

# 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.*

