

STEADFAST SUPPLEMENT SCORECARD

Evidence. Need. Safety. Value. Before you buy.

STRENGTH | MOBILITY | NUTRITION



How to use it

Choose one supplement. Score each category from 0 to 2 using the guide below, then total your score.

The result helps you decide whether the product deserves more attention. It does not prove safety or effectiveness.

Supplement / Product: _____ Goal: _____

CRITERION	2 POINTS	1 POINT	0 POINTS	SCORE
1. Evidence	Strong human evidence for your goal	Mixed or limited evidence	Mostly claims or weak evidence	
2. Need	Clearly solves a real need	Convenience or possible benefit	No clear problem to solve	
3. Dose transparency	Full ingredient doses disclosed	Partly clear	Proprietary blend or unclear dosing	
4. Third-party testing	Credible independent testing	Some quality claims	No meaningful verification	
5. Interaction risk	No known concern or professionally cleared	Uncertain and needs review	Known concern or conflict	
6. Cost / value	Strong value for likely benefit	Acceptable but optional	High cost for likely benefit	
7. Food / training alternative	Hard to replace practically	Replaceable but supplement adds convenience	Fundamentals solve it better	

TOTAL SCORE: _____ / 14

12-14 Strong fit to investigate

8-11 Situational / optional

0-7 Low priority

Re-check fundamentals first

Before you buy

- What exact problem am I trying to solve?
- Am I already getting this ingredient from another product?
- Would food, sleep, hydration, or better programming solve the same issue?
- Do medications, medical conditions, or upcoming procedures change the risk?

Decision / notes:
