

License: This guide is provided to paying members for personal use only. You may print it for yourself or your household. Public redistribution, posting online, or commercial use is not permitted without written permission from Simple Virtues LLC d/b/a Don't Get Bunked!

Curated links and references for spotting risky health claims, supplements, and “miracle” treatments.

Use this page when an ad, post, or video promotes a can't-miss cure, supplement stack, or protocol that sounds too good to be true.

Health & Evidence-Based Fact-Checking

Science Feedback – Expert-reviewed fact-checks of science and health claims. ✓IFCN-Verified

 <https://science.feedback.org/> 

AFP Fact Check – Global fact-checker that frequently investigates health and medical claims. ✓IFCN-Verified

 <https://factcheck.afp.com/> 

Cochrane Library – Gold-standard evidence reviews that summarize what the best studies show (many have plain-language summaries).

 <https://www.cochranelibrary.com/> 

FDA Recalls & Safety Alerts – Current warnings, recalls, and enforcement actions related to drugs, devices, foods, and supplements.

 <https://www.fda.gov/safety/recalls-market-withdrawals-safety-alerts> 

NIH Office of Dietary Supplements – Fact Sheets – Plain-English evidence summaries for vitamins, herbs, and supplements.

 <https://ods.od.nih.gov/factsheets/list-all/> 

Consumer Health & Safety

SciCheck (FactCheck.org) — Science & health claim fact-checks with sources you can read. ✓IFCN-Verified

 <https://www.factcheck.org/scicheck/> 

CDC — Authoritative guidance on vaccines, prevention, outbreaks, and public health recommendations.

 <https://www.cdc.gov/> 

NCCIH (NIH) — Complementary, Alternative, or Integrative Health: What's In a Name?

 <https://www.nccih.nih.gov/.../complementary-alternative-or-integrative-health-whats-in-a-name> 

Choosing Wisely — Clinician-led recommendations to avoid unnecessary tests and treatments; great for second-opinion thinking.

 <https://www.choosingwisely.org/> 

Retraction Watch — Tracks retracted or corrected medical studies so you can spot flawed evidence behind claims.

 <https://retractionwatch.com/> 

Sam's Tips

No study, no confidence. If a claim can't point to credible evidence, treat it as unproven.

Prefer systematic reviews over single studies. Replication by independent teams matters more than one dramatic result.

Beware miracle language. “Cure,” “detox,” or “secret protocol” are red flags.

Every treatment has tradeoffs. Ask about benefits, risks, costs, and alternatives.

Follow the regulators and registries. FDA alerts and trial registries often tell a truer story than marketing pages.