an evidence rating for each ingredient, a dose check and safety notes. It is not a doctor, does not know your medicines unless you tell it, and can misquote a study, so open its sources and check anything important with your pharmacist or doctor.

Why we recommend Perplexity

Any of the three AI apps in this guide can run the review. Perplexity is our first choice: it searches the web and shows its sources beside each statement, so you can tap a link and see where a claim came from. That matters most when there is no NIH label and the AI must find the product itself.

Put Perplexity on your phone (about 5 minutes, once)

1. **Find the app**
   Search **Perplexity** in the **App Store** (iPhone) or **Google Play** (Android). Choose the one from **Perplexity AI, Inc.** and tap **Get** or **Install**.
2. **Open it and sign in**
   Tap **Continue with Apple** (or Google, or your email). An account keeps you signed in. Use the same method every time.
3. **Try one question**
   Ask **What is magnesium glycinate used for?** You should see an answer with numbered sources beside it. Do this ahead of time.
4. **Run your first review**
   In SuppleFacts tap **Investigate the Evidence** (or **Research with AI**), then **Analyze with Perplexity**, then the send arrow. If it opens blank, the prompt is on your clipboard: press and hold in the box, tap **Paste**, and send.

Your privacy: SuppleFacts does not see your chat. Perplexity's own account and privacy terms apply.

What the Research Prompt Asks

When you tap Investigate the Evidence, SuppleFacts sends the AI your label plus a written set of instructions. You never have to type it. Here is what those instructions ask for, in plain language, so you know what a good answer looks like.

Ground rules it sets first

- **Use only your label for product facts.** The AI must not assume ingredients, doses or claims that are not listed.
- **Use published research for the evidence,** and say what kind of study each conclusion rests on: laboratory or animal, observational, or randomized.
- **Never invent a citation.** A study may be named only with its authors, year, journal and a link, PMID or DOI. Otherwise the AI must write "evidence not verified."

The answer, in the order you will see it

PART	WHAT THE AI IS ASKED TO DO
Bottom Line	Two to four sentences at the very top: its overall view of this exact product and dose, how confident it is (high, moderate or low), and the main reason. It may not sound more sure than the evidence allows.
Step 1 **Label check**	List every ingredient and amount as printed, flag any amount that is missing or unclear, and quote the marketing claims word for word.
Step 2 **Each ingredient**	**What it is** in plain language. **Evidence** rated Strong, Moderate, Limited, None found, or Evidence of harm, with the reason. **Dose:** how the label amount compares with doses used in trials and with the upper intake limit, and whether you are correcting a deficiency or not. **Safety:** known side effects and medicine interactions, noting anything from memory. **Claims:** whether the evidence supports each label claim, and whether it is a structure/function claim or a disease claim.
Step 3 **Combinations**	Flag ingredients that stack or overlap, or whose combined amounts exceed recommended limits.
Step 4 **Quality and limits**	Does the brand publish third-party testing? Any recalls or warnings, with the source named? Then list what a label review cannot tell you: what is really in the bottle, how well it was made, and how it affects you personally.
Closing	Stay neutral, say where the evidence is weak or conflicting, and remind you this is general information, not medical advice.

HOW THE RATINGS ARE DEFINED

- **Strong:** consistent results from several well-designed trials or meta-analyses.
- **Moderate:** some good trials, or mixed results.
- **Limited:** few, small or low-quality studies.
- **None found,** or **Evidence of harm.**

OTHER VERSIONS OF THE PROMPT

- **No NIH label:** it first looks for the Supplement Facts panel online, names its source, and stops to ask you for a photo or link if it cannot find it. It will not guess.
- **One ingredient (Ask AI):** the same review for that ingredient alone.
- **Very long labels** get a shorter wording that asks for the same things.

Setting Up Perplexity, ChatGPT & Claude

All three assistants work in your phone's web browser and also have their own apps. We recommend an account for each, and plans and usage limits change over time. Sign in once, ahead of time, so the evidence check runs smoothly the first time.

Perplexity

by Perplexity AI · our first choice

1. Search **Perplexity** in the App Store or Google Play and install the one from **Perplexity AI, Inc.** (iPhone: iOS 17 or later), or use **perplexity.ai** in your browser.
2. Open it and choose **Continue with Apple** (about 30 seconds). An account keeps you signed in; use the same method every time. If it keeps asking, force-quit, update the app, and sign in again.
3. In SuppleFacts, tap **Analyze with Perplexity**. Perplexity opens with your question filled in, with sources beside the answer.
4. If it opens blank or with only part of the question, the full prompt is on your clipboard. Press and hold in the search box, tap **Paste**, and send.

ChatGPT

by OpenAI

1. Search **ChatGPT** in the App Store or Google Play and install the app from **OpenAI** (or use **chatgpt.com** in your browser).
2. Open it and sign in, or choose to continue without an account.
3. In SuppleFacts, tap **Analyze with ChatGPT**. ChatGPT opens with your prompt already in the message box.
4. Tap the send arrow. If the box is empty (this can happen with a very long label), the full prompt is on your clipboard: press and hold in the box, tap **Paste**, then send.

Claude

by Anthropic

1. Search **Claude** in the App Store or Google Play and install the app from **Anthropic** (or just use **claude.ai** in your browser).
2. Open it and sign in or create an account with your email or your Google or Apple account.
3. In SuppleFacts, tap **Analyze with Claude**. The full prompt is copied to your clipboard and Claude opens a **blank chat**.
4. Tap the message box, **press and hold** until the menu appears, tap **Paste**, then tap the send arrow.

GOOD TO KNOW

- **Browser or app?** Depending on your phone, the link opens in your browser or straight in the app. Both work, with the same steps.
- **Sign in first.** If you are not signed in when the page opens, sign in, tap Back, and run the analysis again.
- **Why Claude needs a paste.** Claude does not accept a ready-made prompt from a link, so SuppleFacts copies it and you paste it. ChatGPT and Perplexity can receive it directly.

App names, screens, and plan limits change. If a label on your phone looks different, look for the same idea: a new chat, a message box, and a send arrow.

Questions to Ask Next

The research prompt already asks the AI to check doses against trials, rate the evidence, flag interactions and list its sources (see the previous page). Use your follow-up questions for what the prompt cannot know or does not cover. Copy any of these into the same chat.

Make it about you

> "Does this product interact with *[medicine you take]*? What should I ask my pharmacist about it?"

> "I take this for *[reason]*. Given that, which ingredients matter and which are just filler?"

Look closer at one ingredient

> "Which form of *[ingredient]* was used in the best trials, and is it the form on this label?"

> "What do studies say about how long to take it, and whether to take it with food?"

> "Could I get this from food instead? How much would I need to eat?"

Compare and choose

> "Compare this with *[another product]*. Here is its label: *[paste it or attach a photo]*. Which one is closer to the doses used in trials?"

> "Is the price reasonable for the amount of active ingredient? What would a simpler product look like?"

Press on what it told you

> "You rated *[ingredient]* Limited. What kind of study would settle the question, and is one under way?"

> "Say your Bottom Line again in three plain sentences, as if for someone with no science background."

> "Search for anything new since this label was filed: recalls, FDA warnings or recent studies."

BEFORE YOU SHARE PERSONAL DETAILS

Naming your medicines makes the answer more useful, but it also puts that information into an AI company's system. Share only what you are comfortable sharing, and never your name, address, or account numbers.

ALWAYS VERIFY

The prompt tells the AI to give a link for every study it names. Open a few and check that each says what the AI says it does. AI assistants can still misquote studies, so confirm anything about safety or interactions with your pharmacist or doctor.

What the Label Can, and Can't, Tell You

SuppleFacts is not a database this site built or maintains. Every search runs live against the NIH Office of Dietary Supplements' Dietary Supplement Label Database (DSLD), a public, government-run record of what manufacturers have submitted. Keeping it that way is deliberate: the NIH stays the source of truth for what is on the label, and the app's job is connecting that label to the evidence.

IMPORTANT LIMITATIONS

Label data is manufacturer-reported. A label in the database may be incomplete or out of date, and a product's presence is not an endorsement by the NIH, FDA, or HHS. It is a record of what a label says.

A scan is a lookup, not an inspection. A barcode identifies a product, and the app then finds the NIH label for it. A barcode can be shared by several package sizes, and a label may have changed since your bottle was made, so always compare the ingredient list with the bottle in your hand.

The label is not a lab test. It lists what the maker declares. It does not show whether the bottle contains what it says, or whether it is free of contaminants.

The AI is a research assistant, not an authority. Treat its analysis as a well-organized starting point. Verify anything important against the cited sources and with a pharmacist or physician.

SuppleFacts does not replace medical advice. It is built to help you ask better questions of your doctor or pharmacist, not to substitute for that conversation.

Quick tips

- Brand tiles use the brand name as the NIH records it, so a company's separate sub-brands appear on their own.
- Labels change. A product you check today may be reformulated later, so search again before you re-buy.
- For a ranked look at America's best-selling supplements against the clinical evidence, see the Top 25 Supplements guide on the website. SuppleFacts shows you the label; the Top 25 guide adds the site's own evidence ratings for the most commonly searched ingredients.
- Printable help for your next appointment: the "What Are You Taking?" medication-and-supplement worksheet at the end of Book Two, *The Hollow Aisle*.

Data source: National Institutes of Health, Office of Dietary Supplements, Dietary Supplement Label Database (**dsld.od.nih.gov**). Public domain, CC0 1.0. Statements on supplement labels have not been evaluated by the FDA. Supplements are not intended to diagnose, treat, cure, or prevent any disease.

Every Feature, One Page

Keep this page handy.

FEATURE	WHAT IT IS FOR	WHERE TO FIND IT
Scan	Read a bottle's barcode and find its NIH label	Round green button, bottom bar
Photo or typed barcode	Backups when the live scan will not read	Scan screen, below the camera
Recently scanned	Your last 20 scans, to reopen without scanning	Scan screen, Clear to remove
Search and microphone	Search the NIH label database by product, brand, or ingredient; tap the microphone to say it	Home tab, top; microphone inside the box
Quik Search	One-tap searches: 25 common ingredients and major brands	Home tab, swipe or See All
Label screen	Brand, product, form, serving, ingredients and amounts, claims	Tap any product
Ingredient guides	Plain-language and clinical-detail monographs	Tap an ingredient card
Generate summary	A quick plain-language read on one product, by Claude	Label screen, green button
Investigate the Evidence	Full label and research prompt sent to Perplexity, ChatGPT, or Claude	Label screen, gold button
Label photo for AI research	NIH has no label? Photograph the Supplement Facts panel, check the text, then research with AI	Nothing found, a list of labels, or No NIH label found (page 8)
Guide tab	This guide	Bottom bar, right
FAQ and Evidence Library	Sourced answers and every citation	Supplement Investigation website

If something doesn't work

- **No results:** shorten the search, try the brand alone, or check spelling. Still nothing? Photograph the label (page 8).
- **Camera will not start:** the app offers a **Take a photo of the barcode** button. You can also type the digits under the bars.
- **Barcode not identified:** type the digits under the bars, or search by name.
- **Label photo will not read:** it must show the Supplement Facts panel, not the front of the bottle. Reduce glare, or tap **or type it in instead**.
- **Microphone dimmed or silent:** some phones block voice search in the Home Screen app. Use Safari, or the microphone key on your keyboard.
- **"You have scanned a lot in a short time":** wait a few minutes and try again, or search by name. Label photos have a limit too.
- **"Couldn't reach the NIH" or summary won't generate:** wait a moment and tap Try again, or use Investigate the Evidence.
- **Prompt missing in the AI app:** it is on your clipboard. Press and hold in the message box and tap Paste.
- **App looks out of date:** close and reopen it, or re-add the Home Screen icon.

More from the Author

Books by Robert Coleman, MS Pharm. Scan a code with your phone camera to open the book.

THE AMERICAN HEALTHCARE INVESTIGATION · TRILOGY · KINDLE



Before the Counter

The Hidden Story Behind America's Prescription Drug Prices

Kindle · Book page · YouTube



Behind the System

How Financial Incentives Reshaped American Healthcare

Kindle · Book page



Beyond Reform

Designing the Future of American Healthcare Financing

Kindle · Book page

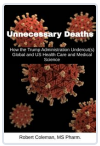
STANDALONE BOOKS · KINDLE, EXCEPT WHERE NOTED



Hostile Takeover

How Wall Street and Congress Hijacked American Healthcare and How We Can Take It Back

Kindle · Book page · Audiobook · Substack · YouTube



Unnecessary Deaths

How the Trump Administration Undercut(s) Global and USHealth Care and Medical Science

Kindle · Book page · Audiobook · Substack · YouTube



Unnecessary Deaths: A Thesis in Five Pillars

Companion volume to Unnecessary Deaths

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Replace, Don't Reform

The Case for Single-Payer U.S. Healthcare

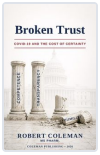
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One Card, One Cure

The Washington Health Trust and the Plan to Heal American Healthcare

Read the eBook · YouTube



Broken Trust

COVID-19 and the Cost of Certainty

Kindle · Book page



When Science Became Political

The Crisis Inside NIH, CDC, and HHS

Kindle · Book page



Rigged at the Counter

Why Americans pay two to three times more for prescription drugs

Kindle · Drug pricing guide

THE AMERICAN SUPPLEMENT INVESTIGATION · COLEMAN PUBLISHING · READ ONLINE



What the Label Doesn't Tell You

An evidence-literacy toolkit for reading any health claim

Read online



The Hollow Aisle

Regulation, risk, and the business of belief

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Prove It

Chronic disease claims, the misinformation business, and what should change

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Read, Watch, Listen

The same investigations in serialized writing, video and audio.

SUBSTACK

Hostile Takeover Substack
Serialized chapters and companion analysis for Hostile Takeover

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Weekly serialized chapters and healthcare policy breakdowns

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YOUTUBE

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One Card, One Cure
YouTube playlist: Washington Health Trust

Watch on YouTube

Before the Counter
YouTube playlist: Part One

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AUDIOBOOKS

Hostile Takeover (audiobook)
Barnes & Noble

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Unnecessary Deaths (audiobook)
Google Play Books

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Prove It (audiobook)
Listen online, chapter by chapter

Listen

WEBSITES AND TOOLS

Broken Promises Healthcare
Books, research library, current events and media

Open site

The American Supplement Investigation
Supplement books, product lookup and evidence library

Open site

SuppleFacts
Scan or search a supplement label (beta app)

Open site

Before You Take That Supplement, Check the Evidence.

For patients, clinicians, and the public. Independent, with no industry sponsorship or advertising.

supplefacts.brokenpromiseshealthcare.org

Questions or corrections:

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