Hierarchy of Scientific Evidence

Strongest

- Meta-analyses & systematic reviews
- Randomized controlled trials
- Cohort studies
- Case-control studies
- Cross sectional studies
- Animal trials & *in vitro* studies
- Case reports, opinion papers, and letters

Weakest

Not Scientific Evidence

- Personal anecdotes
- Gut feelings
- Parental instincts
- Some guy you know
- Websites like ~atural~ews, InfoVarriors