



*The Reference Point*  
*When you're ready for solutions.*

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## 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 STREARATE*—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

*SILLICON DIOXIDE*—a cheap flowing agent (common sand)

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

*METHYACRYLIC 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·                 | ·Polyethylene glycol·            | ·Methyl p-hydroxybenzate·  |
| ·Eudragit·                      | ·D&C Red #33·                    | ·Propyl p-hydroxybenzoate· |
| ·Hydroxypropyl methylcellulose· | ·Red ferric oxide- orange shade· | ·Methylparaben·            |
| ·Hydroxypropyl cellulose·       | ·Sodium acetate·                 | ·Sodium metabisulfite·     |