

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).
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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
Daily Dosage		
Preparation	(e.g., Whole herb powder)	(e.g., Standardized extract)
Bioavailability	(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:

- 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.
- 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.
- 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.

