MINDPOWER SUPPLEMENTS

Compare the label & the price

Compare up to three products. Use the current package label and record the date. Print and write in the blank cells; use extra copies if needed.

Comparison date: _____ Your comparison goal: _____

01 | Product details

What to record	Product A	Product B	Product C
Brand / exact product / version			
Label source URL or photo reference			
Label checked on / lot or expiry			
Serving size (capsules, scoops, etc.)			
Servings per container			
Label directions (servings per day)			
Warnings / allergens / other ingredients			
Price paid or quoted (same currency)			
Tax + shipping included? Subscription?			
Cost per labeled serving			

Cost calculation

Cost per serving = comparable container price / labeled servings per container. Example only: $36 / 30 servings = $1.20 per serving. Use the same price basis for all products.

Compare ingredient transparency

Copy the exact ingredient name, form and amount per labeled serving. Repeat this page for additional ingredients. A blend total is not an individual ingredient amount.

02 | Match the same ingredient across products

Ingredient / detail	Product A	Product B	Product C
Ingredient 1: name / form			
Amount / serving + unit			
Ingredient 2: name / form			
Amount + unit per serving			
Ingredient 3: name / form			
Amount + unit per serving			
Ingredient 4: name / form			
Amount + unit per serving			
Proprietary blend name / total amount			
Which individual amounts are undisclosed?			
Caffeine amount per serving: stated, none stated, or unknown			
Other caffeine sources / duplicate ingredients in products you already use			
Third-party testing: organization, exact product listing, scope and date			

Write "not disclosed" when an amount is missing; do not enter zero. Do not compare mg with mcg without converting units (1 mg = 1,000 mcg). Testing scope and label transparency do not establish effectiveness.

Check the evidence & your questions

Use this page to organize follow-up research. No overall score or winner is assigned: a low price or transparent label does not establish safety or benefit.

03 | Evidence notes

What to check	Product A	Product B	Product C
Research link / citation for the claim			
Human study, review, animal study, or marketing only?			
Exact finished product studied, or ingredient only?			
Study population, amount, form and duration match?			
Meaningful outcome / size of effect / limitations			
Unanswered questions for manufacturer or pharmacist			

04 | Before deciding

[ ] I checked serving size, units, blend disclosures and the full directions.

[ ] I recorded unknowns and checked what any testing seal actually covers.

[ ] I have questions ready about medicines, other supplements and suitability.

Educational comparison only, not a dosing plan or medical advice. Ask a qualified clinician or pharmacist about suitability and possible interactions. FDA does not approve dietary supplements for safety and effectiveness before sale.

Reading sources (accessed November 3, 2026)

FDA: FDA 101 - Dietary Supplements

NIH ODS: Dietary Supplements - Consumer

Use freely for personal comparison. Keep the source notes with shared copies.