**Pot cores**

Pot cores are good for low profile applications. They naturally shield the “stray” H-field because of their enclosed geometry. However, they are not cheap.

**E-cores**

E cores are good for high power applications because the winding around them can be cooled more effectively due to their open construction geometry. They are apparently, easier to wind and have a lot of hardware support such as many options of bobbin and landing patterns.

Overall, this core seems to the most standardised core shape.

**ETD cores or cores with round centre post (also applies for EC and EER cores)**

These cores have shorter path length, which means the overall copper loss in reduced for the same number of turns. Like E-cores, they are good for high power applications since their winding can be cooled due to their wider opening construction.

**Links**

<https://www.electronicdesign.com/technologies/passive-components/article/21192374/one-powerful-decade-keep-core-geometry-in-mind-when-designing-transformers>