

Gut Health Product Category Decision Scorecard

Use this scorecard before comparing brands. It helps identify a better next question; it does not diagnose symptoms or prescribe treatment.

1. Check for a safety exit

- Symptoms are new, severe, progressive, or different from my usual pattern.
- Blood, black stool, persistent vomiting, fever, major weight loss, severe dehydration, or inability to pass stool or gas is present.
- A prescription, pregnancy, surgery, allergy, or complex condition changes the safety question.

If any item applies, pause product shopping and use clinician or pharmacist guidance.

2. Name the missing job

Missing job	Category to investigate	No-buy alternative
I need to understand a diet or protocol	Book or education tool	Use an owner guide or dietitian resource.
I cannot see a symptom pattern	Tracker	Track one target symptom first.
Access or comfort is the main issue	Comfort or access tool	Change logistics without making treatment claims.
I need occasional symptom support	OTC medicine with label or pharmacist check	Reassess the cause if symptoms persist.
One food component is implicated	Targeted enzyme question	Verify the enzyme-to-food match.
One defined symptom dominates	Symptom-specific evidence page	Avoid stacking unrelated supplements.

3. Keep one trial readable

- Target symptom:
- Product category and exact product:
- Why this category fits the question:
- Label, interaction, or pharmacist checks completed:
- Other variables I will keep stable:
- What improvement would look like:
- What would make me stop:
- What would send me to another route:

4. Reassess

- Did the target symptom change?
- Did any adverse effect appear?
- Did food, sleep, stress, stool pattern, travel, or medication timing change too?

- Is the original question still the right question?

The useful result may be a no-buy decision, a more specific owner guide, or a clinician/pharmacist conversation.