What are Excipients?

Excipients are binders, fillers, and “glues” that are typically non-nutritive substances in nutritional products. These substances are often test toxic. Tablets always contain excipients (that’s how they are made). Therefore we suggest avoiding nutritional products in tablet form.

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

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—a common name used for monosodium glutamate (MSG) which is a well known neurotoxic agent

Methacrylic Copolymer—methacrylic acid, a component of 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 listed on product labels; a suspected carcinogen

Other questionable but common tableting and encapsulating agents:

- Propylparaben
- Eudragit
- Hydroxypropyl methylcellulose
- Hydroxypropyl cellulose
- Polylethylene glycol
- D&C Red #33
- Red ferric oxide- orange shade
- Sodium acetate
- Methyl p-hydroxybenzate
- Propyl p-hydroxybenzoate
- Methylparaben
- Sodium metabisulfite