



Category evidence guide

Choose material that addresses your product's function and the practical tasks performed by its users.

Evidence by product category

Category	Material to address
Nutrition & Supplements	Complete formulation and intake; relevant users; finished-product findings; justification for ingredient evidence; label and warnings
Wearables & Connected Health	Device, app and algorithm versions; reference methods; operating conditions; missing data; fitting, charging and result understanding
Home Monitoring & Self-testing	Device or kit and consumables; performance conditions; lay-user preparation, sampling, invalid results and interpretation
Digital Health & Self-management	Release and task; evidence of benefit distinct from engagement; onboarding, accessibility, permissions, subscriptions and updates
Mobility & Independent Living	User abilities; fitting and load conditions; task findings; environment, assistance, maintenance and repair
Rehabilitation & Recovery	Task and supervision; outcome method and comparison; restrictions, progression, training and continued-use burden
Oral & Personal Health	Device or formulation; health purpose and regimen; technique, frequency, warnings and relevant outcome findings
Sleep & Everyday Wellbeing	Specific task; measured outcomes distinct from comfort; comparison conditions, routine, dependencies and uncertainty

Different material answers different questions

A market authorisation concerns supply conditions; it does not establish a benefit in daily use. Performance findings do not replace usability findings. Satisfaction should not be presented as evidence of a different health outcome. Explain how the materials work together.

Identify the product throughout

Match the formulation, model or release across the application, reports and instructions. Explain every relevant difference when relying on related products or proposing more than one model.

Check the category page

The [eight category pages](#) provide more detailed questions and preparation lists. Only eligible finished products are considered; read [Eligibility](#) if the product or authority to submit is unclear.

Next steps

[Find your category](#)

[Use the evidence worksheet](#)