

Four-Filter Worksheet

Use this worksheet for the cabinet review in Chapter 13. One line per bottle. Read the ingredient panel on the back, not the front. Where a bottle fails, mark that filter and stop.

Date: _____ **Review again on:** _____

Columns 1 to 4 are the four filters: **1** Am I low? **2** How many bars does the evidence get for the outcome I want? **3** Quality seal and clear doses? **4** Safe with my medicines and other bottles? Tick ✓ for each filter a bottle passes; where it fails, mark ✗ and stop.

[illegible]

Add up the nutrients that appear in several bottles

Add up the daily amount from every bottle and compare it with the upper safe level (Chapter 12). These levels don't apply when a doctor prescribes a higher dose as treatment.

Nutrient	Bottle 1	Bottle 2	Bottle 3	Daily total	Upper safe level for adults
Vitamin A (as retinol)					3,000 micrograms (about 10,000 IU)
Vitamin D					4,000 IU
Vitamin B6					12 mg (Europe) to 100 mg (United States)
Zinc					40 mg
Iron					45 mg
Vitamin K					No general level; tell your doctor if you take warfarin

Six questions before a new bottle goes in your basket (Chapter 3)

- ☐ It isn't a "sexual enhancement", "weight-loss" or "muscle-building" product.
- ☐ The label gives the amount of each ingredient, not just a "proprietary blend".
- ☐ It carries an independent quality seal.
- ☐ The seller has a clear address; the bottle has a batch number and expiry date.
- ☐ The advertising doesn't promise to cure disease, work "like a drug" or have "no side effects".
- ☐ It has passed filters 1 and 2: I'm low in this, and it can do what I want.