

The Peptide Claim Scorecard

Eight questions to run on any peptide claim, in order

The claim I am evaluating: _____

Where I saw it, and who made it: _____

#	Question	What a strong answer looks like	Rating
1	Is the mechanism coherent, and does it reach the promised outcome?	A demonstrated link from pathway to result, not a plausible pathway standing in for one.	☐ Pass ☐ Weak ☐ Fail ☐ N/A
2	What tier is the human evidence, for this specific use?	Named human trials for this indication. Rodent and dish studies called what they are.	☐ Pass ☐ Weak ☐ Fail ☐ N/A
3	Do the doses and exposures match?	Study exposures that translate to a human exposure, applied to safety claims as well.	☐ Pass ☐ Weak ☐ Fail ☐ N/A
4	Does the route of administration match the evidence?	The route studied is the route being sold.	☐ Pass ☐ Weak ☐ Fail ☐ N/A
5	Is the product actually the studied molecule?	Independent testing that identifies the specific material in the specific lot.	☐ Pass ☐ Weak ☐ Fail ☐ N/A
6	What is the gap between the claim and the evidence?	A gap you can state in one sentence (write it below).	☐ Small ☐ Large
7	Who is making the claim, and what do they sell?	Financial interest and credential mapped separately. Interest calls for checking; a credential is not proof.	☐ Clear ☐ Conflicted
8	Where does this belong in a measured sequence, if anywhere?	Placed only after a baseline, where a measured deficit or defined need calls for it in you.	☐ Earned ☐ Not yet

The gap, in one sentence: _____

My verdict: _____

A compound earns a place in the sequence only after the foundational reading is done, and only where a measured deficit or indication calls for it in a specific person.