

Spot the Red Flags: A Guide to “Miraculous” Health Claims

Learn how to separate legit health info from hype, scams, and too-good-to-be-true claims online.

“It’s a Miracle!”

You’ve probably seen posts like:

“One pill a day cured my autoimmune disease!”
“This parasite cleanse cleared ALL my symptoms!”

As autoimmune disease awareness grows, so does misinformation — and companies trying to profit from people who are scared, frustrated, or searching for answers. When you’re in a flare, waiting for a diagnosis, or just trying to feel better, it’s easy to be targeted.

Spot the Red Flags

The FDA has tips to help you avoid scams online.

Watch out for:

- Promises to cure everything – If your doctor says it’s chronic, no “miracle product” will magically erase it.
- Over-the-top personal testimonials – Anyone can make these up – with zero scientific evidence.
- Buzzwords like “all natural,” “miracle,” or “secret formula” – Natural doesn’t always mean safe. Poison ivy is natural. So is snake venom.

You Deserve Care That’s Safe + Trustworthy

Approach health claims online with smart skepticism — especially when it sounds too good to be true.

When in doubt, ask your doctor, nurse, or pharmacist before buying anything.

Supplements ≠ Harmless

Prescription medicines go through intense safety testing. Supplements don’t.

Some supplements may:

- Be contaminated
- Not contain what the label says
- Interact with your medications

If you choose supplements, look for the USP Verified mark — it means:

- ✓ Good manufacturing practices
- ✓ Ingredients match the label
- ✓ Tested for harmful contaminants



Check the Source

Before you buy, ask:

- Who is selling this — a licensed healthcare professional or a random influencer?
- Are they profiting from every sale?
- What are their qualifications?
- Do they mention risks or only hype benefits?

What’s the Evidence?

Trust peer-reviewed science, not trends

Good places to verify information:

- Mayo Clinic
- Centers for Disease Control and Prevention
- Academic medical center websites
- Your clinician or pharmacist!