

FEED BS DETECTOR

Five questions to ask before you believe a health post. Works on peptides, longevity, GLP-1, supplements and whatever comes next.

- 1 Who benefits if I believe this?**
Follow the money before you follow the advice. A seller, an affiliate link or a clinic in the bio is not proof of anything, but it tells you what the post is for.
- 2 What is being sold, and when?**
Sometimes the product arrives three posts later. If the claim only works when something is for sale, treat the claim as advertising.
- 3 Is there human evidence, or only vibes?**
Ask what was actually studied. Cells in a dish, mice, and an influencer's before photo are not the same as people in a trial. Most claims die right here.
- 4 Can I trace it back to a source?**
A real source has a name, a year and a place it was published. "Studies show" is not a source. If nobody will name it, assume it does not exist.
- 5 What would change their mind?**
Ask the poster, or ask yourself. Anyone who cannot name the evidence that would prove them wrong is selling belief, not information.

HALF-LIFE

RED FLAGS

- Miracle, breakthrough, guaranteed, secret
- One thing doctors will not tell you
- A countdown, a scare, then a link
- No source, or a screenshot of a source
- Only animal or cell results, described as proof
- Anonymous experts and unnamed insiders
- A number with no study behind it
- The fix is always the thing they sell

GREEN LIGHTS

- The study is named, with a year
- Limits are stated out loud
- Somebody says we do not know yet
- The size of the effect is described honestly
- Nothing is attached for sale
- Disagreement is acknowledged, not hidden
- The advice survives without the product

WHAT THIS IS NOT

This card does not tell you what to take, what to stop, or what your labs mean. It sorts what you are being told. Decisions about your body belong with you and a licensed provider.

