

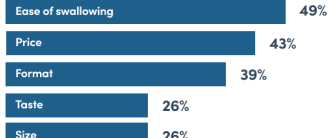


# Common dietary supplement forms

Dietary supplements come in a variety of oral delivery formats. Supplements may be better suited to certain delivery forms based on many factors, such as:

- ▶ Bioavailability, which refers to the proportion of the active ingredient that is absorbed and used by the body
- ▶ Release time
- ▶ Resistance to the gastrointestinal environment
- ▶ Stability
- ▶ Uniformity
- ▶ User experience

## Consumer considerations for delivery form preference



\*According to the 2020 CRN Consumer Survey on Dietary Supplements



### Capsules

Consist of a hard, smooth casing that is filled with the powder or liquid oil of the supplement ingredient(s)

- ✔ Typically easier to swallow than tablets
- ✔ Bitter or unpleasant ingredients aren't tasted in the mouth
- ✔ Available as **gelcaps** (gelatin casing) or **veggie caps** (plant-based casing)
- ✘ Generally contain a lower supplement dose than tablets
- ✘ Large capsules may still be difficult to swallow



### Tablets

Hard pills produced by compressing the powder or granules of the active ingredient with or without additional ingredients

- ✔ Generally contain a higher supplement dose when compared to a capsule or softgel
- ✔ Certain tablets may be split or crushed for easier swallowing
- ✘ Bitter or unpleasant tastes are more noticeable



### Chewable tablets

Tablets that are designed to be chewed and broken down in the mouth prior to swallowing

- ✔ Suitable for individuals who have difficulty swallowing pills
- ✔ Added flavoring may make taking the supplement more appealing
- ✘ Often contain natural or artificial colors, flavors, and/or sweeteners



### Softgels

Pills that contain a liquid supplement ingredient within a gelatin capsule (e.g., beef or pork gelatin, plant-based casing)

- ✔ Gelatin casing may help protect against spoilage
- ✔ Generally considered to be easier to swallow than capsules
- ✘ Often contain animal ingredients (e.g., gelatin)
- ✘ May have a mild taste from the softgel casing
- ✘ Generally contain a lower supplement dose than tablets



### Gummies

Soft, chewable pills that are designed to mimic gummy candies

- ✔ Suitable for individuals who have difficulty swallowing pills
- ✔ Added flavoring may make taking the supplement more appealing
- ✘ Often contain natural or artificial colors, flavors, and/or sweeteners
- ✘ Often contain animal ingredients (e.g., gelatin)



### Powders

A dehydrated, powder format of the supplement ingredient(s) that is dissolved in water or another liquid when taken

- ✔ Suitable for individuals who have difficulty swallowing pills
- ✔ Typically considered to be easily absorbed
- ✔ Can provide a higher supplement dose than pill format
- ✘ Bitter or unpleasant tastes are more noticeable
- ✘ Supplement dose may be less precise/consistent
- ✘ Need to be mixed in to water/liquid



### Liquids

Supplements that are suspended in or naturally-occurring as a liquid

- ✔ Suitable for individuals who have difficulty swallowing pills
- ✔ Typically considered to be easily absorbed
- ✔ Allow for dose to be easily adjusted if needed
- ✔ Do not need to be mixed into water/liquid
- ✘ Bitter or unpleasant tastes are more noticeable



### Energy bars

Food-based supplements that provide varying amounts of carbohydrates, proteins, and fats as a source of calories for energy

- ✔ May be fortified with additional nutrients, such as vitamins and minerals
- ✔ Commonly used for their taste and convenience
- ✘ Often contain natural or artificial colors, flavors, and/or sweeteners



### IV vitamin therapy (IV therapy)

Treatment that involves injecting a liquid solution of micronutrients into the bloodstream intravenously



### Topical/transdermal products

Products that are applied to and absorbed by the skin (e.g., creams, gels, lotions, patches)

Always check the product label for information about the supplement facts and ingredients. Consult with your integrative healthcare practitioner to find out which supplements are right for you.