

SUPPLEMENTS · FREE VERIFIER

The Supplement Seal Verifier

What USP, NSF, NSF Certified for Sport, ConsumerLab, BSCG and Informed Choice each actually test for, the front-of-bottle claims that mean nothing, and a bottle-by-bottle audit sheet that turns your cabinet into a verified shortlist.

- 6 seals decoded
- Claims that mean nothing
- Bottle-by-bottle audit
- Clinician discussion prompts
- 4-page A4 printable PDF

CLINICAL RATIONALE — WHY THIS SPECIFIC TOOL

In the United States, supplements reach the shelf without FDA pre-market approval. The manufacturer asserts the label; nobody independent confirms it until someone tests. That is the entire problem this verifier exists to solve.

Testing is voluntary — so a seal is information. A certification mark means a named third party verified identity, potency and contaminants against a published standard, and that the facility follows good manufacturing practice. No seal means the only quality claim is the seller's own.

The failure modes are real. Independent surveys repeatedly find products with less (or more) active than the label, undeclared pharmaceuticals in some categories, and heavy-metal or microbial contamination in others. Seals do not guarantee perfection, but they move you from self-reported to verified.

Verification is the first audit, redundancy the second. Once a bottle is verified, the next question is whether it is needed at all and whether it duplicates something else you take. The audit sheet on page 3 does both passes in one go.

AUTHORITY / EVIDENCE BASE	WHAT IT ESTABLISHES FOR THIS TOOL
DSHEA (1994) regulatory framework	Supplements are marketed without pre-market FDA approval; the label is the manufacturer's claim.
Independent market surveys	Documented cases of mis-dosed actives, undeclared drugs and heavy-metal contamination in uncertified products.
USP / NSF / ConsumerLab standards	Published monographs and test protocols for identity, potency, contaminants and dissolution.

QUICK START — THE NEXT TEN MINUTES

- 1

Line up the cabinet
Every bottle, including "natural" and multivitamin, on the counter. The audit only works on the full set.
- 2

Check each bottle for a seal
Match the mark on the label to the decoder table on page 2. No recognised seal goes straight to the "discuss or replace" pile.
- 3

Run the redundancy pass
Mark duplicate actives across bottles. Stacked multivitamin plus single nutrients is the most common overdose route.
- 4

Write the clinician one-sheet
Page 3 ends with the list to photograph and hand over at your next appointment.

VERIFIED IS NOT THE SAME AS APPROPRIATE

A seal confirms what is in the bottle matches the label; it does not confirm you should take it. Anticoagulants, thyroid medication, chemotherapy, immunosuppressants and several antidepressants all have well-known supplement interactions. Bring the finished one-sheet to your clinician or pharmacist before continuing anything new.

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THE DECODER

What each seal verifies, and what the front label is worth

A seal is a named third party standing behind a test result. Everything else on the bottle is the seller's opinion.

SEAL	WHAT IT ACTUALLY TESTS	BEST FOR
USP Verified	Identity, potency vs label, contaminants (heavy metals, pesticides, microbials) and dissolution; facility GMP audit.	The broadest consumer standard; the default to look for.
NSF Certified (ANSI 173)	Label claim, banned contaminants and facility GMP against the NSF/ANSI 173 standard.	A strong general-purpose equivalent to USP.
NSF Certified for Sport	Everything in NSF 173 plus batch screening for ~280 banned substances.	Anyone tested under anti-doping rules.
ConsumerLab	Independent purchase-and-test of potency and contaminants; quality approval program rather than a paid certification.	Cross-checking a brand before buying.
BSCG Drug Free / Certified for Sport	Banned-substance and contaminant screening with military and sport testing pedigrees.	Athletes and first responders with drug testing.
Informed Choice / Informed Sport	Batch-level (Informed Sport: every batch) banned-substance screening.	Competitive athletes needing batch-level assurance.

CLAIMS THAT MEAN NOTHING

FRONT-OF-BOTTLE CLAIM	WHY IT CARRIES NO INFORMATION
"Natural"	A marketing word with no regulatory definition; arsenic is natural.
"Pharmaceutical grade"	Meaningless on a supplement label; it is not a verified claim.
"Made in an FDA-registered facility"	Registration is a listing, not an approval or an inspection of this product.
"GMP" alone	Describes facility practice, not that this bottle was tested. Pair it with a real seal.
"Doctor recommended" / "clinically proven"	Unverifiable without a cited trial; treat as advertising until a study is named.

Where the seal actually sits

Certification marks are small logos, usually on the side or back panel near the lot code — not the giant front-of-pack artwork. If you only see a printed claim and no logo with a named certifier and (for sport seals) a batch or lot reference, treat the bottle as unverified.

The three questions a seal answers

- ☐ Is the active really in there, at the stated dose?
- ☐ Is it free of heavy metals, pesticides and microbes beyond limits?
- ☐ Was it made in an audited facility — and, for sport, is it free of banned substances?

THE FIVE-SECOND SHELF TEST

Turn the bottle over. If you cannot point to a USP, NSF, ConsumerLab, BSCG or Informed mark, the price you are paying is for marketing, not verification. The full edition adds a 33-supplement evidence directory so you can also ask whether the verified thing is worth taking.

THE AUDIT

Bottle-by-bottle verification and redundancy pass

One row per bottle. The redundancy column is the second pass: write the other product that shares the active, or "none".

PRODUCT & BRAND	DOSE / DAY	SEAL FOUND	REDUNDANT WITH	DECISION

Decision key: **keep** (verified and needed) · **replace** (unverified but wanted — buy a certified equivalent) · **drop** (redundant or unneeded) · **discuss** (needs the clinician). Photograph the finished table for your appointment.

THE CLINICIAN ONE - SHEET PROMPTS

Ask these, in this order

1

Is anything on this list interacting with my prescriptions?

2

Given my bloodwork, which of these do I not need?

3

Are any of these duplicating the same active?

4

What is the single highest-value addition for my situation, if any?

5

When should we re-check the labs that these are meant to move?

NOTES FROM THE APPOINTMENT

Review date

Labs re-checked

Ready for the Complete Step-by-Step Blueprint?

This verifier gives you the immediate tools to take action today. But long-term health requires a complete, structured daily system — one that tells you **what to do on the days this sheet does not cover**, in what order, and how to adjust when your body does not respond the way the chart says it should.

HEALTH SECRETS

Evidence-Based Supplement Organizer & Safety Log

Audit every bottle in the cabinet, verify independent testing, screen for redundancy, and hand your clinician a clean one-sheet.

Clinical Practice Series · 41 pages · A4 print + fillable

Evidence-Based Supplement Organizer & Safety Log

Audit personal supplements, verify independent third-party testing, avoid toxic redundancies, and prepare for doctor checkups.

41 pages

Fillable PDF + Checklists

Clinical Practice Series

\$15 one-time

WHAT IS INSIDE THE FULL EDITION

- 1 The master cabinet inventory worksheet** — every bottle, dose, seal and lot in one auditable table.
- 1 The third-party certification guide** — USP, NSF, ConsumerLab and BSCG in depth, with what each does and does not cover.
- 1 The clinical redundancy screener** — catch stacked actives and upper-limit overshoots before they become a problem.
- 1 The clinician one-sheet and 10 prompts** — leave the appointment with decisions, not homework.

THIS FREE TOOL VERSUS THE COMPLETE SYSTEM

What this free verifier already gives you

- ☐ The six seals decoded against what they test
- ☐ The claims-that-mean-nothing list
- ☐ A one-pass bottle audit and clinician prompts

What only the 41-page edition has

- ☐ A full 33-supplement evidence directory with effect and dose notes
- ☐ Upper-limit and interaction screeners across your whole cabinet
- ☐ The redundancy matrix that finds stacked actives automatically
- ☐ A finished clinician one-sheet designed to be acted on

Get the Complete Guide

AT [HEALTHSECRETS.COM/PRODUCTS/EVIDENCE-BASED-SUPPLEMENT-ORGANIZER](https://healthsecrets.com/products/evidence-based-supplement-organizer)

<https://healthsecrets.com/products/evidence-based-supplement-organizer>

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READER20

Use code **READER20** for 20% off your full guide at checkout.

A4 print + fillable

Do the audit once a year and after every new bottle enters the house.

Regulation-accurate

Explains DSHEA and certification honestly. No fear-mongering, no miracle claims.

One-time payment

\$15 once, no subscription, instant download after checkout.

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