

# 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) ( <a href="#">Tardy 2020</a> )<br>Stress support (A) ( <a href="#">Young 2019</a> ) | B1: benfotiamine ( <a href="#">Bozic 2023</a> )                              | 50–100 mg ( <a href="#">NIH 2023</a> )     |
|            |                                                                                                        | B2: riboflavin 5' phosphate ( <a href="#">NIH 2022</a> )                     | 5 mg ( <a href="#">Berger 2022</a> )       |
|            |                                                                                                        | B3: niacinamide ( <a href="#">NIH 2022</a> ) ( <a href="#">Bisset 2005</a> ) | 50–100 mg ( <a href="#">NIH 2022</a> )     |
|            |                                                                                                        | B5: pantothenic acid ( <a href="#">NIH 2021</a> )                            | 50–100 mg ( <a href="#">NIH 2021</a> )     |
|            |                                                                                                        | B6: pyridoxine hydrochloride and P5P ( <a href="#">EFSA 2008</a> )           | 25–50 mg ( <a href="#">NIH 2023</a> )      |
|            |                                                                                                        | B7: biotin ( <a href="#">NIH 2022</a> )                                      | 70–100 mcg ( <a href="#">NIH 2022</a> )    |
|            |                                                                                                        | B9: folic acid or methyl folate ( <a href="#">NIH 2023</a> )                 | 400–800 mcg ( <a href="#">NIH 2023</a> )   |
|            |                                                                                                        | B12: methylcobalamin ( <a href="#">NIH 2024</a> )                            | 500–1,000 mcg ( <a href="#">NIH 2024</a> ) |

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

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