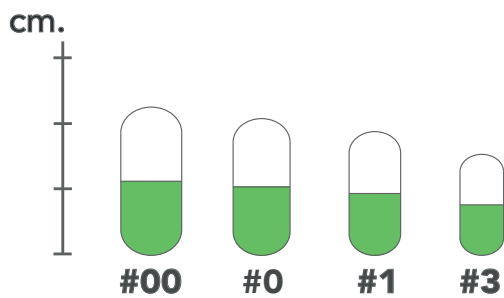


## Capsule Information

The tables below shows the recommended daily intakes for individual vitamins and minerals. The Nutrient Reference Values (NRVs) below are transferred from the EU Food Information for Consumers Regulation 1169/2011.



### Key Definitions:

#### Volume:

The total volume of the inside of the capsule in millimetres (mm).

#### Capsule Capacity:


The total weight capacity measured in milligrams, depending on the density of your formula.

#### Tolerance:

The allowed variance in dimensions that is allowed prior to a product being considered flawed and/or unfit for sale.

#### Mass:

Empty weight of the capsule without product measured in milligrams (mg).

	#00	#0	#1	#3
<b>Volume</b> (ml)	0.93	0.68	0.48	0.27
<b>Capsule capacity</b> (mg)				
0.6 g/ml 	558	408	288	162
0.8 g/ml 	744	544	384	216
1.0 g/ml 	930	680	280	270
1.2 g/ml 	1116	816	576	324
<b>Mass</b> (mg)	123 ± 7	99 ± 6	76 ± 5	48 ± 3

	#00	#0	#1	#3
<b>Locked Length</b> (mm)	23.4	21.5	19.4	15.7
<b>Cap</b> <small>±0.35</small>				
Length (mm)	11.8	10.8	8.9	8.0
Diameter (mm)	8.6	7.6	7.0	5.8
<b>Body</b> <small>±0.35</small>				
Length (mm)	20.1	18.4	16.5	13.4
Diameter (mm)	8.2	7.3	6.6	5.6

### HPMC Capsules

Hydroxymethylpropylcellulose is a vegetarian alternative to gelatin capsules. It is made from a stable, plant based polymer.

#### Benefits:

- Resistance to heat and humidity
- Vegetarian
- Long storage life
- Non brittle
- Suitable for moisture sensitive ingredients

### Gelatine Capsules

#### Benefits:

- Reduced incidence of dented ends
- High reliability of closure
- Easy to swallow
- Dissolves quickly at human body temperature
- High reliability on manufacturing machines

