



The Brain Supplement Safety Guide

7 Things to Check Before You Buy



How to avoid misleading claims, knockoffs,
and supplements that don't match their promises

Why this guide exists

The brain supplement market has exploded.

So has confusion.

Many products appear convincing on the surface but fail basic transparency or accountability checks when examined more closely.

This guide explains the simple checks we use at Supplement Review Report before a product is even considered for review.

It's not medical advice.

It's consumer protection.

This guide is for educational purposes only and is not medical advice.

Check #1 — Ingredient Transparency

Before anything else, look at the label.

What to look for:

- A full Supplement Facts panel
- Clearly listed ingredients
- Exact dosages shown

Warning signs:

- “Proprietary blends” that hide amounts
- Ingredients listed without milligrams
- Buzzwords instead of specifics

If you don't know what you're taking, you can't judge it.

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Check #2 — Claims vs Reality

Pay attention to language.

Safer wording:

- “Supports memory”
- “Helps maintain focus”
- “Contributes to brain health”

Red flags:

- “Clinically proven to cure”
- “Works for everyone”
- Disease names used casually

Supplements are not treatments. Honest companies know this.

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Check #3 — Study References

Many supplements claim to be “clinically studied.”

That doesn’t always mean the **product itself** was studied.

Ask:

- Are studies linked or named?
- Do they match the actual ingredients and doses?
- Are they human studies, not animal-only?

If studies are vague or unnamed, be cautious.

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Check #4 — Company Accountability

Look beyond the product page.

Good signs:

- Clear company name
- Customer support contact
- Refund policy that's easy to find

Warning signs:

- No address or company details
- Support is hidden behind forms only
- Refund rules that feel complicated

Real companies stand behind what they sell.

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Check #5 — Counterfeits & Look-Alikes

Popular supplements are often copied.

The one on the left is the actual brand supplement.

The one on the right is the Amazon Look-alike.



Be careful with:

- Marketplace listings with very low prices
- Labels that look “almost” right
- Sellers that are not the brand itself

If you see a supplement on Amazon that appeared in a Facebook ad, it is most likely counterfeit.

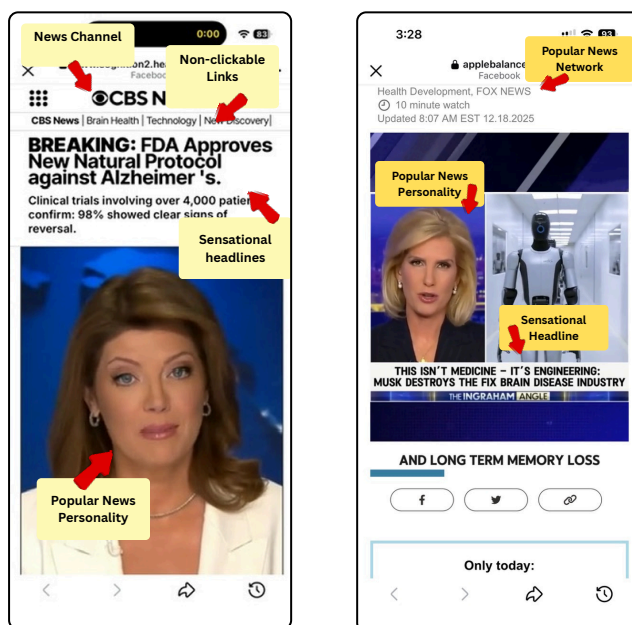
Buying from the official source reduces this risk.

Check #6 — Pressure Tactics

How a product is sold matters.

Red flags include:

- Fake news-style pages
- Constant countdown timers
- Claims that create fear or urgency



Pressure is not proof.

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Check #7 — The Common Sense Test

Ask yourself one question:

Would I feel comfortable explaining this supplement calmly to a friend or family member?

If the answer is no, pause.

Good decisions don't require rush or pressure.

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What happens next

At [Supplement Review Report](#), we apply these same checks before any product qualifies for review.

Most products don't pass.

Occasionally, one does.

When that happens, we document **why** — calmly and clearly — so readers can decide for themselves.

You'll receive updates when new products meet our screening standards.

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