

PAPER TRAIL

Tracing Claims to Their Source

DOMAIN: HEALTH x MARKETING
 TRAIL LENGTH: 4 hops, 5 exhibits
 No dead ends — one exhibit is real

THE CLAIM (see Exhibit A)
 A wellness influencer's post says a "Stanford study" proved her favorite greens powder reverses aging by ten years — and it's already been shared thousands of times.

YOUR TASK

Work backward through Exhibits A–E. At each hop, identify what the next exhibit actually is, and what kind of source it is. One exhibit is a real, independently verifiable reference — find it, and compare what it actually says to how the earlier exhibits describe it.

1 HOP 1: The product webpage

What did you find, and where? What tipped you off?

Source type: Original research News article Press release Blog / opinion Social post Advertisement Website

see Exhibit B

2 HOP 2: The blog article

What did you find, and where? What tipped you off?

Source type: Original research News article Press release Blog / opinion Social post Advertisement Website

see Exhibit C

3 HOP 3: The press release

What did you find, and where? What tipped you off?

Source type: Original research News article Press release Blog / opinion Social post Advertisement Website

see Exhibit D

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HOP 4: The underlying citation

see Exhibit E

What did you find, and where? What tipped you off?

Four horizontal text input fields for recording findings and locations.

Source type:

- Original research
- News article
- Press release
- Blog / opinion
- Social post
- Advertisement
- Website

FIELD NOTES

What changed between Exhibit E and the version you first saw? What got dropped, exaggerated, or reframed?

Seven horizontal text input fields for field notes.