



THE LABEL DECODER

How to read a back-and-muscle supplement label in ten seconds — what "proprietary blend" legally allows, why the front says 1,500 mg and the back says something else,

- The ten-second label read, step by step
- The six label tricks, each shown on a real bottle
- Twelve popular back and muscle ingredients, rated without
- The four that are genuinely worth buying — and the eight

12 INGREDIENTS RATED · 6 LABEL TRICKS · 20 PAGES

READ THIS FIRST

This guide is educational content about food. It is not medical advice, not a diagnosis, and not a treatment for any condition. It does not replace medication, and nothing in it should cause you to stop or change a prescription.

INTERACTIONS THAT MATTER

- Turmeric and ginger can increase the effect of blood thinners such as warfarin. Culinary amounts are not supplement doses, but the interaction is real. Every affected formula in this guide is marked.
- Tart cherry juice carries a meaningful amount of natural sugar. If you manage diabetes, treat it as juice, not as medicine.
- Ginger can lower blood pressure slightly, which matters if you already take something that does the same.
- If you are pregnant, breastfeeding, or preparing for surgery, ask before adding concentrated turmeric of any kind.

WHEN TO STOP READING AND CALL A DOCTOR

- Numbness in the saddle area — between the legs, or around the back passage.
- Any change in bladder or bowel control.
- Weakness in a leg or foot, or a foot that drags.
- Pain that began after a fall, a crash or a significant impact.
- Unexplained weight loss, night sweats or fever alongside back pain.
- Pain that is significantly worse at night and does not ease with position.

None of those are a stiff morning, and none of them are a job for a recipe. Some of them are an emergency — the guide names which.

WHAT IS IN HERE

The ten-second read

Five steps, in the aisle, on any bottle.

Six label tricks

Each one named and shown.

Twelve ingredients, rated

Evidence stated plainly, including where it is thin.

The four worth buying

Where a bottle genuinely beats the kitchen.

The auto-ship script

Two minutes to cancel.

THE TEN-SECOND READ

FORMULA FACTS		Five steps
Any bottle, in the aisle		
AMOUNT PER SERVING		
1. Turn the bottle over		3 sec
2. Find 'serving size'		2 sec
3. Look for 'proprietary blend'		2 sec
4. Read the order of ingredients		2 sec
5. Divide price by servings		1 sec

What you learn: whether a serving is one capsule or two, whether the amounts are disclosed at all, and what a day actually costs. Most bottles fail step three.

▲ This is buyer education about labels. What you should take is a conversation with your doctor.

SIX LABEL TRICKS

THE BLEND TOTAL

"1,500 mg" on the front is the whole blend, not the ingredient you came for.

SERVING SIZE OF TWO

The daily cost is double the shelf maths if a serving is two capsules.

ORDER OF WEIGHT

Ingredients are listed heaviest first. The one on the label art is often last.

"CLINICALLY STUDIED"

Usually true of one ingredient, at a dose this product may not contain.

FAIRY DUSTING

An ingredient present in an amount too small to do anything, so it can appear on the label.

AUTO-SHIP BY DEFAULT

The subscription box is pre-ticked more often than not.

MAGNESIUM CITRATE

FORMULA FACTS		Evidence summary
Magnesium citrate		
AMOUNT PER SERVING		
Evidence strength		Moderate
Sold as		Capsule, powder or blend
Kitchen equivalent		See verdict
Worth a bottle?		See verdict

Well absorbed and the form most often studied. Relevant if you genuinely run low.

VERDICT

The best of the magnesium forms if you buy one — but food first.

MAGNESIUM OXIDE

FORMULA FACTS		Evidence summary
Magnesium oxide		
AMOUNT PER SERVING		
Evidence strength		Low
Sold as	Capsule, powder or blend	
Kitchen equivalent		See verdict
Worth a bottle?		See verdict

Cheap, poorly absorbed, and the form most often found in bargain bottles.

VERDICT

Mostly passes through you. Check the label for which form you are buying.

MAGNESIUM GLYCINATE

FORMULA FACTS		Evidence summary
Magnesium glycinate		
AMOUNT PER SERVING		
Evidence strength		Moderate
Sold as		Capsule, powder or blend
Kitchen equivalent		See verdict
Worth a bottle?		See verdict

Gentler on the stomach, commonly recommended for night cramp.

VERDICT

Reasonable choice if oxide upsets you.

CURCUMIN / TURMERIC EXTRACT

FORMULA FACTS		Evidence summary
Curcumin / turmeric extract		
AMOUNT PER SERVING		
Evidence strength		Moderate
Sold as		Capsule, powder or blend
Kitchen equivalent		See verdict
Worth a bottle?		See verdict

The most studied anti-inflammatory in the aisle. Needs pepper or a fat carrier.

VERDICT

Worth a bottle as a standardised extract, with your doctor's agreement.

OMEGA-3 (EPA/DHA)

FORMULA FACTS		Evidence summary
Omega-3 (EPA/DHA)		
AMOUNT PER SERVING		
Evidence strength		Moderate
Sold as		Capsule, powder or blend
Kitchen equivalent		See verdict
Worth a bottle?		See verdict

Reasonable evidence, but dose matters and most blends contain a fraction of what was studied.

VERDICT

Cheaper and easier from oily fish twice a week.

VITAMIN D



FORMULA FACTS		Evidence summary
Vitamin D		
AMOUNT PER SERVING		
Evidence strength		Context
Sold as	Capsule, powder or blend	
Kitchen equivalent		See verdict
Worth a bottle?		See verdict

Matters if you are deficient, and deficiency is common in back-pain populations.

VERDICT

Get tested rather than guessing. This is a GP conversation.

COLLAGEN PEPTIDES

FORMULA FACTS		Evidence summary
Collagen peptides		
AMOUNT PER SERVING		
Evidence strength		Thin
Sold as	Capsule, powder or blend	
Kitchen equivalent		See verdict
Worth a bottle?		See verdict

Heavily marketed for discs and cartilage; the evidence for that claim remains thin.

VERDICT

Broth is cheaper and tastes better.

FORMULA FACTS		Evidence summary
MSM		
AMOUNT PER SERVING		
Evidence strength		Thin
Sold as	Capsule, powder or blend	
Kitchen equivalent		See verdict
Worth a bottle?		See verdict

Small trials, unclear mechanism.

VERDICT

Not worth the shelf price.

GLUCOSAMINE / CHONDROITIN

FORMULA FACTS		Evidence summary
Glucosamine / chondroitin		
AMOUNT PER SERVING		
Evidence strength		Mixed
Sold as		Capsule, powder or blend
Kitchen equivalent		See verdict
Worth a bottle?		See verdict

Large trial history, results inconsistent, and mostly studied for knees rather than backs.

VERDICT

Weakly supported for this use.

DEVIL'S CLAW

FORMULA FACTS		Evidence summary
Devil's claw		
AMOUNT PER SERVING		
Evidence strength		Limited
Sold as	Capsule, powder or blend	
Kitchen equivalent		See verdict
Worth a bottle?		See verdict

A handful of small trials in low back pain, generally modest.

VERDICT

One of the four with a genuine case.

WHITE WILLOW BARK

FORMULA FACTS		Evidence summary
White willow bark		
AMOUNT PER SERVING		
Evidence strength		Limited
Sold as	Capsule, powder or blend	
Kitchen equivalent		See verdict
Worth a bottle?		See verdict

Related to aspirin, with the same bleeding considerations.

VERDICT

Not alongside blood thinners or daily NSAIDs. Ask first.

PROPRIETARY MUSCLE BLENDS

FORMULA FACTS		Evidence summary
Proprietary muscle blends		
AMOUNT PER SERVING		
Evidence strength		None
Sold as	Capsule, powder or blend	
Kitchen equivalent		See verdict
Worth a bottle?		See verdict

Not an ingredient — a way of not telling you the amounts.

VERDICT

The clearest reason to put a bottle back on the shelf.

THE FOUR WORTH BUYING

Where a bottle genuinely beats the kitchen — with the reasoning, and with your doctor consulted first.

A STANDARDISED CURCUMIN EXTRACT

The one case where a supplement clearly delivers more than the spice jar.

FISH OIL, IF YOU DO NOT EAT FISH

Food first. If oily fish twice a week is never happening, this is the substitute.

BOSWELLIA

Small evidence base, but real, and it has no kitchen equivalent.

VITAMIN D, IF YOU ARE DEFICIENT

Test rather than guess — and this is a conversation with your GP, not a shelf decision.

THE AUTO-SHIP SCRIPT

Read this out or paste it in. It works because it is short and gives no opening for a counter-offer.

"I'd like to cancel my subscription and any future shipments, effective today. Please confirm the cancellation by email and confirm that no further payments will be taken. I don't want to pause or change the plan — please cancel it."

BEFORE YOU GO

One change at a time. The most common way this fails is doing all of it in week one and none of it in week three. Pick the single formula that fits your evening and make it until you stop thinking about it — then add the next.

YOUR REFUND, PLAINLY

Sixty days, no questions, no form. Email accesssupport.ai@gmail.com and it is done. You keep the guide.

LEGAL

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