

Comprehensive Supplement Ingredients List for Community Pharmacy Settings

1. VITAMINS

Fat-Soluble Vitamins

- Vitamin A (Retinol, Beta-carotene)
- Vitamin D (D2 - Ergocalciferol, D3 - Cholecalciferol)
- Vitamin E (Tocopherols, Tocotrienols)
- Vitamin K (K1 - Phylloquinone, K2 - Menaquinone)

Water-Soluble Vitamins

- Vitamin C (Ascorbic acid, Sodium ascorbate)
- Vitamin B1 (Thiamine)
- Vitamin B2 (Riboflavin)
- Vitamin B3 (Niacin, Niacinamide)
- Vitamin B5 (Pantothenic acid)
- Vitamin B6 (Pyridoxine)
- Vitamin B7 (Biotin)
- Vitamin B9 (Folic acid, Folate, Methylfolate)
- Vitamin B12 (Cyanocobalamin, Methylcobalamin)

2. MINERALS

Major Minerals

- Calcium (Carbonate, Citrate, Gluconate)
- Magnesium (Oxide, Citrate, Glycinate, Chloride)
- Potassium (Chloride, Citrate, Gluconate)
- Sodium (Chloride)
- Phosphorus (Phosphate)
- Sulfur (MSM - Methylsulfonylmethane)
- Chloride

Trace Minerals

- Iron (Ferrous sulfate, Ferrous fumarate, Ferrous gluconate, Iron bisglycinate)
- Zinc (Sulfate, Gluconate, Citrate, Picolinate)
- Copper (Sulfate, Gluconate)
- Manganese (Sulfate, Gluconate)
- Selenium (Selenomethionine, Sodium selenite)
- Iodine (Potassium iodide, Kelp)
- Chromium (Picolinate, Polynicotinate)
- Molybdenum
- Boron
- Vanadium
- Cobalt
- Silicon (Silica)
- Fluoride

3. AMINO ACIDS

Essential Amino Acids

- Leucine
- Isoleucine
- Valine (BCAAs - Branched Chain Amino Acids)
- Lysine
- Methionine
- Phenylalanine
- Threonine
- Tryptophan
- Histidine

Non-Essential Amino Acids

- Alanine
- Arginine
- Asparagine

- Aspartic acid
- Cysteine
- Glutamic acid
- Glutamine
- Glycine
- Proline
- Serine
- Tyrosine
- Taurine
- Carnitine (L-Carnitine, Acetyl-L-Carnitine)
- Ornithine
- Citrulline

4. PROTEINS & PROTEIN DERIVATIVES

- Whey Protein (Concentrate, Isolate, Hydrolysate)
- Casein Protein
- Soy Protein
- Pea Protein
- Hemp Protein
- Rice Protein
- Collagen (Types I, II, III, Hydrolyzed collagen)
- Gelatin
- Bone Broth Powder
- Egg Protein

5. FATTY ACIDS & OILS

Omega Fatty Acids

- Omega-3 (EPA, DHA, ALA)
- Omega-6 (GLA - Gamma-linolenic acid, CLA - Conjugated linoleic acid)
- Omega-7 (Palmitoleic acid)
- Omega-9 (Oleic acid)

Oil Sources

- Fish Oil
- Krill Oil
- Cod Liver Oil
- Flaxseed Oil
- Evening Primrose Oil
- Borage Oil
- Black Currant Seed Oil
- MCT Oil (Medium Chain Triglycerides)
- Coconut Oil
- Algal Oil

6. ANTIOXIDANTS

- Glutathione (Reduced, Liposomal)
- Alpha-Lipoic Acid (ALA)
- Coenzyme Q10 (CoQ10, Ubiquinol, Ubiquinone)
- N-Acetyl Cysteine (NAC)
- Astaxanthin
- Lycopene
- Lutein
- Zeaxanthin
- Resveratrol
- Quercetin
- Curcumin
- Pycnogenol
- Grape Seed Extract
- Pine Bark Extract
- Green Tea Extract (EGCG)
- Superoxide Dismutase (SOD)
- Catalase

7. PROBIOTICS & DIGESTIVE ENZYMES

Probiotic Strains

- Lactobacillus acidophilus
- Lactobacillus rhamnosus
- Lactobacillus plantarum
- Lactobacillus casei
- Bifidobacterium bifidum
- Bifidobacterium longum
- Bifidobacterium breve
- Saccharomyces boulardii
- Streptococcus thermophilus
- Bacillus coagulans

Prebiotics

- Inulin
- Fructooligosaccharides (FOS)
- Galactooligosaccharides (GOS)
- Resistant Starch
- Pectin
- Arabinogalactan

Digestive Enzymes

- Amylase
- Protease
- Lipase
- Lactase
- Cellulase
- Bromelain
- Papain
- Pepsin
- Pancreatin

- Betaine HCl

8. HERBAL & BOTANICAL EXTRACTS

Adaptogenic Herbs

- Ashwagandha
- Rhodiola rosea
- Ginseng (Panax, Siberian, American)
- Holy Basil (Tulsi)
- Schisandra
- Cordyceps
- Reishi Mushroom
- Maca Root
- Eleuthero

Cognitive & Mood Support

- Ginkgo Biloba
- Bacopa Monnieri
- Lion's Mane Mushroom
- St. John's Wort
- 5-HTP (5-Hydroxytryptophan)
- SAMe (S-Adenosyl Methionine)
- Phosphatidylserine
- L-Theanine
- Kava Kava
- Valerian Root
- Passionflower
- Lemon Balm

Immune Support

- Echinacea
- Elderberry
- Astragalus

- Andrographis
- Olive Leaf Extract
- Oregano Oil
- Beta-Glucans
- Colostrum
- Transfer Factor

Cardiovascular Support

- Hawthorn Berry
- Garlic Extract
- Red Yeast Rice
- Nattokinase
- Horse Chestnut
- Butcher's Broom

Joint & Inflammation Support

- Turmeric/Curcumin
- Boswellia (Frankincense)
- Ginger
- Devil's Claw
- White Willow Bark
- Cat's Claw

Metabolic & Blood Sugar Support

- Berberine
- Cinnamon Extract
- Gymnema Sylvestre
- Bitter Melon
- Fenugreek
- Alpha-Lipoic Acid
- Chromium Picolinate

Liver Support

- Milk Thistle (Silymarin)
- Dandelion Root
- Artichoke Extract
- N-Acetyl Cysteine

Urinary & Prostate Support

- Saw Palmetto
- Pygeum
- Cranberry Extract
- D-Mannose
- Pumpkin Seed Extract
- Nettle Root

Women's Health

- Black Cohosh
- Chasteberry (Vitex)
- Dong Quai
- Red Clover
- Wild Yam
- Evening Primrose Oil

Energy & Metabolism

- Green Coffee Bean Extract
- Garcinia Cambogia
- Forskolin
- Green Tea Extract (EGCG)
- Guarana
- Yerba Mate

9. SPECIALTY COMPOUNDS

Skin, Hair & Beauty

- Collagen Peptides

- Hyaluronic Acid
- Biotin
- Keratin
- Bamboo Silica
- Horsetail Extract
- Marine Collagen
- Ceramides

Joint Support Compounds

- Glucosamine (Sulfate, HCl)
- Chondroitin Sulfate
- MSM (Methylsulfonylmethane)
- Hyaluronic Acid
- Type II Collagen
- UC-II (Undenatured Collagen)
- Eggshell Membrane
- SAMe

Performance & Sports Nutrition

- Creatine (Monohydrate, HCl)
- Beta-Alanine
- Citrulline Malate
- Arginine
- HMB (Beta-Hydroxy Beta-Methylbutyrate)
- Nitric Oxide Boosters
- Electrolytes

Metabolic Compounds

- Berberine
- Apple Cider Vinegar
- Conjugated Linoleic Acid (CLA)
- L-Carnitine

- 7-Keto DHEA
- Raspberry Ketones

Detox & Cleanse

- Activated Charcoal
- Bentonite Clay
- Chlorella
- Spirulina
- Zeolite
- Fulvic Acid
- Humic Acid

Bone Health

- Vitamin D3
- Vitamin K2 (MK-4, MK-7)
- Calcium
- Magnesium
- Boron
- Strontium
- Ipriflavone

Eye Health

- Lutein
- Zeaxanthin
- Bilberry Extract
- Astaxanthin
- Vitamin A
- Beta-Carotene

Sleep Support

- Melatonin
- GABA (Gamma-Aminobutyric Acid)
- L-Theanine

- Magnesium Glycinate
- 5-HTP
- Valerian Root
- Chamomile

10. FUNCTIONAL FIBERS

- Psyllium Husk
- Methylcellulose
- Wheat Dextrin
- Acacia Fiber
- Konjac Root (Glucomannan)
- Chia Seeds
- Flaxseed Meal
- Apple Pectin

11. SPECIALIZED NUTRIENTS

Phospholipids

- Phosphatidylcholine
- Phosphatidylserine
- Phosphatidylethanolamine
- Lecithin

Nucleotides

- RNA/DNA Nucleotides
- Inosine
- Adenosine

Other Compounds

- Acetyl-L-Carnitine
- Alpha-GPC
- Betaine
- Carnosine
- Choline (Bitartrate, Citrate)

- Dimethylglycine (DMG)
- Inositol
- PABA (Para-Aminobenzoic Acid)
- PQQ (Pyrroloquinoline Quinone)
- TMG (Trimethylglycine)
- Sulforaphane
- Indole-3-Carbinol
- DIM (Diindolylmethane)

12. SWEETENERS & FLAVOR ENHANCERS (Common in Supplements)

- Stevia
- Monk Fruit Extract
- Xylitol
- Erythritol
- Sucratose
- Natural Flavors
- Citric Acid

13. BINDERS & EXCIPIENTS (Inactive Ingredients)

- Microcrystalline Cellulose
- Stearic Acid
- Magnesium Stearate
- Silicon Dioxide
- Maltodextrin
- Dextrose
- Rice Flour
- Gelatin Capsules
- Vegetable Capsules (HPMC)
- Titanium Dioxide
- Natural Colors

NOTES FOR PRESENTATION:

- 1. Regulatory Status:** These ingredients have varying regulatory status across countries (dietary supplements vs. medicines)
- 2. Quality Standards:** GMP, USP, NSF certification importance
- 3. Bioavailability:** Different forms have different absorption rates
- 4. Interactions:** Many can interact with medications
- 5. Evidence Base:** Varies from well-studied (vitamins) to limited evidence (some herbals)
- 6. Dosing:** Wide variation in recommended dosages globally
- 7. Safety:** Most are safe when used appropriately, but professional guidance recommended

This list represents ingredients commonly found in community pharmacy supplement sections globally as of 2024-2025.