

# Conclusions

## In this guide

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1. [Novel Formulations of Supplement Compounds Designed to Increase Oral Bioavailability](#)
2. [Novel Formulations of Supplement Compounds Designed to Increase Oral Bioavailability - Executive Summary](#)
3. [Physical-chemical properties of novel bioavailable supplement formulations](#)
4. [Mechanisms of increased bioavailability](#)
5. [COT's discussion](#)
6. [Physical-chemical properties of novel bioavailable supplement formulations - Conclusions](#)
7. [Physical-chemical properties of novel bioavailable supplement formulations - Recommendations](#)
8. [Annex A - Discussion Paper on Novel Formulations of Supplement Compounds Designed to Increase Oral Bioavailability](#)
9. [Annex A - Novel formulations of supplement compounds](#)
10. [Annex A - Lipid-based delivery systems](#)
11. [Annex A - Other systems to increase bioavailability](#)
12. [Annex A - Uncertainties surrounding novel supplement formulations](#)
13. [Annex A -Market data and projected trends](#)
14. [Annex A - Case studies of supplement formulations with increased bioavailability](#)
15. [Annex A - Summary and discussion](#)
16. [Annex A - Questions for the Committee](#)
17. [Annex A - Abbreviations and glossary](#)
18. [Annex A - Glossary](#)
19. [Annex A- References](#)
20. [Appendix A: Literature search for specific toxicology studies with novel supplement formulations](#)

Within the supplement market, active ingredients continue to be formulated in novel ways that may have important effects on their bioavailability. This may have implications for the toxicological profiles of the supplements in question. Some of the most frequently observed formulations on the market include lipid-based preparations, including liposomes and micelles. However, there are uncertainties regarding the precise physicochemical characterisation of these formulations. Increases in bioavailability have been demonstrated in the scientific literature for a variety of supplements that are of ongoing interest, including curcumin and CBD.