

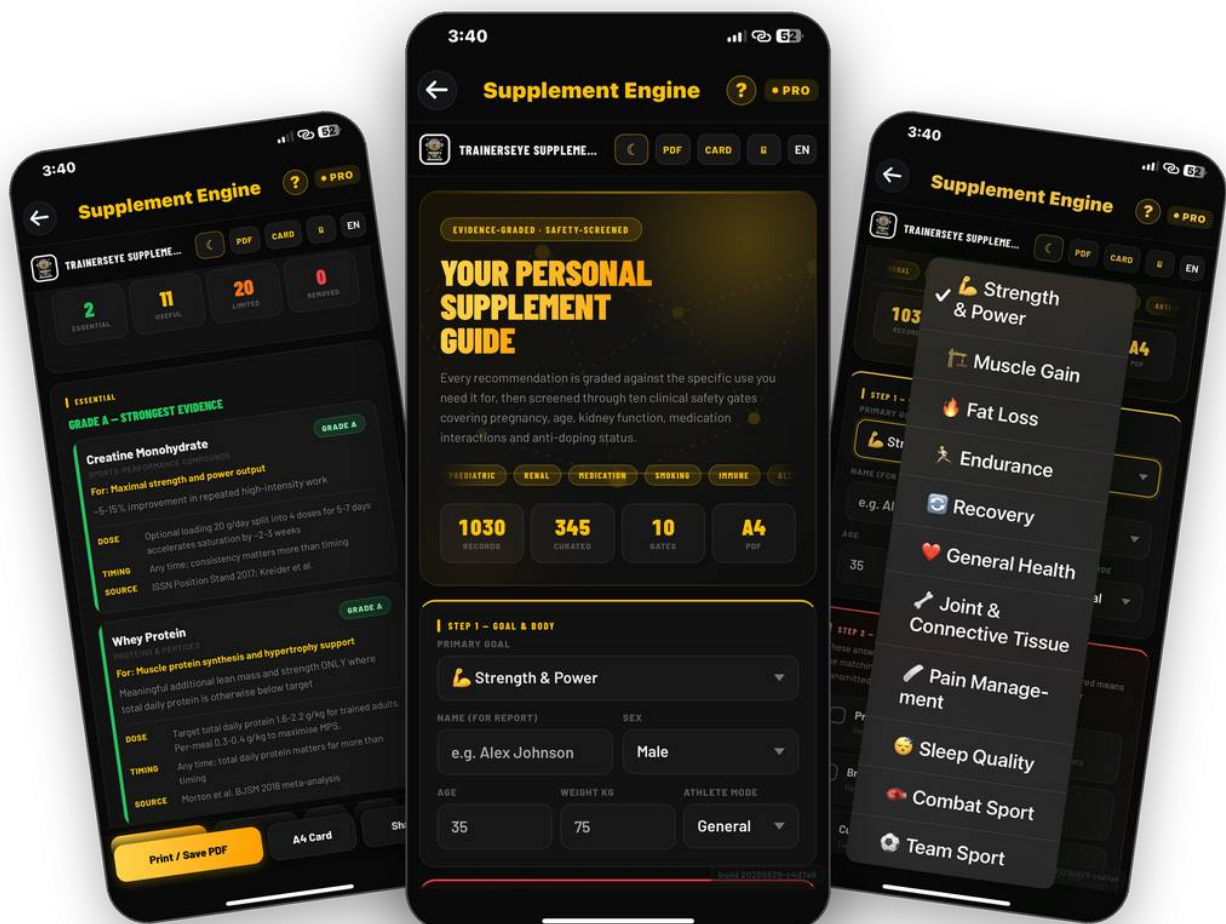


USER GUIDE

Supplement Engine

Evidence-graded, safety-screened supplement guides —
with the reasoning.

How to use the tool, step by step — in the TrainersEye app





What is Supplement Engine?

Supplement Engine builds a personal supplement guide for a client from their goal and body. Every recommendation is graded against the specific use it is needed for, then screened through ten clinical safety gates – pregnancy, age, kidney function, medication interactions, anti-doping status and more. The result is a summary of what is essential, useful, limited or removed, a card for each supplement with dose, timing and source, and a clinical A4 document with serial number, subject profile and interaction register. Suggested by the professional team of experts from MMSx Authority Institute.

Evidence-graded

Every recommendation graded by evidence – Grade A is the strongest – with dose, timing and source.

Safety-screened

Ten clinical safety gates – pregnancy, age, kidney function, medication interactions, anti-doping and more – withhold anything unsafe for the profile.

Eleven goals

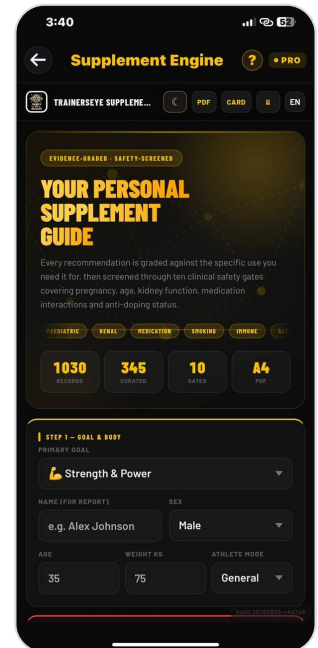
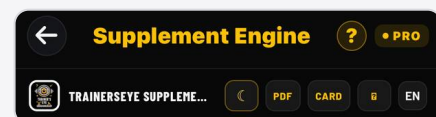
Strength & power, muscle gain, fat loss, endurance, recovery, general health, joint & connective tissue, pain, sleep, combat sport, team sport.

A clinical A4 document

Print or save the guide with serial number, barcode, subject profile, interaction register and summary; or a one-page A4 card; or share it.

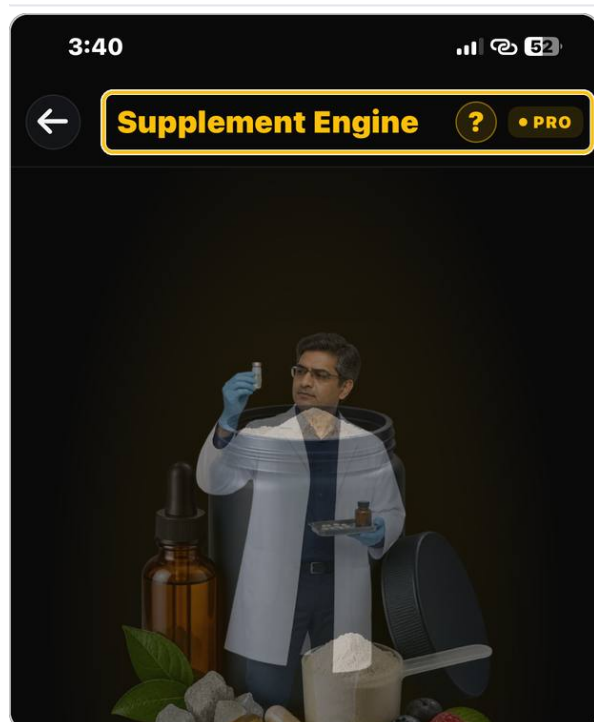
Where to find it

Open the TrainersEye app, go to the Dashboard and tap Supplement Engine. It is part of the Pro plan.



This guide in thirteen steps

- 1 Open the tool
- 2 Read what it does
- 3 Look, PDF, Card, help, language
- 4 Step 1 – choose the primary goal
- 5 Name, sex, age, weight, athlete mode
- 6 Step 2 – safety screening
- 7 Build the guide
- 8 Read the summary
- 9 Read each recommendation
- 10 Print / Save PDF, A4 Card, Share
- 11 The document: control block
- 12 Profile and interaction register
- 13 Get help any time



PART 1 · GETTING STARTED

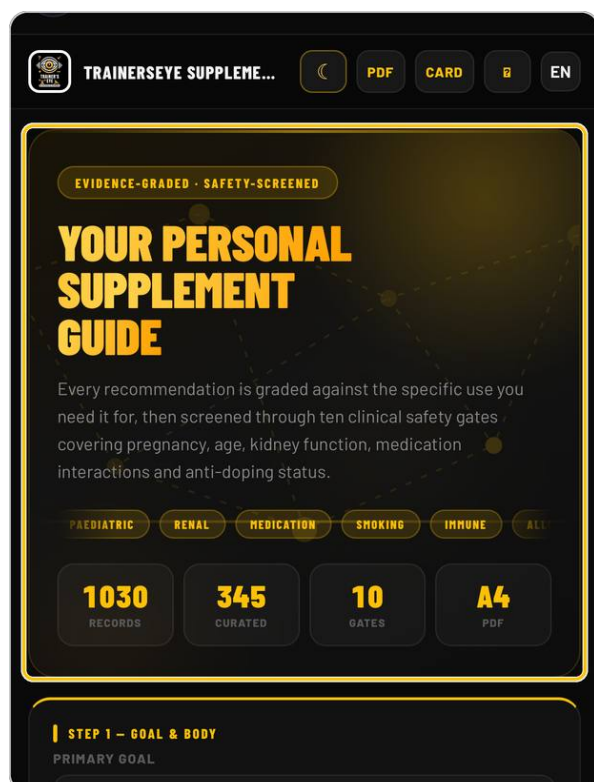
STEP 1

Open the tool

From the Dashboard, tap Supplement Engine. It is a Pro-plan tool; the opening screen carries the credit — suggested by the professional team of experts from MMSx Authority Institute.

TIP

The plan badge beside the title shows Pro, so you know the tool is included in your subscription.



PART 1 · GETTING STARTED

STEP 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. The figures show the dataset — records, curated entries, gates and the A4 PDF.

TIP

Scroll the gate chips — paediatric, renal, medication, smoking, immune, allergy, anti-doping, evidence, currency — to see what is checked.



PART 1 · GETTING STARTED

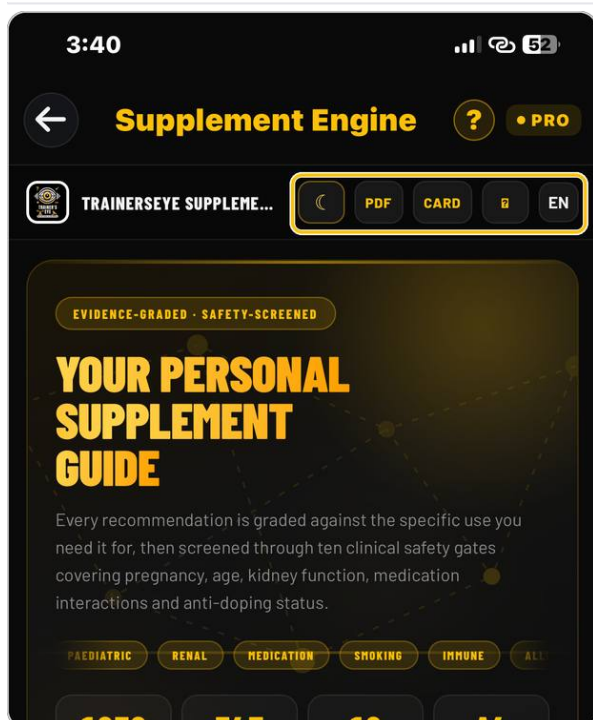
STEP **3**

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.

TIP

Tap EN to switch the tool to Hindi, Spanish or Arabic.



PART 2 · YOUR PROFILE

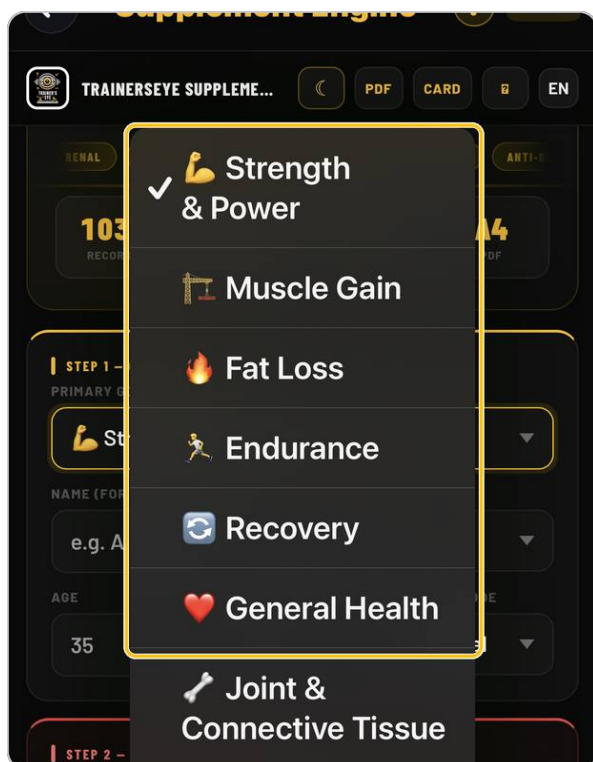
STEP **4**

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.

TIP

The goal decides what each supplement is graded for — pick the one that matters this block.





covering pregnancy, age, kidney function, medication interactions and anti-doping status.

PAEDIATRIC RENAL MEDICATION SMOKING IMMUNE ALL

1030 RECORDS 345 CURATED 10 GATES A4 PDF

STEP 1 – GOAL & BODY

PRIMARY GOAL

Strength & Power

NAME (FOR REPORT) SEX

e.g. Alex Johnson Male

AGE WEIGHT KG ATHLETE MODE

35 75 General

build 20260829-c4d7e8

PART 2 · YOUR PROFILE

STEP 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.

TIP

Age and weight drive the paediatric and dosing gates, so enter them even if the name is left blank.

EVIDENCE-GRADED · SAFETY-SCREENED

YOUR PERSONAL SUPPLEMENT GUIDE

Every recommendation is graded against the specific use you need it for, then screened through ten clinical safety gates covering pregnancy, age, kidney function, medication interactions and anti-doping status.

PAEDIATRIC RENAL MEDICATION SMOKING IMMUNE ALL

1030 RECORDS 345 CURATED 10 GATES A4 PDF

STEP 1 – GOAL & BODY

PRIMARY GOAL

Strength & Power

NAME (FOR REPORT) SEX

PART 2 · YOUR PROFILE

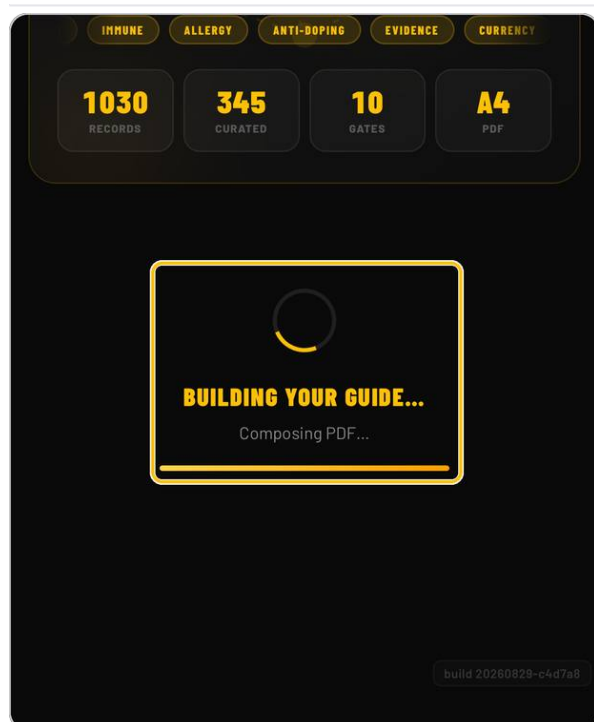
STEP 6

Step 2 – safety screening

Answer the safety questions – pregnancy, breastfeeding, current medication and the rest of the ten gates. A red gate withholds every matching record from the guide.

TIP

Answer every question honestly; the interaction register in the document is built from these answers.



PART 2 · YOUR PROFILE

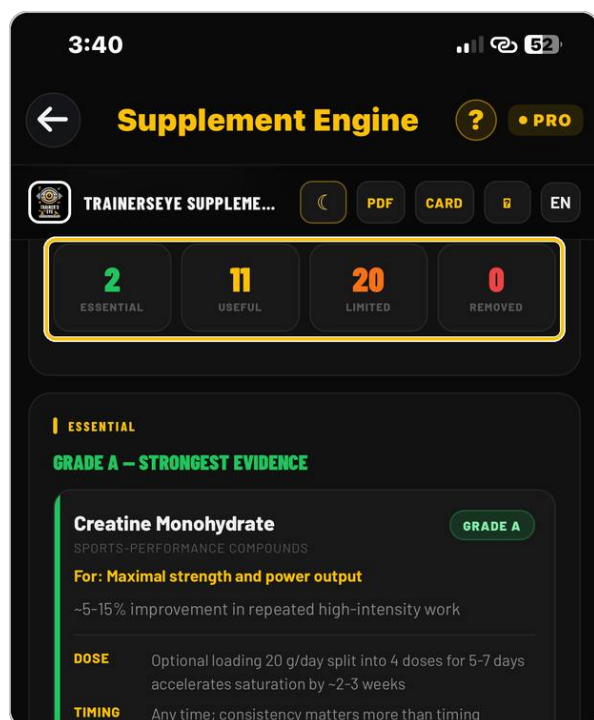
STEP **7**

Build the guide

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

TIP

The build runs on the phone; keep the app open until the progress bar completes.



PART 3 · YOUR GUIDE

STEP **8**

Read the summary

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

TIP

Removed is not empty by accident – it is what the gates withheld for this profile.



2

11

20

0

ESSENTIAL

USEFUL

LIMITED

REMOVED

ESSENTIAL

GRADE A – STRONGEST EVIDENCE

Creatine Monohydrate

SPORTS-PERFORMANCE COMPOUNDS

For: Maximal strength and power output

~5-15% Improvement in repeated high-intensity work

DOSE

Optional loading 20 g/day split into 4 doses for 5-7 days accelerates saturation by ~2-3 weeks

TIMING

Any time; consistency matters more than timing

SOURCE

ISSN Position Stand 2017; Kreider et al.

GRADE A

Whey Protein

PROTEINS & PEPTIDES

For: Muscle protein synthesis and hypertrophy support

Meaningful additional lean mass and strength ONLY where total daily protein is otherwise below target

DOSE

Target total daily protein 1.6-2.2 g/kg for trained adults

TIMING

Any time; consistency matters more than timing

SOURCE

ISSN Position Stand 2017; Kreider et al.

GRADE A

PART 3 · YOUR GUIDE

STEP 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.

TIP

Dose and timing are written for the goal you chose; the source tells you where the evidence comes from.

For: Maximal strength and power output

~5-15% Improvement in repeated high-intensity work

DOSE

Optional loading 20 g/day split into 4 doses for 5-7 days accelerates saturation by ~2-3 weeks

TIMING

Any time; consistency matters more than timing

SOURCE

ISSN Position Stand 2017; Kreider et al.

Whey Protein

PROTEINS & PEPTIDES

For: Muscle protein synthesis and hypertrophy support

Meaningful additional lean mass and strength ONLY where total daily protein is otherwise below target

DOSE

Target total daily protein 1.6-2.2 g/kg for trained adults. Per-meal 0.3-0.4 g/kg to maximise MPS.

TIMING

Any time; total daily protein matters far more than timing

SOURCE

Morton et al. BJSM 2018 meta-analysis

GRADE A

Print / Save PDF

A4 Card

Share

PART 3 · YOUR GUIDE

STEP 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.

TIP

The A4 card is the summary for the client's fridge; the PDF is the record for the file.



PART 3 · YOUR GUIDE

STEP 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.

TIP

Quote the identifier in full for any query; the guide is void if any declared detail changes.

TRAINERSEYE SUPPLEMENT GUIDE
MOBILITY INTELLIGENCE · CLINICAL DECISION SUPPORT

ISSUED 27 Sep 2026 at 15:40 GMT-4
ISS TIME/STAMP 2026-09-27T18:40:53:16Z
DATASET v8: 1000 records
ENGINE MMS Decision Engine 5.0-php
SAFETY GATES 2 evaluated: 0 records withheld
GATES ACTIVE Evidence floor: Record currency
VALIDITY Reflects the profile declared at generation. Void if any declared detail changes.

MSX-5G-26269927-CW26CT-1
(Document identifier - quote in full for any query)

SUBJECT PROFILE AS DECLARED

Goal: Strength & Power | **Sex:** male | **Age:** not stated | **Weight:** not stated | **Diet:** omnivore | **Athlete mode:** general
Clinical flags declared: none
Medications: none declared

MAJOR INTERACTION REGISTER - 14 IDENTIFIED

MAJOR	Caffeine	Ciprofloxacin and other quinolones - Markedly reduced caffeine clearance via CYP1A2 inhibition - toxicity risk Reduce caffeine substantially or avoid during course
MAJOR	Caffeine	Fluvoxamine - Potent CYP1A2 inhibition; large increase in caffeine exposure Avoid supplemental caffeine
MAJOR	Caffeine	Theophylline - Additive toxicity - raises metabolic pathway Avoid
MAJOR	Caffeine	MAO inhibitors - Hypertensive response Avoid
MAJOR	Caffeine	Other stimulants in pre-workout products - Additive cardiovascular and CNS load; frequently underestimated because total dose is not disclosed Sum all sources before dosing
MAJOR	Caffeine Chewing Gum	Fluvoxamine - strong CYP1A2 inhibition can markedly increase caffeine exposure avoid high-dose caffeine and obtain prescriber guidance
MAJOR	Alpha-Lipoic Acid	Insulin and sulfonylureas - Additive hypoglycaemia Glucose monitoring and possible dose adjustment
MAJOR	Berberine	CYP3A4 substrates (statins, ciclosporin, calcium channel blockers, many others) - Berberine inhibits CYP3A4 and P-gp, raising levels of numerous drugs Full medication review required
MAJOR	Berberine	Ciclosporin - Substantially raised ciclosporin levels Avoid
MAJOR	Berberine	Insulin and sulfonylureas - Hypoglycaemia Glucose monitoring and dose review
MAJOR	Ashwagandha	Levothyroxine or liothyronine - ashwagandha may increase thyroid hormone activity; thyrotoxicosis has been reported and NCCM lists interaction with thyroid hormone medicines avoid self-combination endocrinology review with TSH and free-T4 monitoring

PART 3 · YOUR GUIDE

STEP 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.

TIP

Hand the register to the client's physician when any medication is involved.

MSX-5G-26269927-CW26CT-1
(Document identifier - quote in full for any query)

ISS TIME/STAMP 2026-09-27T18:40:53:16Z
DATASET v8: 1000 records
ENGINE MMS Decision Engine 5.0-php
SAFETY GATES 2 evaluated: 0 records withheld
GATES ACTIVE Evidence floor: Record currency
VALIDITY Reflects the profile declared at generation. Void if any declared detail changes.

SUBJECT PROFILE AS DECLARED

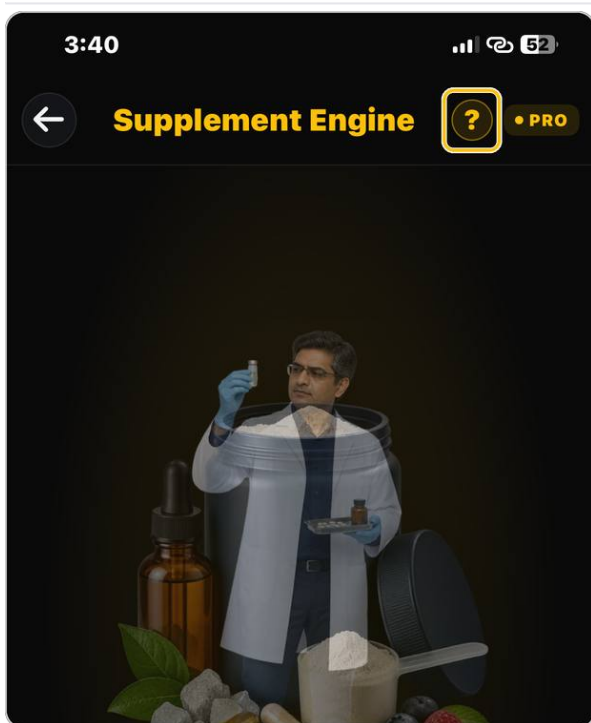
Goal: Strength & Power | **Sex:** male | **Age:** not stated | **Weight:** not stated | **Diet:** omnivore | **Athlete mode:** general
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Medications: none declared

MAJOR INTERACTION REGISTER - 14 IDENTIFIED

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MAJOR	Caffeine	Theophylline - Additive toxicity - raises metabolic pathway Avoid
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MAJOR	Caffeine	Other stimulants in pre-workout products - Additive cardiovascular and CNS load; frequently underestimated because total dose is not disclosed Sum all sources before dosing
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MAJOR	Berberine	CYP3A4 substrates (statins, ciclosporin, calcium channel blockers, many others) - Berberine inhibits CYP3A4 and P-gp, raising levels of numerous drugs Full medication review required
MAJOR	Berberine	Ciclosporin - Substantially raised ciclosporin levels Avoid
MAJOR	Berberine	Insulin and sulfonylureas - Hypoglycaemia Glucose monitoring and dose review
MAJOR	Ashwagandha	Levothyroxine or liothyronine - ashwagandha may increase thyroid hormone activity; thyrotoxicosis has been reported and NCCM lists interaction with thyroid hormone medicines avoid self-combination endocrinology review with TSH and free-T4 monitoring
MAJOR	Ashwagandha	Thyroid hormone (levothyroxine) - ashwagandha raises T4 and T3; documented cases of thyrotoxicosis when combined Avoid or monitor thyroid function closely
MAJOR	Ashwagandha	Sedatives, benzodiazepines, alcohol - Additive CNS depression Avoid combination
MAJOR	Ashwagandha	Immunosuppressants - Immunosuppressant activity opposes therapy Avoid

RECOMMENDATION SUMMARY

2	11	20	0
ESSENTIAL	DEPTL	LIMITED	WITHHELD



PART 4 · HELP

STEP **13**

Get help any time

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

TIP

The question mark works on every screen of the tool.



You're ready

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



Reading the supplement guide

Page one of every guide is the control page. Here is what each part means.

TRAINERSEYE SUPPLEMENT GUIDE
MMSX AUTHORITY INSTITUTE - CLINICAL DECISION SUPPORT

1 Masthead

2 Document identifier

3 Control block

4 Subject profile as declared

5 Major interaction register

6 Recommendation summary

7 Summary tiles

8 Footer

Subject Profile as Declared:
Goal: Strength & Power | Sex: male | Age: not stated | Weight: not stated | Diet: omnivore | Athlete mode: general
Clinical flags declared: none
Medications: none declared

Major Interaction Register - 34 Identified:

MAJOR	Interaction
Caffeine	Ciprofloxacin and other quinolones - Markedly reduced caffeine clearance via CYP1A2 inhibition - toxicity risk. Reduce caffeine substantially or avoid during course.
Caffeine	Fluvoxamine - Potent CYP1A2 inhibition; large increase in caffeine exposure. Avoid supplemental caffeine.
Caffeine	Theophylline - Additive toxicity - shares metabolic pathway. Avoid.
Caffeine	MAO inhibitors - Hypertensive response. Avoid.
Caffeine	Other stimulants in pre-workout products - Additive cardiovascular and CNS load; frequently underestimated because total dose is not disclosed. Sum all sources before dosing.
Caffeine Chewing Gum	Fluvoxamine - strong CYP1A2 inhibition can markedly increase caffeine exposure. avoid high-dose caffeine and obtain prescriber guidance.
Alpha-Lipoic Acid	Insulin and sulfonylureas - Additive hypoglycaemia. Glucose monitoring and possible dose adjustment.
Berberine	CYP3A4 substrates (statins, ciclosporin, calcium channel blockers, many others) - Berberine inhibits CYP3A4 and P-gp, raising levels of numerous drugs. Full medication review required.
Berberine	Ciclosporin - Substantially raised ciclosporin levels. Avoid.
Berberine	Insulin and sulfonylureas - Hypoglycaemia. Glucose monitoring and dose review.
Ashwagandha	Levothyroxine or liothyronine - ashwagandha may increase thyroid hormone activity; thyrotoxicosis has been reported and NCCIH lists interaction with thyroid hormone medicines. avoid self-combination: endocrinology review with TSH and free-T4 monitoring.
Ashwagandha	Thyroid hormone (levothyroxine) - ashwagandha raises T4 and T3; documented cases of thyrotoxicosis when combined. Avoid or monitor thyroid function closely.
Ashwagandha	Sedatives, benzodiazepines, alcohol - Additive CNS depression. Avoid combination.
Ashwagandha	Immunosuppressants - Immunostimulant activity opposes therapy. Avoid.

Recommendation Summary:

2	11	7	20	0
ESSENTIAL	USEFUL	LIMITED	WITHHELD	

MMSX-SG-20260927-CW26CT-1 | MMSx Authority Institute, 27th Sep 2026 | Educational decision support

- 1 Masthead**
TrainersEye Supplement Guide, the athlete's goal, the date and page count.
- 2 Document identifier**
The MMSX-SG serial and barcode — quote in full for any query.
- 3 Control block**
Issued, ISO timestamp, dataset, engine, safety gates evaluated, gates active and validity.
- 4 Subject profile as declared**
Goal, sex, age, weight, diet, athlete mode, clinical flags and medications as entered.
- 5 Major interaction register**
Each supplement, the medicines it interacts with and the action to take.
- 6 Recommendation summary**
The graded recommendations begin here and run through the following pages.
- 7 Summary tiles**
Essential, useful, limited and withheld counts.
- 8 Footer**
Identifier, MMSx Authority Institute, EIN, educational decision support, page number.



Move with **Precision.** Live with **Confidence.**

SUPPLEMENT ENGINE IS PART OF TRAINERSEYE

Support: support@trainerseye.com · trainerseye.com

Suggested by the professional team of experts from MMSx Authority Institute

Educational decision support, not medical advice. Supplements interact with medicines and conditions — have a clinician review any guide for a client on medication, pregnant or breastfeeding, under 18 or with a diagnosed condition.