

Microbiome Claim Boundary Checklist

Use this one-page checklist before turning a colorectal cancer microbiome or probiotic claim into a health decision.

What kind of claim is it?

- Screening or early detection
- Diagnosis or staging
- Treatment
- Surgery or chemotherapy side-effect support
- General diet or microbiome education
- Product marketing

What kind of evidence is being used?

- Human clinical trial
- Systematic review or guideline
- Observational association
- Animal or lab mechanism
- Product page or testimonial

What should it not replace?

- Routine colorectal cancer screening
- Evaluation of blood in stool, anemia, persistent bowel change, or weight loss
- Diagnosis and staging
- Surgery, chemotherapy, radiation therapy, targeted therapy, or immunotherapy decisions
- Oncology-team guidance about supplements

Safer next question

What would my clinician do differently if this claim were true?