

Before you trust a peptide claim

Find the study behind the headline. Keep the question it tested separate from the promise in the marketing.

1 Open the original source

Find the paper, study identifier and publication date. Read its methods and limitations as well as its conclusion. If no source is traceable, record that gap.

2 Check what was actually studied

Identify the compound, population or model, and outcome. Keep laboratory, animal and human research separate. Does the headline describe the same population and outcome?

3 Read the strength and limits together

Note the study design, participant count, comparison group and follow-up. Write down what changed and what remains uncertain. A result in one study is not a complete evidence review.

4 Keep three questions separate

What does the research show? What does a product lab report measure? What is the regulatory status? A paper, certificate of analysis and regulatory decision answer different questions.

Keep learning with MaxHuman

Read the full guide: maxhuman.ai/guide

Get research updates by email: maxhuman.ai/newsletter

For reading research, not choosing a treatment, dose or compound. Discuss personal medical questions with a qualified healthcare professional.

Further reading: MedlinePlus, Evaluating Health Information
medlineplus.gov/evaluatinghealthinformation.html