



Nutrition & Supplement Products: evidence guidance

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Prepare the evidence for a nutrition & supplement products entry. This guide covers the product details, reports and use information reviewers need.

Identify the formulation

List the ingredients relevant to the claims, their amounts at the recommended intake, the dosage form and specifications affecting interpretation. Identify the version and markets covered. Explain whether different strengths, flavours or formats use the same evidence; do not assume they do.

Connect evidence to the finished product

Distinguish studies of the entered formulation from ingredient studies or studies of another combination. Explain differences in dose, form, population, duration and outcome. An ingredient rationale does not establish every finished-product benefit.

Explain quality and use

Supply current directions, warnings and relevant quality and stability material. Identify the batches or specifications covered. Separate compositional statements from health or performance claims, and explain uncertainty or contradictory findings. Prescription medicines are outside this edition.

Evidence checklist

Area	Required material	Check before submitting
Identity	Formulation, ingredient specifications, dosage form and current label	The entered version and reports match.
Claims	Exact wording, applicable reports and relevant passages	Finished-product and ingredient findings are distinguished.
Quality	Relevant identity, composition and contaminant information	Methods, dates, batches and specifications are identifiable.
Stability	Material supporting shelf life and storage	Formulation and packaging match the claim.
Use	Intended users, directions, restrictions and warnings	Conditions are consistent with the evidence.

Explaining indirect evidence

If a claim relies on a study of one ingredient at a different dose, identify the difference and explain its limits. Do not rename that study as a trial of the finished product. Where a review is supplied, identify its selection approach and relevant findings; a bibliography alone does not show which result supports the claim.



An example used to explain this distinction is entry materials-writing illustration, not a finding about a real product.

Map claims to sources

For each principal claim, record its exact wording, report or study, file and page, assessed version, method or population, finding and limitation. Identify the author and relevant relationship with the applicant. Explain how evidence about a different formulation, component or version applies to your product.

Prepare readable files

Supply readable reports, with the original and relevant English passages where needed. Keep private reports separate from proposed public information. Remove personal information not needed for review.

The entry permits up to 20 attachments and 250 MB in total: 25 MB per PDF and 10 MB per image. Video is supplied by link. Contact the awards team if an essential report exceeds these limits.

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