# Transdermal supplement patches gain momentum as a potential alternative to oral vitamins



Towards the end of last year, a notable trend emerged within the beauty and wellness industry, with many professionals sporting brightly coloured transdermal supplement patches on their wrists. These patches, which resemble children’s novelty sticking plasters, quickly gained traction and began appearing widely on social media platforms, particularly wellness and lifestyle Instagram accounts. Industry insiders anticipate that these patches could potentially replace traditional vitamin tablets and gummies within the next five years.

Transdermal supplement patches purport to offer a range of benefits including improved mental wellbeing, enhanced skin and nail health, increased energy levels, and detoxification support. Despite their growing popularity, the effectiveness of these patches remains difficult to verify conclusively. Because such supplements are not classified as medications, they are typically subjected to less rigorous clinical testing. Available studies tend to be sponsored by supplement companies, adding an element of scepticism to their claims.

Nevertheless, anecdotal evidence in favour of these patches appears significant. Users report subjective improvements: one friend mentioned that the mere presence of the patch made her feel calmer, while another described a "surprisingly dramatic" physiological response to the What Supp Co’s Dip Out Chill Patch. Although these effects could be attributed to the placebo response, some users find real value in the sense of wellness these patches provide.

One of the notable aspects of transdermal patches is their potential to benefit individuals who have difficulties with oral supplements due to digestive problems or swallowing issues. Conventional oral supplements often include bulking agents and come in packaging that is not environmentally friendly. If effective, patches may offer a more convenient and eco-conscious alternative.

Scientifically, it is established that certain molecules can be absorbed through the skin if they fall below a specific molecular weight, typically 500 daltons or less. Kelly Gilbert, founder of the What Supp Co, emphasises this point and criticises brands that use heavier molecules, such as vitamin B12, purely for marketing purposes. Her company produces recyclable, vegan, and allergy-tested patches containing vitamins and amino acids in three formulations: Chill, Energy, and Detox, retailing at £18 for 15 patches.

Another acclaimed brand within the industry is Ross J Barr, whose herbal Period Patches (£15 for a pack of seven) have gained a loyal following. Developed in collaboration with a hospital gynaecology department, these patches are applied to the lower back and are praised for their ability to alleviate pain and improve mood during menstruation. One health and beauty journalist reported that her cynical viewpoint was transformed by witnessing the positive effects on her two adult daughters during their periods.

The Guardian is reporting that while it remains uncertain whether these transdermal patches will fully replace oral supplements, they present an alternative that could suit those who struggle with traditional supplement forms. The patches’ growing acceptance among industry professionals and users alike highlights an evolving approach to wellness and supplementation.

Source: [Noah Wire Services](https://www.noahwire.com)

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