What Are Excipients?

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

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.

Would you want to consume anything that is not nutritive? We believe it is unnecessary to take nutritional products that have questionable, potentially stressful, non-nutritive excipients.

Here are 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)
- **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
- **Corn starch** typically from cheap GMO corn; can invoke allergic responses
- **Talcum powder** a common excipient rarely listed on product labels; a suspected carcinogen

Other Questionable but Common Tableting and Encapsulating Agents

- D&C red #33
- Propylparaben
- Polyethylene glycol
- Red ferric oxide-orange shade
- Methyl p-hydroxybenzoate
- Propyl p-hydroxybenzoate
- Sodium acetate
- Methylparaben
- Sodium metabisulfite
- Eudragit

Would you want to consume anything that is not nutritive? We believe it is unnecessary to take nutritional products that have questionable, potentially stressful, non-nutritive excipients.