**Appendix Two: Supplement Checklist  
*(Available as a separate PDF to download)***

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| --- | --- |
| Name of Product |  |
| Is this supplement prescribed? | YES/ NO/ UNSURE |
| If no, why are you considering this product? |  |
| Is it on the risk minimisation scheme list? | YES/NO/UNSURE |
| Manufacturer |  |
| Batch number if available |  |
| Ingredients list |  |
| Comments on the ingredients |  |
| Are there risks of contamination? |  |
| What is the nutritional value per serving? |  |
| What is the cost per pack / portion? Can this be justified? |  |
| What claims are made on the packaging? |  |
| Is there any research to support the claims on the packaging? |  |
| Are there any health risks with taking this product? |  |
| How do you purchase it? |  |
| What evidence can you show for ordering/purchasing? |  |
| Why are you considering this product? |  |
| Are there any food alternatives that would also be worth considering? |  |
| Are you going to use this product? If so can you summarise your rationale? |  |