

# Conclusions

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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.