

Top 10 supplements dispensed in pharmacy

This table provides an overview of the top 10 supplement ingredients dispensed in pharmacy and their common uses, ideal forms, and typical doses.

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Ingredient	Uses and level of evidence	Ideal forms	Typical dose
B complex	Energy support (A) (Tardy 2020) Stress support (A) (Young 2019)	B1: benfotiamine (Bozic 2023)	50–100 mg (NIH 2023)
		B2: riboflavin 5' phosphate (NIH 2022)	5 mg (Berger 2022)
		B3: niacinamide (NIH 2022) (Bisset 2005)	50–100 mg (NIH 2022)
		B5: pantothenic acid (NIH 2021)	50–100 mg (NIH 2021)
		B6: pyridoxine hydrochloride and P5P (EFSA 2008)	25–50 mg (NIH 2023)
		B7: biotin (NIH 2022)	70–100 mcg (NIH 2022)
		B9: folic acid or methyl folate (NIH 2023)	400–800 mcg (NIH 2023)
		B12: methylcobalamin (NIH 2024)	500–1,000 mcg (NIH 2024)

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Calcium	Bone support (A) (Nordin 2009) ↓ preeclampsia risk (A) (An 2015)	Citrate/malate: ideal for ↓ stomach acid (take on an empty stomach); also protective against kidney stone formation (Straub 2007) (Wasilewski 2019) (Reinwalk 2008) Microcrystalline calcium hydroxyapatite compound (MCHC): ideal for bone support (Bristow 2014) (Branco 2009)	500 mg 2–3 times per day (NIH 2024)
Coenzyme Q10 (CoQ10)	Anti-oxidant (A) (Sangsefidi 2020) Cardiometabolic support (A) (Sahebkar 2016) Energy support (A) (Mehrabani 2019)	Ubiquinone: most common; water-soluble formulations have ↑ bioavailability (Ullmann 2005) Ubiquinol: 2–3 times higher bioavailability than ubiquinone (Zhang 2018)	100–200 mg per day (Sangsefidi 2020) (Mehrabani 2019)
Fiber	Irritable bowel syndrome (IBS) support (A) (Nagarajan 2015) - Weight support (A) (Jovanovski 2020)	Soluble: psyllium, apple and citrus pectin; inulin; ideal for gut support (Neeraja 2015) Insoluble: cellulose, lignin (Akbar 2023)	5–25 g per day (depending on tolerance and diet) (Neeraja 2015)
Fish oil	↓ triglycerides (A) (Jacobson 2008) Improves dry eyes (A) (Giannaccare 2019) ↓ depression symptoms (A) (Bai 2018)	Re-esterified triglyceride-bound (rTG): ↑ bioavailability (Dyerberg 2010)	2–4 g per day (Krupa 2024)
Magnesium	Blood pressure and glucose support (A) (Zhang 2016) (Song 2006) Muscle cramp support (A) (Young 2022) Migraine prevention (A) (von Luckner 2018)	Citrate: commonly used in studies; has ↑ bioavailability; may cause gastrointestinal (GI) upset (Riley 2013) Glycinate: used for generalized support; has ↑ bioavailability with fewer digestive side effects (Hartle 2016)	200–600 mg per day (depending on tolerance) (Young 2022) (von Luckner 2018)
Probiotics: <i>Saccharomyces boulardii</i>	Antibiotic-associated diarrhea prevention (A) (Mcfarland 2010) ↓ Crohn’s and ulcerative colitis relapse (A) (Mcfarland 2010)		3–10 billion colony forming units (CFUs) per day (Mcfarland 2010)
Probiotics: <i>Lactobacillus</i> spp. <i>Bifidobacterium</i> spp.	<i>Clostridium difficile</i> prevention (A) (Siedlecka 2020) (Lahtinen 2011)	<i>L. plantarum</i> (Siedlecka 2020) , <i>L. rhamnosus</i> , and <i>L. acidophilus</i> (Lahtinen 2011)	10–50 billion CFU per day (Dosing will vary based on specific strain, formulation, and purpose.) (Goodman 2021)
	Improve dermatitis and eczema (A) (Sun 2021)	<i>B. longum</i> , <i>L. rhamnosus</i> (Sun 2021) and <i>L. casei</i> (Cukrowska 2021)	
	IBS support (A) (Siedlecka 2020) (WGO 2015)	<i>L. plantarum</i> , <i>B. lactis</i> and <i>B. infantis</i> (Siedlecka 2020) (WGO 2015)	
	Vaginal health (A) (Mei 2022)	<i>L. rhamnosus</i> , <i>L. reuteri</i> , and <i>L. casei</i> (Mei 2022)	

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Vitamin C	Immune support, particularly with upper respiratory tract infections (A) (Hemila 2023) Gout support (A) (Juraschek 2011)	Calcium-L-ascorbate (e.g., Ester C™): similar absorption to ascorbic acid, but generally better tolerated for sensitive individuals (Johnston 1994) Liposomal : highest bioavailability (Davis 2016)	200–2,000 mg per day (NIH 2021)
Vitamin D	Chronic pain support (A) (Wu 2016) ↓ asthma exacerbations (A) (Joliff 2017) Type 2 diabetes support (A) (Wu 2017)	D3 (cholecalciferol) : more effective in raising vitamin D levels compared to ergocalciferol (D2) (Tripkovic 2012)	400–1,000 IU per day (depending on serum levels, may need to go higher) (NIH 2023)
Zinc	Acne support (A) (Yee 2020) Immune support, particularly with upper respiratory tract infections (A) (Hemilä 2023) Depression support (A) (Yosae 2022)	Oxide : least absorbable (Wegmuller 2013) Citrate, bis-glycinate : similar bioavailability (Osco 2023) Acetate : ideal for low stomach acid (Wegmuller 2013)	15–50 mg per day (Yosae 2022) (Hemilä 2023)
The level of evidence is based on Fullscript's Rating Scale . For additional information, please refer to the Fullscript Ingredient Library .			