

# Supplement Protocol & Evidence Appraisal Worksheet

Client Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Section 1: The "Headline" or Study in Question

*Use this section when a client brings a news article or study that contradicts their current protocol.*

Source/Headline: \_\_\_\_\_ The Concern: \_\_\_\_\_

---

## Section 2: Critical Appraisal Checklist

*Practitioner and client review the study together using these functional medicine filters.*

- [ ] **Baseline Status:** Did the study test if participants were deficient *before* starting? (Nutrients often show "no effect" if the person isn't deficient).
  - [ ] **Therapeutic Dosage:** Was the dose used in the study high enough to cause a physiological change, or was it a "maintenance" dose?
  - [ ] **Duration:** Was the study long enough to actually see results for this specific condition (e.g., 3-6 months for bone or hair)?
  - [ ] **Form & Bioavailability:** Did they use a cheap/synthetic form (e.g., Magnesium Oxide) or a highly absorbable form (e.g., Glycinate/Chelate)?
  - [ ] **Compliance:** Did they use blood tests to prove participants took the supplement, or just "self-reporting"?
  - [ ] **Funding Source:** Was the study funded by an industry that benefits from a specific result? (Look for "Conflict of Interest" section).
- 

## Section 3: Protocol Comparison

*Compare the client's current protocol against the study parameters to identify the "Bioavailability Gap."*

Feature	Study Intervention	Your Protocol
Nutrient Form	(e.g., Standard Curcumin)	(e.g., Phytosomal Curcumin)

Feature	Study Intervention	Your Protocol
<b>Daily Dosage</b>		
<b>Preparation</b>	(e.g., Whole herb powder)	(e.g., Standardized extract)
<b>Bioavailability</b>	(e.g., <1% absorption)	(e.g., Enhanced/Liposomal)

---

## Section 4: Clinical Justification & Reflection

**Why this protocol remains valid for your specific goals:**

---



---

**Practitioner Notes on "The Spin":** (Are the results being exaggerated by the media? Is there a "positive trend" despite no statistical significance?)

---



---

### Next Steps:

- [ ] Continue current protocol as designed.
  - [ ] Adjust dosage based on new pharmacokinetic data.
  - [ ] Order lab work to verify baseline/current nutrient levels.
  - [ ] Schedule follow-up in \_\_\_\_\_ weeks to assess symptomatic progress.
- 

AccrediPro Standards Institute Certified Tool | Lesson 19.2

### Instructions for the Practitioner:

- 1. Deconstruct the "Ceiling Effect":** Explain to the client that if a study uses healthy people, the supplement won't show a "miracle" change because they aren't starting from a deficit.
- 2. Standardization Matters:** If the client is using a botanical, explain that your recommendation uses a **Standardized Extract** to ensure they get the same "active" dose every time, unlike the whole-herb powders often used in lower-quality studies.
- 3. Address the "Spin":** Help the client see past the headline by looking at the *Methodology* section of the study together. This builds your authority as an evidence-based expert.

