

## What are excipients?

Excipients are binders, fillers and “glues” that are typically non-nutritive substances in nutritional products.  
*These substances often test toxic.*

### Would you want to consume anything that is ***not nutritive?***

We believe it is unnecessary to take nutritional products which have questionable, potentially toxic, non-nutritive excipients.

**Please note:** tablets ALWAYS contain excipients (that is how they are made; they cannot be made without them); therefore, it is wisest to especially avoid nutritional products as tablets.

### **Just a few examples of questionable excipients commonly found in nutritional products:**

**Magnesium stearate** - a cheap lubricating agent; research shows it to be immune-compromising

**Methyl paraben** - a benzoate family member; a known cancer-causing agent

**Microcrystalline cellulose** - a cheap filler

**Silicon dioxide** - a cheap flowing agent (common sand)

**Natural flavors** - an AKA for MSG (monosodium glutamate), a well known neurotoxic agent

**Methacrylic copolymer** - methacrylic acid, a component of the methacrylic acid copolymer, has been reported to act as a teratogen in rat embryo cultures.

**Triethyl citrate** - a plasticizer

**Titanium dioxide** - used for color; liver toxic

**Corn starch** - typically from cheap GMO corn; can invoke allergic responses

**Talcum Powder** - a common excipient rarely not listed on product labels; a suspected carcinogen

### ***Other Questionable But Common Tableting and Encapsulating Agents***

D&C red #33      Propylparaben      Hydroxypropyl methylcellulose

Hydroxypropyl cellulose      Polyethylene glycol      Red ferric oxide-orange shade

Methyl p-hydroxybenzoate      Propyl p-hydroxybenzoate      Sodium acetate

Methylparaben      Sodium metabisulfite      Eudragit



# Are You *Really* Eating These In Your Supplements?

## Common Tableting and Encapsulating Agents

### **Povidone (polyvinylpyrrolidone or PVP):**

PVP is a synthetic polymer used as a dispersing and suspending agent in virtually all encapsulated nutritional supplements; considered to be a **potential carcinogen**.

**Magnesium Stearate:** This commonly used excipient can be made from animal or vegetable sources. It is used as a flowing agent and lubricant. It is insoluble in water and may hinder the absorption of nutrients. Research shows it **suppresses the immune system**.

**Maltodextrin:** A refined sugar obtained by the hydrolysis of cornstarch. It is used for flavor, as a texturizer and bulking agent. Maltodextrin may contain **free glutamate (MSG)**, which occurs as a result of processing. MSG is a **known neurotoxin**.

**Cellulose Starch:** A starch made from plant material that is used as filler, binder and disintegrant. Starches processed from corn **contain free glutamate (MSG)**, resulting from processing. MSG is a **known neurotoxin**.

**Silicon Dioxide:** Silica is a transparent, tasteless, powder that is practically insoluble in water. It is the main component of **beach sand** and is used as an absorbent and flow agent in supplements. It may **hinder digestion** or the uptake of other nutrients and **deplete HCL**.

**Resin:** Resins are used as binders and aid in water resistance. They may be of plant or synthetic origin and are used in lacquers, varnishes, inks, adhesives, synthetic plastics and pharmaceuticals. Synthetic forms include polyvinyl, polystyrene, and polyethylene. **Toxicity** is dependent on the ingredients used in the manufacture of the resin.

**Dicalcium Phosphate:** A mineral complex of calcium and phosphorous that is commonly used as a tableting aid, filler or bulking agent. Phosphates can induce the **same symptoms as MSG** in those who are extremely sensitive to MSG.

**Polysorbate 80:** A non-ionic surfactant that is a polymer containing oleic acid, palmitic acid, sorbitol, and ethylene oxide and is formed by microbial fermentation. It is used as an emulsifier, dispersant, or stabilizer in foods, cosmetics, supplements and pharmaceuticals.

**Titanium Dioxide:** This is an inorganic, white, opaque pigment made from anatase (metallic mineral) that is often used in supplements as a whitening agent. Titanium dioxide is a **pro-oxidant**. It is also used in paints and coatings, plastics, paper, inks, fibers, food and cosmetics.

**Polyethylene Glycol 3350:** This excipient is used as an emulsifier, binder, and surfactant. It improves resistance to moisture and oxidation. Polyethylene is a polymerized ethylene resin and glycol is a dihydric alcohol.

**Pharmaceutical Glaze:** This is actually shellac used to coat vitamin tablets. Shellac is insoluble in stomach acid and supplements coated with **shellac are difficult for the body to break down** and assimilate.

