

BY NICK LOCASCIO / 10 CLAUDE-READY PROMPTS

THE AI BIOHACKER'S PLAYBOOK

BIOMARKERS / GENETICS / SUPPLEMENTS / PEPTIDES

PROMPT 08

Compare peptide ideas with my labs.

Human studies. Missing data. Questions worth answering.

BY NICK LOCASCIO / AI RESEARCHER AND REBODY FOUNDER

HOW I USE THESE PROMPTS

I start with one question and the data I already have.

Copy the closest prompt into Claude. Give it the dates, units, medications, and other context it asks for. Remove your name and anything else you would not post online.

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|----|-----------------------------------|---|
| 01 | STRIP OUT PERSONAL DETAILS | Remove your name and anything else you would not post online. |
|----|-----------------------------------|---|
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- | | | |
|----|---------------------------------|---|
| 02 | PASTE THE CLOSEST PROMPT | Give Claude the dates, units, medications, and context it asks for. |
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- | | | |
|----|--------------------------|--|
| 03 | OPEN EVERY SOURCE | Check the population, route, endpoint, and result behind each claim. |
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THE 10 PROMPTS

- 01 Read my full lab panel
- 02 Tell me what changed and why
- 03 Pressure-test a genetic result
- 04 Compare my genetics with my labs
- 05 Tell me what I forgot to test
- 06 Research one supplement
- 07 Audit my full supplement stack
- 08 Compare peptide ideas with my labs
- 09 Stress-test a peptide stack
- 10 Review the whole system

PROMPT 01 / READ MY BLOODWORK

01

Read my full lab panel

Find the few results that matter most, show how related markers change the picture, and tell me what the panel leaves unanswered.

BRING THIS

Paste a lab report with your name and other identifying details removed

NEXT / COPY THE FULL PROMPT INTO CLAUDE

PROMPT 01 / COPY + PASTE

Read my full lab panel

Help me read a bloodwork report. Be skeptical, specific, and willing to say when the report does not support a conclusion.

Before you analyze it, check the units, lab ranges, test date, fasting status, age range, sex, and any medications, supplements, or recent events that could affect the results. Ask one short question at a time until you have what you need.

Give me:

1. A five-sentence read of the full panel.
2. The findings that matter most, ordered by importance. Explain why each one earned its place.
3. A review of the systems represented in the report, such as thyroid, cardiovascular, metabolic, hormones, nutrients, blood counts, liver, kidney, immune, and stress markers.
4. Groups of markers that mean more together than they do alone.
5. Results that look reassuring or too easy to overinterpret.
6. The most plausible explanations for each important pattern, with the strongest explanation first.
7. What evidence would make each explanation less likely.
8. Missing tests that would answer a specific question. Tell me what decision each test could change.
9. The three follow-up questions most likely to change the interpretation.

Use a table for the marker, result, lab range, prior result if available, direction of change, and your interpretation. Finish with a section called "What this panel cannot tell me."

RULES FOR CLAUDE

- Start with primary research, systematic reviews, and official sources. Prefer current sources when the evidence has changed.
- Put a link beside every factual claim that matters. Name the study, year, population or model, and route when those details affect the answer.
- Tell me whether the evidence comes from humans, animals, cells, a proposed mechanism, or personal reports. Do not blend them together.
- If you cannot verify a study, citation, lab range, interaction, legal status, product, or clinical result, say so. Do not fill in the gap.
- Use the ranges printed on my lab report as context. If you discuss an "optimal" range, name the source and explain where experts disagree.
- Call a hypothesis a hypothesis. Tell me what supports it and what would prove it wrong.
- Ask for missing information before you draw a conclusion.

PROMPT 02 / COMPARE MY LAB PANELS

02

Tell me what changed and why

Compare my results over time and check whether the dates support the story I am telling myself about an intervention.

BRING THIS

Paste at least two dated lab panels and a dated list of what changed

NEXT / COPY THE FULL PROMPT INTO CLAUDE

PROMPT 02 / COPY + PASTE

Tell me what changed and why

Help me compare two or more lab panels against a dated list of changes to my supplements, food, medication, peptides, training, sleep, illness, and body weight.

Before you analyze anything, standardize the marker names and units. If you cannot verify a conversion, ask me. Do not guess.

Give me:

1. One timeline with every test and intervention.
2. The biggest improvements, declines, and reversals.
3. Changes that could be noise, normal variation, or a bad comparison because the test conditions changed.
4. Possible links between an intervention and a result. Rate each link as likely, plausible, weak, or unsupported.
5. The confounders that matter, including simultaneous changes, weight loss, illness, fasting, training load, medication changes, and different laboratories.
6. Tradeoffs where one part of the picture improved while another got worse.
7. What the intervention should have changed if the original theory was right, and whether the data matched that prediction.
8. The smallest useful next experiment or retest.

Timing alone does not prove cause. Finish with a table called "Helped, hurt, unclear, or not measured."

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- Tell me whether the evidence comes from humans, animals, cells, a proposed mechanism, or personal reports. Do not blend them together.
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- Use the ranges printed on my lab report as context. If you discuss an "optimal" range, name the source and explain where experts disagree.
- Call a hypothesis a hypothesis. Tell me what supports it and what would prove it wrong.
- Ask for missing information before you draw a conclusion.

PROMPT 03 / CHECK MY GENETIC REPORT

03

Pressure-test a genetic result

Show me what a variant can tell me, what people on the internet claim it means, and which measurements could show whether it matters now.

BRING THIS

Paste selected variants or a genetic report with identifying details removed

NEXT / COPY THE FULL PROMPT INTO CLAUDE

PROMPT 03 / COPY + PASTE

Pressure-test a genetic result

Help me check a genetic report without treating a variant like destiny.

Confirm the gene, rsID, genotype, genome build if available, zygosity, and the source of the interpretation. Ask me to fix any missing or ambiguous variant data before you continue.

For each variant, tell me:

1. What the gene does in plain English.
2. How strong the association is.
3. Whether the claim concerns disease risk, nutrient processing, medication response, or a loose wellness interpretation.
4. The effect size and population limits when the study reports them.
5. Which common internet claims go beyond the evidence.
6. Which labs, symptoms, or clinical facts could show whether the pathway matters in my case.
7. What should stay unchanged unless better evidence appears.
8. The strongest unanswered question for each variant.

Do not infer a current deficiency or dysfunction from the genotype alone. Rate every interpretation as well established, supported, early, disputed, or unsupported.

RULES FOR CLAUDE

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- Tell me whether the evidence comes from humans, animals, cells, a proposed mechanism, or personal reports. Do not blend them together.
- If you cannot verify a study, citation, lab range, interaction, legal status, product, or clinical result, say so. Do not fill in the gap.
- Use the ranges printed on my lab report as context. If you discuss an "optimal" range, name the source and explain where experts disagree.
- Call a hypothesis a hypothesis. Tell me what supports it and what would prove it wrong.
- Ask for missing information before you draw a conclusion.

PROMPT 04 / CHECK GENES AGAINST BLOODWORK

04

Compare my genetics with my labs

Put genetic claims next to measured biology and show me which ones look active, quiet, unresolved, or built on a weak premise.

BRING THIS

Paste a genetic report and current lab results with identifying details removed

NEXT / COPY THE FULL PROMPT INTO CLAUDE

PROMPT 04 / COPY + PASTE

Compare my genetics with my labs

Put my genetic report next to my current lab results. I want to know which genetic claims show up in measured biology and which ones do not.

Build a table that connects each genetic finding with the biomarkers that could support or contradict it.

Then show me:

1. Genetic findings supported by the current labs.
2. Findings that look quiet or unimportant in the data I have.
3. Abnormal labs that do not have a convincing genetic explanation.
4. Pathways where the evidence conflicts.
5. Nutrient or medication-response claims that need better confirmation.
6. The shortest list of follow-up tests that could settle the most important questions.
7. A final rating for each claim: active, quiet, unresolved, or weak premise.
8. The strongest unanswered question for each claim.

For every connection, show the gene, variant, relevant marker, measured result, strength of evidence, and the best competing explanation.

RULES FOR CLAUDE

- Start with primary research, systematic reviews, and official sources. Prefer current sources when the evidence has changed.
- Put a link beside every factual claim that matters. Name the study, year, population or model, and route when those details affect the answer.
- Tell me whether the evidence comes from humans, animals, cells, a proposed mechanism, or personal reports. Do not blend them together.
- If you cannot verify a study, citation, lab range, interaction, legal status, product, or clinical result, say so. Do not fill in the gap.
- Use the ranges printed on my lab report as context. If you discuss an "optimal" range, name the source and explain where experts disagree.
- Call a hypothesis a hypothesis. Tell me what supports it and what would prove it wrong.
- Ask for missing information before you draw a conclusion.

PROMPT 05 / FIND MY MISSING LABS

05

Tell me what I forgot to test

Start with the question I want answered, the tests I already have, and what I can spend. Cut anything that will not change a decision.

BRING THIS

Describe the question and paste the lab results you already have

NEXT / COPY THE FULL PROMPT INTO CLAUDE

PROMPT 05 / COPY + PASTE

Tell me what I forgot to test

Help me decide which lab tests are worth adding. I am trying to answer a specific question, not order every test that exists.

Ask me one question at a time about my main goal, current symptoms or concerns, existing results, test dates, budget, and the decision I hope the data will change.

Build three lists:

1. Essential baseline tests.
2. Tests aimed at my specific question.
3. Extra tests for deeper self-quantification.

For every test, tell me:

- The exact question it answers.
- Why it belongs with my goal.
- Whether one of my existing results already answers that question.
- What can make the result misleading.
- What decision could change because of it.
- Whether food, time of day, cycle phase, training, illness, or medication affects the test.

Remove tests that add cost without answering a new question. Finish with a one-page shortlist ranked by usefulness and cost.

RULES FOR CLAUDE

- Start with primary research, systematic reviews, and official sources. Prefer current sources when the evidence has changed.
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- Tell me whether the evidence comes from humans, animals, cells, a proposed mechanism, or personal reports. Do not blend them together.
- If you cannot verify a study, citation, lab range, interaction, legal status, product, or clinical result, say so. Do not fill in the gap.
- Use the ranges printed on my lab report as context. If you discuss an "optimal" range, name the source and explain where experts disagree.
- Call a hypothesis a hypothesis. Tell me what supports it and what would prove it wrong.
- Ask for missing information before you draw a conclusion.

PROMPT 06 / CHECK A SUPPLEMENT IDEA

06

Research one supplement

Check whether a supplement has a clear job, whether my data supports that job, and how I would know if it worked.

BRING THIS

Paste the supplement, your goal, relevant labs, diet, and current medications

NEXT / COPY THE FULL PROMPT INTO CLAUDE

PROMPT 06 / COPY + PASTE

Research one supplement

Help me research a supplement for a specific goal. Ask me one question at a time about my goal, food, lab results, genetics, current supplements, medications, allergies, budget, and the result I would measure.

Then give me:

1. The strongest case for using it.
2. The strongest case for skipping it.
3. The exact job it would have in my stack.
4. The lab result or observable outcome that would tell me whether it helped.
5. The quality of the evidence, studied population, formulation, and dose ranges used in the research.
6. Formulation differences that could change the result.
7. Duplicate ingredients, competing minerals, timing problems, and medication interactions that change the fit.
8. A sensible point to reassess the idea.
9. Genetic arguments that sound relevant but lack support in my labs.

Finish with one verdict: strong case, conditional case, weak case, or skip.

RULES FOR CLAUDE

- Start with primary research, systematic reviews, and official sources. Prefer current sources when the evidence has changed.
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- Tell me whether the evidence comes from humans, animals, cells, a proposed mechanism, or personal reports. Do not blend them together.
- If you cannot verify a study, citation, lab range, interaction, legal status, product, or clinical result, say so. Do not fill in the gap.
- Use the ranges printed on my lab report as context. If you discuss an "optimal" range, name the source and explain where experts disagree.
- Call a hypothesis a hypothesis. Tell me what supports it and what would prove it wrong.
- Ask for missing information before you draw a conclusion.

PROMPT 07 / AUDIT MY SUPPLEMENT CABINET

07

Audit my full supplement stack

Add up repeated ingredients, find conflicts, and make every bottle explain what it is doing there.

BRING THIS

Paste every product, ingredient amount, serving count, timing, and reason you take it

NEXT / COPY THE FULL PROMPT INTO CLAUDE

PROMPT 07 / COPY + PASTE

Audit my full supplement stack

Audit everything in my supplement cabinet. I will paste each product, its ingredient form, amount per serving, number of servings, timing, and why I take it. I may also include medications and recent labs.

First, build one ingredient-level inventory. Add up nutrients repeated across multivitamins, powders, drinks, capsules, and fortified products.

Then find:

1. Duplicate ingredients and combined daily totals.
2. Amounts that stand out against established upper limits or studied ranges.
3. Nutrients that compete for absorption and timing conflicts.
4. Medication and supplement interactions.
5. Ingredients with no clear job or measurement.
6. Products whose marketing claims run ahead of the research.
7. Lab results that suggest I should reassess an ingredient.
8. Expensive products with cheaper forms backed by similar evidence.
9. A simpler version of the stack for me to research.

Separate established interactions from theoretical ones and show the source for each. Put the most important interaction questions at the top.

RULES FOR CLAUDE

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- Put a link beside every factual claim that matters. Name the study, year, population or model, and route when those details affect the answer.
- Tell me whether the evidence comes from humans, animals, cells, a proposed mechanism, or personal reports. Do not blend them together.
- If you cannot verify a study, citation, lab range, interaction, legal status, product, or clinical result, say so. Do not fill in the gap.
- Use the ranges printed on my lab report as context. If you discuss an "optimal" range, name the source and explain where experts disagree.
- Call a hypothesis a hypothesis. Tell me what supports it and what would prove it wrong.
- Ask for missing information before you draw a conclusion.

PROMPT 08 / CHECK PEPTIDES AGAINST MY DATA

08

Compare peptide ideas with my labs

Start with my measured results, then show which peptide ideas have a credible connection and which ones are a reach.

BRING THIS

Paste a lab summary, your goals, current treatments, and relevant history

NEXT / COPY THE FULL PROMPT INTO CLAUDE

PROMPT 08 / COPY + PASTE

Compare peptide ideas with my labs

I will give you my lab results, goals, current treatments, preferred forms, budget, and relevant medical history. Help me research peptide options against that information.

Do not give me peptide names yet. Start with the biological questions raised by the data and the ordinary explanations that could account for the same pattern.

Then give me:

1. Peptides with a credible research connection to the goal or measured pattern.
2. The one job each peptide would have.
3. The evidence for that connection, including the population or model and the route used.
4. Lab results that make the idea more relevant.
5. Results or history that weaken the fit.
6. Missing baseline tests that make a conclusion premature.
7. FDA-approved or better-established options when they are relevant.
8. Available form and routine only when you can verify them.
9. A shortlist grouped as stronger fit, possible fit, weak fit, or unsupported.
10. Exact unresolved questions that would change the shortlist.

RULES FOR CLAUDE

- Start with primary research, systematic reviews, and official sources. Prefer current sources when the evidence has changed.
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- Tell me whether the evidence comes from humans, animals, cells, a proposed mechanism, or personal reports. Do not blend them together.
- If you cannot verify a study, citation, lab range, interaction, legal status, product, or clinical result, say so. Do not fill in the gap.
- Use the ranges printed on my lab report as context. If you discuss an "optimal" range, name the source and explain where experts disagree.
- Call a hypothesis a hypothesis. Tell me what supports it and what would prove it wrong.
- Ask for missing information before you draw a conclusion.

PROMPT 09 / CHECK A PEPTIDE SHORTLIST

09

Stress-test a peptide stack

Give every peptide one job, catch compounds doing the same thing, and show what the routine would require.

BRING THIS

Describe your goal or paste the peptide list you are considering

NEXT / COPY THE FULL PROMPT INTO CLAUDE

PROMPT 09 / COPY + PASTE

Stress-test a peptide stack

I want to stress-test a peptide shortlist, or build one if I do not have one yet.

Ask me one question at a time about the main outcome, secondary goals, past peptide use, preferred form, injection tolerance, weekly routine, budget, current treatments, medical history, and the measurement that would count as success.

Then give me:

1. The shortest peptide shortlist you can defend.
2. A different form when a verified option exists and would make the routine easier.
3. One clear job for every peptide.
4. Human, animal, cell, and mechanism evidence in separate sections.
5. Where two compounds target the same mechanism or outcome.
6. Compounds that add work without adding a distinct job.
7. The verified routine, storage, supplies, and monitoring burden.
8. The biggest unknowns in the evidence.
9. Missing information that prevents a useful conclusion.
10. Unresolved questions about interactions, contraindications, formulation, storage, monitoring, and follow-up.

Finish with three columns: keep researching, remove, and unresolved.

RULES FOR CLAUDE

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- Tell me whether the evidence comes from humans, animals, cells, a proposed mechanism, or personal reports. Do not blend them together.
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- Use the ranges printed on my lab report as context. If you discuss an "optimal" range, name the source and explain where experts disagree.
- Call a hypothesis a hypothesis. Tell me what supports it and what would prove it wrong.
- Ask for missing information before you draw a conclusion.

PROMPT 10 / REVIEW ALL MY HEALTH DATA

10

Review the whole system

Put labs, genetics, supplements, peptides, habits, symptoms, and dates in one place and find the few questions worth pursuing next.

BRING THIS

Paste a health-data packet with identifying details removed

NEXT / COPY THE FULL PROMPT INTO CLAUDE

PROMPT 10 / COPY + PASTE

Review the whole system

I am going to give you a messy packet of lab history, genetics, supplements, peptides, medications, food, sleep, wearable data, training, symptoms, goals, and intervention dates.

First, make an inventory of what I supplied. Point out missing dates, units, context, and conflicts. Ask questions until the data map is clear. Do not start the analysis early.

Then give me:

1. A review of each body system represented in the data.
2. The five findings that deserve the most attention.
3. Results that conflict or do not fit the same explanation.
4. Possible explanations ordered by strength, with evidence for and against each one.
5. Genetic claims that look active, quiet, or unresolved in the current labs.
6. An audit of my supplement stack.
7. Peptide ideas that connect to the data and my stated goals.
8. Missing tests that could change a decision.
9. Interventions that look helpful, harmful, unclear, or not measured.
10. The smallest useful next steps.
11. A 90-day measurement plan with fewer changes happening at once.
12. A one-page briefing with the key findings, open questions, and next measurements.
13. A final section called "What the data cannot establish."

Use tables when they make a comparison easier. Give me a short ordered answer instead of a long list of everything that might be possible.

RULES FOR CLAUDE

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- Tell me whether the evidence comes from humans, animals, cells, a proposed mechanism, or personal reports. Do not blend them together.
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- Call a hypothesis a hypothesis. Tell me what supports it and what would prove it wrong.
- Ask for missing information before you draw a conclusion.

VERIFY THE WORK

Make Claude earn your trust.

Claude can invent a citation or flatten a weak study into a confident claim. Open the links. Check the population, route, endpoint, and result before you trust the answer.

WHEN THE ANSWER POINTS TO PEPTIDES

Check the peptide you would receive.

See the form, price, supply, storage, and online-visit details for each peptide Rebody offers.