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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-checking organization frequently debunking medical misinformation. ✓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 Literacy & 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 & Integrative Health topics, including safety and evidence summaries for popular alternatives.  <https://www.nccih.nih.gov/health> ↗

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

Check the source and the methods. If you can't read the study (design, sample size, outcomes), treat the claim 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.

Balance benefit vs. risk and cost. "Natural" doesn't mean safe; interactions and delays in proper care can cause harm.

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