

Start with the finished product

A persuasive ingredient story is not the same as evidence about the item in your hand. Start with the exact product name, formulation, serving size and label. If the seller cannot show a readable label, put that in the unanswered column rather than filling the gap with assumptions.

In the United States, FDA does not approve dietary supplements for safety and effectiveness before sale in the way it approves drugs. "Sold online," "natural," and an impressive brand identity do not answer the questions below.

This guide helps organize a purchase decision. It does not recommend a supplement, diagnose a deficiency or decide whether an ingredient is suitable for you. Ask a qualified clinician or pharmacist about personal suitability and interactions.

No Blushmallow supplement is being offered in this guide. Our possible gummy concept has no confirmed formula, price, benefits or availability.

Read one serving carefully

Copy the serving size exactly. A serving may be several gummies, scoops or capsules. Then find how many servings the container provides. "60 gummies" and "60 servings" are different statements.

List the active ingredients and their amounts per serving. Keep units attached to numbers. Do not treat milligrams and grams as interchangeable, and do not add amounts from differently defined servings without checking.

Read the other ingredients too. Look for information that matters to your preferences, allergies or clinician's advice. If something is unclear, ask the manufacturer for the current full label rather than relying on a cropped promotional photo.

Write the question you still need answered: "Is the amount shown for one gummy or for the full serving?" A precise question is easier for a seller to answer than "Is this good?"

A fictional label, a useful calculation

Illustrative example only: a fictional jar costs \$30, contains 60 gummies, and lists a serving size of 3 gummies. It therefore contains 20 servings. The product price per labeled serving is \$30 divided by 20, or \$1.50.

If a mandatory \$5 delivery charge applies to that one-jar order, the delivered total is \$35 and the delivered price per serving is \$1.75, before any applicable taxes. State which costs you included when comparing products.

A five-jar bundle might lower the price per serving while increasing the total you spend. Check the full order amount, expiration dates, quantity you can use, storage needs and refund terms. A lower unit price does not automatically make a larger purchase useful.

This calculation says nothing about effectiveness, safety or value for your own needs. It only makes the quantity and cost easier to compare.

Separate the claim from its support

Copy the seller's exact claim in a short note. Then ask what kind of evidence supports it: a study of this finished product, a study of one ingredient, a laboratory experiment, a customer account, or a claim without a source.

If a study is linked, record who participated, how many people were studied, what was measured, what comparison was used and how long it lasted. Check whether the product and amount match. A result in one group does not automatically describe every age or every person.

Look for what the study did not establish. An association is not automatically a cause. A change on a laboratory measure is not automatically the everyday benefit suggested by a caption. A small short study cannot answer every long-term question.

You do not need to pronounce a paper good or bad. "This source does not answer my question" is a complete and useful finding.

Testing badges deserve questions too

NIH's Office of Dietary Supplements notes that quality-testing seals can indicate manufacturing and ingredient checks, but do not guarantee a product is safe or effective. Find out what the seal actually covers.

Ask: Which organization tested it? Can I verify the certification on that organization's own site? Does the record match this product and current version? What was tested, and what was outside the test?

If a certificate of analysis is offered, ask which batch it covers and whether it applies to the jar being sold. A document title alone is not a conclusion. If you cannot interpret a result, record that limit rather than inventing a pass or fail.

Keep the seller's reply with the date and the product page. Formulations, prices and certifications can change. A screenshot can help document what you actually compared.

The two-product comparison sheet

PRODUCT A / PRODUCT B

Exact product and version: _____

Serving size and servings per container: _____

Ingredients and amounts per serving: _____

Total delivered cost and cost per serving: _____

Evidence about this finished product, if any: _____

Testing record I could independently verify: _____

Unanswered questions and seller's response date: _____

Return terms, recurring billing and cancellation steps: _____

My personal suitability question for a clinician or pharmacist: _____

Before a bundle or subscription

Check whether the displayed price is a one-time order, a subscription, or an introductory price. Find the future renewal amount, cadence, shipping charges and cancellation method before authorizing payment.

For a bundle, calculate the full delivered total first. Then calculate the unit price. Check expiration and storage information, and decide whether the quantity suits your actual plans. A countdown does not answer any of these questions.

If you already take medicines or other supplements, bring the actual labels or a readable ingredient list to a qualified clinician or pharmacist. NIH ODS warns that supplements can interact with medicines and other supplements.

If key information remains missing, you can wait. The worksheet is useful even when the result is "I do not have enough information to buy this."

Sources and your next question

Primary U.S. consumer sources reviewed for this guide:

NIH Office of Dietary Supplements: What You Need To Know.

<https://ods.od.nih.gov/factsheets/WYNTK-Consumer/>

FDA: Questions and Answers on Dietary Supplements.

[https://www.fda.gov/food/information-consumers-using-dietary-supplements/questions-and-answers-dietary-suppl](https://www.fda.gov/food/information-consumers-using-dietary-supplements/questions-and-answers-dietary-supplements)

These sources support the regulatory, quality-seal and interaction points. The worksheets, example prices and shopping workflow are original editorial tools, not tested health interventions.

Keep your notes locally. Blushmallow does not receive this worksheet or use its answers for advertising. Downloading it does not subscribe you.

Original Blushmallow resource. Published 14 October 2026. Find related explainers at

<https://blushmallow.com/topics> and all free gifts at <https://blushmallow.com/gifts>.