



QUICK CARD

Supplement Engine

How it works – one page

Supplement Engine builds a personal supplement guide for a client from their goal and body.

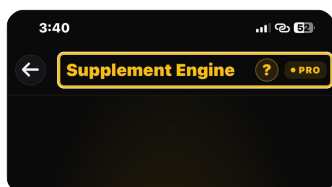
TrainersEye app → Dashboard → Supplement Engine · Pro plan

GETTING STARTED

YOUR PROFILE

YOUR GUIDE

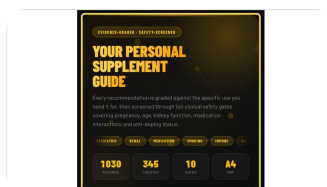
HELP



1

Open the tool

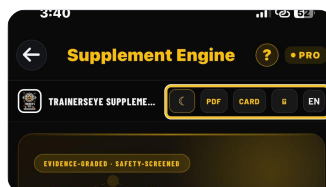
From the Dashboard, tap Supplement Engine.



2

Read what it does

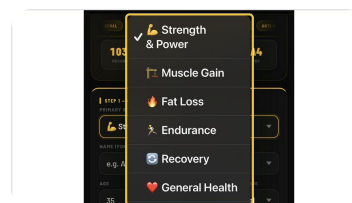
Your personal supplement guide: every recommendation is graded against the use you need it for, then screened through ten clinical safety gates.



3

Look, PDF, Card, help, language

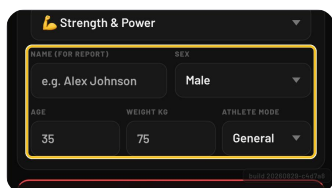
The header buttons switch the look, open the PDF and the A4 card of the current guide, open help, and set the language.



4

Step 1 – choose the primary goal

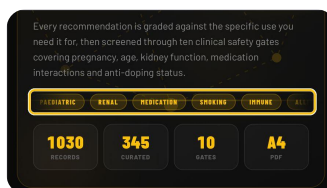
Pick one of eleven goals: strength & power, muscle gain, fat loss, endurance, recovery, general health, joint & connective tissue, pain management, sleep quality, combat sport or team sport.



5

Name, sex, age, weight, athlete mode

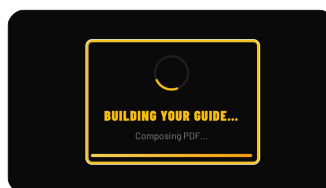
Add the client's name for the report, then sex, age, weight in kilograms and athlete mode – general or the sport-specific modes.



6

Step 2 – safety screening

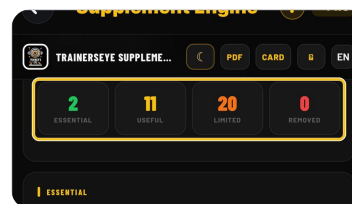
Answer the safety questions – pregnancy, breastfeeding, current medication and the rest of the ten gates.



7

Build the guide

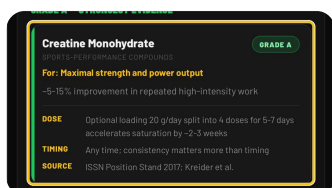
Tap Build. The engine grades, screens and composes the PDF in a few seconds – Building your guide, Composing PDF.



8

Read the summary

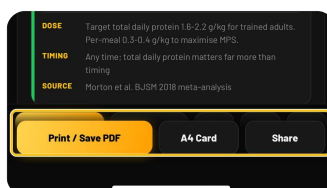
Four tiles head the guide: essential, useful, limited and removed – how many supplements land in each after grading and screening.



9

Read each recommendation

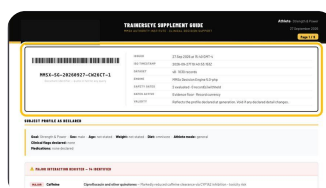
Each supplement shows its grade – Grade A is the strongest evidence – what it is for, the expected effect, the dose, the timing and the source.



10

Print / Save PDF, A4 Card, Share

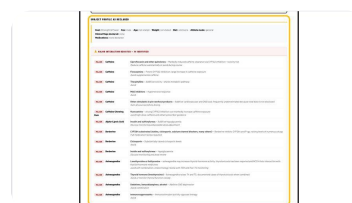
The bar at the bottom prints or saves the full guide as a PDF, opens the one-page A4 card, or shares the guide.



11

The document: control block

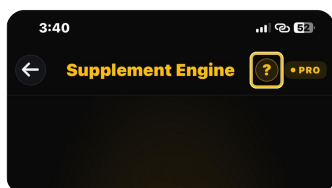
Page one of the PDF opens with the document identifier and barcode, then the control block – issued, timestamp, dataset, engine, safety gates evaluated, gates active and validity.



12

Profile and interaction register

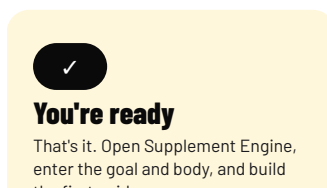
The subject profile as declared follows, then the major interaction register – each supplement, the medicines it interacts with and what to do.



13

Get help any time

Tap the question mark at the top whenever you need help.



You're ready

That's it. Open Supplement Engine, enter the goal and body, and build the first guide.

ON THE DOCUMENT

MASTHEAD · DOCUMENT IDENTIFIER · CONTROL BLOCK · SUBJECT PROFILE AS DECLARED · MAJOR INTERACTION REGISTER · RECOMMENDATION SUMMARY · SUMMARY TILES · FOOTER