

One-Variable Peppermint-Capsule Trial Worksheet

This worksheet helps keep a product trial readable. It is not a dosing plan, diagnostic test, or substitute for the current package label or medical advice.

1. Check Before Starting

- ☐ I verified the exact product or SKU and current physical label.
- ☐ I will follow the current label or my clinician's instructions rather than a web-page dose.
- ☐ I checked frequent heartburn or reflux, allergies or ingredient constraints, pregnancy or nursing, and medicine or supplement questions with an appropriate professional when relevant.
- ☐ My symptoms are not new, progressive, severe, or meaningfully different from my usual pattern.
- ☐ I am not starting both products or several other gut interventions at the same time.

2. Record the Product

Field	Notes
Product and exact SKU	
Lot or expiry if useful	
Current label date checked	
Active ingredients from label	
Other ingredients or shell constraints	
Label directions or clinician instructions	
Current price and package count	

3. Name One Target

One symptom I am trying to observe: _____

What that symptom usually looks like before the trial:

Other variables I will try to keep stable enough to interpret the pattern:

- Meals or major diet changes: _____
- Other medicines or supplements: _____
- Sleep, stress, travel, illness, menstrual cycle, or other context: _____

4. Daily Notes

Date	Taken as directed?	Target symptom	Target symptom	Heartburn or other effects	Other changes or
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		before	after		noise

5. Review, Stop, or Ask

Review date: _____

- ☐ The target symptom changed enough to matter and the pattern was reasonably consistent.
- ☐ Any possible benefit was too small, inconsistent, or masked by other changes.
- ☐ Heartburn, nausea, abdominal pain, allergy-like symptoms, or another adverse effect made the trial a poor fit.
- ☐ I need a pharmacist or clinician to review the product, label, interactions, symptom pattern, or next step.
- ☐ I should stop brand comparison and use a broader symptom or clinical route.

Decision and reason:

Questions to bring to a pharmacist or clinician:
