Skincare label comparison worksheet

Compare up to three products you are already considering. Record what each source states, where you found it and when, and keep unknown details visible.

BEFORE YOU START

Use the exact name from the package or official page. Record only the claims you can verify and keep unknown information visible. This worksheet organizes shopping information; it does not assess product safety for an individual. Keep your completed copy privately.

1 Identity and stated claims

FIELD	OPTION A	OPTION B	OPTION C
Brand As printed on the package			
Exact name Full name from the package or official page, including any variant words			
Region Market of the package or page, e.g. US			
Category e.g. cleanser or moisturizer			
Source Official page address or “package”			
Checked date The day you checked the source			
Stated claim Exact wording, attributed: “manufacturer states …”			

- Leave a field blank or write “unknown” when you cannot verify it. A blank is not a negative result.
- Copy a claim exactly as the source states it, and note where you found it and the date you checked.

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2 Package and price

FIELD	OPTION A	OPTION B	OPTION C
Package quantity Number on the package			
Unit mL or g (use the same unit for every option)			
Price USD, as you will compare it			

To compare cost per mL or g, divide each price by its quantity in the same unit, or use the unit-price calculator at naturalibeauty.com/tools/unit-price/.

3 Open questions

What do you still need to confirm before buying? For example, a detail missing from the label, or a difference between the package and the official page.

OPTION A

OPTION B

OPTION C

4 Next action

What will you do next, and what must be true first?

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