

Dietary Supplement Stability Testing

Basic FAQ Guide

1. Which products need stability testing?

Dietary supplement brands with expiration dates, best-by dates, or shelf-life claims on product labels.

2. What does “stability” mean?

Stability is the process used to evaluate how long a dietary supplement remains safe, effective, and within label claim, while maintaining quality and performance over time under different storage conditions.

3. Why do I need stability testing for my supplements?

Stability testing helps confirm your supplement maintains potency, quality, and label claim compliance throughout its shelf life, supporting product integrity and consumer trust.

4. When are stability studies typically done?

Stability studies are typically performed before launching a new supplement product; when there are changes to the formula, packaging, or manufacturing process; and when expanding to new distribution channels or storage conditions.

5. Where is stability testing performed?

Stability testing should be performed at qualified laboratories with appropriate expertise, equipment, and stability storage capabilities, such as Certified Laboratories, which supports dietary supplement testing services. (Visit Certified Laboratories' website to get a quote for stability testing.)

6. How does stability testing determine shelf life or expiration dates?

Stability studies generate data showing how your supplement performs over time under defined storage conditions. If the product remains within your specifications (such as potency and quality attributes), you can confidently support your expiration date or shelf-life claim.

7. How long does a stability study for dietary supplements take?

The length of a stability study depends on the shelf life you want to support and the testing intervals required. For example, a study may run 12 or 24 months with samples tested at defined time points, or continue as an ongoing program to confirm products remain within specification through expiration.

8. Is it possible to conduct accelerated stability studies for dietary supplements?

Yes, accelerated stability studies can be used to evaluate how a dietary supplement may perform over time by storing products under elevated temperature and humidity conditions. While accelerated data can support product development and shelf-life projections, real-time stability data is still required to fully support labeled expiration dates.

9. What factors influence the cost of a dietary supplement stability study?

Stability study costs are driven by study design, including the number of products, test parameters, time points, storage conditions, and overall duration. Because these variables differ by product and regulatory need, stability testing costs are evaluated case by case. Contact our team to discuss your supplement and request a customized quote.



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