

UPDATED 9 OCTOBER 2026

Fact *or* Hype

Every AI claim I've tested, with the links and prompts so you can try them yourself.

5

HYPE

15

FACT

1

MID

01

FACT

“This free repo makes Claude Code 75% cheaper”

Ponytail is a free skill that makes Claude Code act like a lazy senior engineer. It writes as little code as possible and uses existing packages instead of building its own, so every build costs less.

1. Give Claude the repo link, or paste this into Claude Code: `Install this https://github.com/DietrichGebert/ponytail`
2. Start a new session. Ponytail is on automatically, so just ask for what you want to build as normal.

TOOL

[Ponytail →](#)

THE TEST

[\[the test → link \]](#)

02

FACT

“This Claude skill finally stops Claude from spamming you with long responses”

I Have ADHD is a free skill that changes how Claude writes its answers. The answer to your question comes first, then the detail underneath, so you can stop reading whenever you've got what you need. You don't need ADHD to use it.

1. Give Claude the repo link, or paste this into Claude: `Install the i-have-adhd skill from https://github.com/ayghri/i-have-adhd`
2. Start any chat with `/i-have-adhd`, then type your question as normal.

TOOL

[I Have ADHD →](#)

THE TEST

[\[the test → link \]](#)

“This free AI tool turns your Claude Code into a full production studio”

Open Montage is a skill that turns Claude Code into a video production team. A researcher, scriptwriter, voice artist and editor, all run by AI.

1. Paste this into Claude Code: `Install this skill`
`https://github.com/calestio/OpenMontage`
2. Go to fal.ai, create an account, add money to it and grab your API key.
3. Paste the API key into the `.env` file. If you don't know where it is, ask Claude.
4. That's it. You're ready. Ask it for a video, like "Create a cinematic trailer for [anything]", and add a picture if you want to be in it.

TOOL

[Open Montage](#) →

THE TEST

[[the test](#) → [link](#)]

“Meta's new personal agent Muse can search through all your saved Instagram posts”

Muse is Meta's new personal AI agent and because it's made by Meta, you can connect your Instagram account, which no other AI can do. That means it can read your saved posts and find things in them for you.

1. Download the Muse desktop app.
2. Connect your Instagram account.
3. Ask it about your saves. I asked "Can you see my saved posts on Instagram?" and it found all 442 of mine.
4. Ask for something specific, like "Give me 5 posts I've saved about AI" or "How about some fashion videos I've saved?"

Note: Muse is only available in the US right now. If you're outside the US, turn on a VPN like NordVPN and set it to the US, then download Muse and sign up. Once you're signed in, you can turn the VPN off. You won't need it again.

TOOL

Muse →

THE TEST

[the test → link]

“This open-source GitHub repo gives your AI agent access to 13 different platforms without any API costs”

Agent Reach is a skill that lets your AI agent read sites that normally block it, like Reddit and X, without paying for their APIs.

1. Paste this into Claude Code: `Install Agent Reach and OpenCLI dependency`
`https://github.com/Panniantong/agent-reach`
2. Make sure you're logged in to Reddit and X in Chrome. OpenCLI uses your browser session to get in.
3. That's it. Your agent can now read Reddit posts, X threads and their comments. Just paste a link and ask about it.

Warning: log in with a spare Reddit or X account, not your main one, in case the platform blocks it for automated use.

TOOL

[Agent Reach →](#)

THE TEST

[\[the test → link \]](#)

“This new AI tool can predict the future before it happens”

MiroFish takes your question, spins up hundreds of AI people, and has them post and argue about it on a simulated social network. Then it writes up a prediction report.

1. Give Claude Code the repo link and ask it to set MiroFish up for you. You'll need an OpenAI API key (I used Luna) and a free Zep key from app.getzep.com.
2. Upload your material and ask your question. I gave it the transcripts of my last five Fact or Hype videos and asked which would do best on Instagram.
3. Start the simulation and leave it.
4. When it says the report is complete, read the report for the prediction.

It correctly picked my /brag video as the best performing video and was right, so I gave it a Fact. Although, I would want to test this with more examples before I can be sure it's not just guessing.

TOOL

MiroFish →

THE TEST

[[the test](#) → [link](#)]

“This brand new model is 444x cheaper and 193x faster than any other model you're paying for to control a browser”

Jev is a new AI model from TypeSafe. It doesn't write text like Claude or ChatGPT, it just makes quick decisions, like which button to click next. I used a repo that lets Jev control your browser, and raced it against Claude. The task was to find the cheapest flight from Madrid to London on the 30th of September. Claude took around 2 minutes, used 1.1 million tokens and cost 95 cents. Jev did it in 27 seconds for \$0.0039. Then I asked it to find the title of MrBeast's first ever YouTube video and it got completely lost. It only did better once I added more instructions on how to do the task. That makes sense because it's a classifier model, it's not meant to be the smartest. By my numbers it was about 4x faster and 240x cheaper, so not quite what they claim.

TOOL

Jev browser Use →

THE TEST

[the test → link]

“Someone made a Claude Skill that tells you exactly what you should charge for your startup”

This Skill looks at your business, runs a pricing model analysis, and tells you which tiers to put things in. I ran it on EasyGB, my storage cleaning app. I've already tested different prices and know which one converts best, so I could judge it properly. It looked at what all my competitors charge, then suggested prices, and they were really good. It also covered unit economics and pricing psychology, and pointed out things I'm not doing yet that could probably 2x my conversions.

TOOL

[Pricing Strategy Skill \(claude-skills-founder\) →](#)

THE TEST

[watch →](#)

“There's a Claude Skill that turns any side project into a fire 20-second launch video in seconds”

/brag is a Claude Code Skill that reads your project's code and turns it into a short launch video with motion graphics, music and share copy. I ran it on EasyGB, the storage cleaning app I launched last week. It took 10 minutes, used 61,000 output tokens and cost \$6 in Claude Credits. But the video was genuinely good, way better than I expected, worth a try.

TOOL

[Brag →](#)

THE TEST

[\[the test → link \]](#)

“This free plugin cuts the tokens that Claude spends by around 65%”

Caveman is a free plugin that makes Claude reply like a caveman. It cuts out the filler words so it spends fewer tokens on every response. I gave Claude the same task with and without it. Without Caveman it used 4,900 output tokens, with it it used 2,400. That's about a 50% cut, and the output looked pretty much the same. So it's not quite the 65% they claim, but it does work.

TOOL

[Caveman](#) →

THE TEST

[watch](#) →

“Years of Apple design is now available as a Claude Skill”

This Skill is trained on Apple's design philosophy. Once installed you point it at a design, like a website, and ask for an audit. It comes back with the mistakes you're making that Apple wouldn't, and how to fix each one. Hand that back to your AI as a prompt and it applies the fixes. I ran it on my own site. It did make it feel more premium, but only slightly.

TOOL

[Apple Design Skill](#) →

THE TEST

[watch](#) →

12

FACT

“An AI avatar generator that creates realistic talking avatars for free”

The model is called LongCat Avatar 1.5. You give it a picture and an audio clip and it turns that into a video of the avatar lip-syncing the voice. I couldn't run it locally on my Mac because it needs an NVIDIA GPU, so I used a third-party site that hosts the model instead. I ran it 4 times on my own picture and got very mediocre results, but when I tried a picture of someone with a lighter complexion it worked a lot better. So my conclusion is it probably works better on lighter skin.

TOOL

[LongCat Avatar 1.5](#) →

THE TEST

[\[the test → link \]](#)

13

FACT

“Claude can now watch videos with this Skill”

This is a simple tool that gives Claude instructions on how to download Instagram, YouTube and other videos, then use the Whisper API to transcribe them and generate a report. Useful if you're researching viral videos or need to reference one. I tried it 4 times and it worked 3 out of 4. Because it uses the Whisper API you have to pay for the transcriptions, but it's pretty cheap.

TOOL

[Claude Watch](#) →

THE TEST

[watch](#) →

14

FACT

“This entire explainer video started with a single sentence”

This tool uses a combination of AI models to create explainer videos from a single prompt: GPT Image 2 for the storyboard, Lyria for the audio, and Seedance to stitch everything together. I tried it with two examples and it worked very well. The only drawback is that it's expensive. I paid \$30 for those two videos.

TOOL

[Open Art](#) →

THE TEST

[watch](#) →

15

FACT

“This GitHub repo finally clones a website properly from a screenshot”

It rebuilds a website from a screenshot instead of from a link. Ran it side by side against Claude. It pulled the real logo and cover art instead of approximating them, and landed noticeably closer to the original.

TOOL

[screenshot-to-code \(GitHub\)](#) →

THE TEST

[watch](#) →

16

HYPE

“You can now draw lines onto any image and turn them into a drone shot”

You draw the drone path onto a photo in red lines and it flies the camera along them. All 4 attempts ignored the path I drew, and in one of the tests it changed my race.

TOOL

[Google Flow](#) →

THE TEST

[watch](#) →

17

HYPE

“Claude can now make amazing cartoon style videos”

It's meant to generate a cartoon-style commercial for any website you point it at. I paid \$30 for it and tried six times. Most failed outright, and the one that finished was terrible.

TOOL

[Arcads skill](#) →

THE TEST

[watch](#) →

18

FACT

“AI just turned 1 camera into 4”

It turns one talking-head take into a multi-angle edit with hard cuts. It transcribed the clip and wrote the entire camera prompt itself, and the cuts genuinely look like four cameras were in the room. One of the best tests so far.

TOOL

[Multicam Skill](#) →

THE TEST

[watch](#) →

19

HYPE

“Claude just dropped Record a Skill and it can literally do your job for you”

You record yourself doing a task once and it repeats that task for you forever. I recorded myself doing it but it searched the wrong Drive folder and needed me to step in on the one job it was supposed to do alone. I'd say this is still a useful tool, but don't trust it entirely. You might have to step in.

TOOL

[Claude Cowork \(Record a Skill\)](#) →

THE TEST

[watch](#) →

20

HYPE

“you can redesign any room in your house without paying a designer”

It's meant to redesign your room from one photo and hand you a shopping list to buy the whole look. 1 of 3 redesigns was usable, and Claude could not suggest sites where I could purchase them.

TOOL

[Banana Claude →](#)

THE TEST

[watch →](#)

21

HYPE

“you can now edit any video using Claude Code”

It's meant to edit your raw videos from plain instructions, no editor needed. I ran it for 20 minutes and it could not remove the silence or mistakes and couldn't add captions.

TOOL

[Remotion Skill →](#)

THE TEST

[watch →](#)

A new claim gets tested every week.

This list grows every Friday. Get the new verdicts in your inbox, plus one test that never made it to the feed.

factorhype.com