

EVIDENCE EXHIBITS

Paper Trail · Some exhibits below are fabricated for this exercise. At least one is real.

EXHIBIT A SOCIAL POST

@gutfeelingswellness · posted 5:18 PM · shared 11,700 times

"If you struggle with anxiety you NEED to hear this — there's a real peer-reviewed study showing probiotics like the ones in my daily blend improve mood and anxiety. Gut health = mental health, it's science! Link in bio"

EXHIBIT B PRODUCT WEBPAGE

gutflorablend.example/the-science

GUTFLORA Shop The Science Reviews

Calm Your Mind by Healing Your Gut.

✓ CLINICALLY SHOWN TO IMPROVE MOOD

[gutbrainresearchcenter.example/anxiety-study](#)

"The probiotic mental-health advocates recommend" — Mindful Body Blog

EXHIBIT C BLOG ARTICLE

mindfulbodyblog.example · posted 6 days before the viral post

Headline: "The Gut-Brain Connection: What the Research Really Says." Excerpt: "GutFlora cites a systematic review published in a peer-reviewed nutrition journal that found probiotic supplementation improved mental health outcomes, including anxiety and depressive symptoms, in adult women. The brand presents this as evidence its blend works for anyone." A link under "the review" leads to Exhibit D.

EXHIBIT D PRESS RELEASE

gutflorablend.example/press · issued 5 weeks before the blog article

FOR IMMEDIATE RELEASE — GutFlora announces that a systematic review of randomized controlled trials supports probiotics' role in improving mental health. "The research is clear: probiotics can meaningfully improve anxiety and mood," said the brand's wellness advisor. The release does not mention the specific health condition of the study participants, and does not note that only five small studies were included.

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EXHIBIT E

CITATION

Referenced in Exhibits C and D as “a systematic review ... in a peer-reviewed nutrition journal”

Łagowska K, Ptasińska D.

Effects of Probiotic Supplementation on Mental Health and the Risk of Depression in Women with Polycystic Ovary Syndrome: A Systematic Review of Randomized Controlled Trials.

Nutrients. 2026;18(2):307.

DOI: 10.3390/nu18020307 PMID: 41599922

A record with this title, journal, and DOI can be looked up directly. Check who the review was actually about, how many studies it included, and how confident its conclusions were — then compare that to how Exhibits C and D describe it.