PREPDOC AI

Your Wellness Report

Dual-AI debate
3 rounds · Sonnet 4.6 + Grok 4.1

Your profile points to three strong research matches, two high-value decisions to review with your doctor, and a handful of items to reconsider. Full report unlocked below.

3 High-value | 2 Moderate | 2 Differences | 4 To review | 3 Labs to discuss
3 Emerging research | 2 Interactions | 8 Doctor questions

Executive Summary

Start here. If you read nothing else, read this.

Top 3 to Discuss With Your Doctor

1 Both AIs flagged

Vitamin D status uncertain despite supplementation

You are taking Vitamin D3, but without a recent 25(OH)D blood level, neither AI can confirm whether your current dose is adequate. Women 50-59 are at higher risk for insufficiency, which affects bone density, immune function, and metabolic health.

Why this is #1: Both AIs flagged that supplementing without lab verification could mean you are either under-dosing (no benefit) or over-dosing (toxicity risk).

2 Both AIs flagged

Metabolic markers not recently assessed

Your body composition goal and age bracket warrant baseline metabolic testing. Fasting insulin and HbA1c would clarify whether insulin resistance is a factor in your plateau, and whether interventions like creatine or dietary changes should be adjusted.

Why this is #2: Without these labs, your doctor cannot distinguish a training plateau from a metabolic one, which changes the entire approach.

3 Claude flagged

Magnesium-antibiotic interaction risk

You take magnesium daily. If prescribed fluoroquinolone or tetracycline antibiotics, magnesium can reduce antibiotic absorption by up to 50%. This is not a current issue but becomes critical the moment antibiotics are prescribed.

Why this is #3: This interaction is well-documented but easy to miss in an urgent care visit where your supplement list may not be reviewed.

Your Questions

> *"I've been taking supplements for years but I'm not sure if they're actually working. How do I know?"*

The most direct way to verify supplement efficacy is through targeted blood work. For your current stack, three specific tests would give you and your doctor actionable data.

1. **25(OH)D serum level for Vitamin D3** - Your current dose may be insufficient for your age group. A blood level below 30 ng/mL would indicate you need a higher dose or better absorption strategy.
   (From: high_value)
2. **RBC Magnesium (not serum)** - Serum magnesium is a poor indicator of total body stores. RBC magnesium gives a more accurate picture of whether your supplementation is effective.
   (From: high_value)
3. **Fasting insulin and HbA1c** - These metabolic markers would reveal whether your body composition plateau has a metabolic component that supplements alone cannot address.
   (From: lab_clinical_followup)

> *"Are any of my supplements a waste of money?"*

Both AIs identified four items in your current stack with limited evidence for your specific profile. B-Complex is duplicated by your multivitamin, CoQ10 lacks indication without statin use, and iron supplementation is not supported without confirmed deficiency.

Doctor Visit Questions 8 items

Take these to your next appointment.

1. My recent profile suggests my Vitamin D status may be uncertain. What might be driving this, and should we check a 25(OH)D level?
   Relates to Top 3 #1 - Vitamin D status uncertain des...
2. Given my body composition goal at 50-59, should we evaluate fasting insulin and HbA1c as baseline metabolic markers?
   Relates to Top 3 #2 - Metabolic markers not recently...
3. If I ever need antibiotics, what spacing would you recommend between magnesium and the antibiotic?
   Relates to Top 3 #3 - Magnesium-antibiotic interacti...
4. I am taking magnesium. Given my age and profile, should we check a red blood cell magnesium or serum magnesium?

5. Should we run a thyroid panel (TSH, Free T3, Free T4) given my age and reported energy level?

6. I am interested in exploring creatine for body composition and athletic performance. Are there reasons in my history why I should not use it?

7. Are there prescription peptides you would discuss given my body composition goals, and what would appropriate monitoring look like?

8. Given emerging research on GLP-1/GIP agonists for body composition in non-diabetic adults, is there a point at which we might consider evaluating my candidacy?

Labs to Discuss With Your Doctor 3 items

Ranked by clinical priority, not grouped by tag.

Discuss with your doctor - these are clinical follow-ups, not supplement recommendations.

- Recheck — Fasting insulin and HbA1c
- Clinical Decision — Thyroid panel (TSH, Free T3, Free T4)
- Missing Baseline — 25(OH)D serum level

Details

Background, citations, and the Claude-Grok debate behind the findings above.

- High-Value Research Matches 3
- Moderate Value 2
- Areas of Difference 2
- Supplements to Review With Your Doctor 4
- Peptides & Prescription Compounds 2
- Emerging Research 3

⚠️ **Interaction Flags** 2 ▸

Below are personalized questions for your next doctor visit, drawn from the findings above. Bring this page with you so the conversation can move quickly into the specific items you and your doctor want to evaluate together.

All findings cite peer-reviewed published research. Expand each item for individual citations.

Want to dig deeper into any of these findings? Ask below.

Ask a follow-up question

Two AIs will debate your question using your profile and this snapshot as context.

You've used all your questions for this period. They'll reset next period.

No questions remaining.

About this report.

This report consolidates publicly available research matched to your specific lab values, medications, and supplement regimen, produced by two independent AI systems, Claude and Grok, that each analyzed your profile separately, then reviewed and challenged each other's findings before a final consensus merge produced the report you're reading. Where Claude and Grok agreed, confidence is higher; where they reached different conclusions, those items are surfaced in the Areas of Difference section so you and your physician can evaluate the nuance directly.

Important.

This report aggregates research findings from two independent AI systems (Claude and Grok). It is not medical advice, diagnosis, or treatment. Always consult your doctor before making any changes to your supplements, medications, hormones, or peptides.