

Manufacturing Capabilities

000–4

CAPSULE SIZES · ALL 7

14

TABLET TOOLING SETS

6

PACKAGING LINES

24.3–180

PACK SIZE RANGE, MM

01

Hard capsules — every size from 000 to 4

All seven standard shell sizes are in production. Shell material gelatin or HPMC; HPMC covers vegan, halal and kosher claims with no reformulation.



SIZE	CLOSED LENGTH	OUTER DIAMETER	VOLUME	FILL WEIGHT	TYPICAL USE
000	26.1 mm	9.91 mm	1.37 mL	822–1,644 mg	Highest single-capsule dose
00	23.4 mm	8.53 mm	0.90 mL	540–1,080 mg	Most common size
0	21.6 mm	7.65 mm	0.68 mL	408–816 mg	General purpose
1	19.4 mm	6.91 mm	0.48 mL	288–576 mg	Easier swallow
2	17.6 mm	6.35 mm	0.36 mL	216–432 mg	Potent actives
3	15.7 mm	5.83 mm	0.27 mL	162–324 mg	Low dose
4	14.3 mm	5.32 mm	0.20 mL	120–240 mg	Smallest size
Capsule geometry follows the standard empty-shell series. Fill weight varies with the blend's bulk density (0.6–1.2 g/mL), so the milligram figures are a working range, not a specification.					

Tablets — fourteen tooling sets

Fourteen punch and die sets in house: **round** from 9.5 to 25 mm, **oval** and **capsule-shaped** from 17 to 23 mm long. A tablet that fits an existing set carries no tooling cost and no tooling lead time.



Figure 2 — the pressed tablet from each tooling set, one common scale, smallest to largest. Shown face-on as it leaves the press, uncoated; the set numbers in the artwork are our tooling references. The 25 mm round is drawn under the common scale — read its diameter from the table, not from the picture.

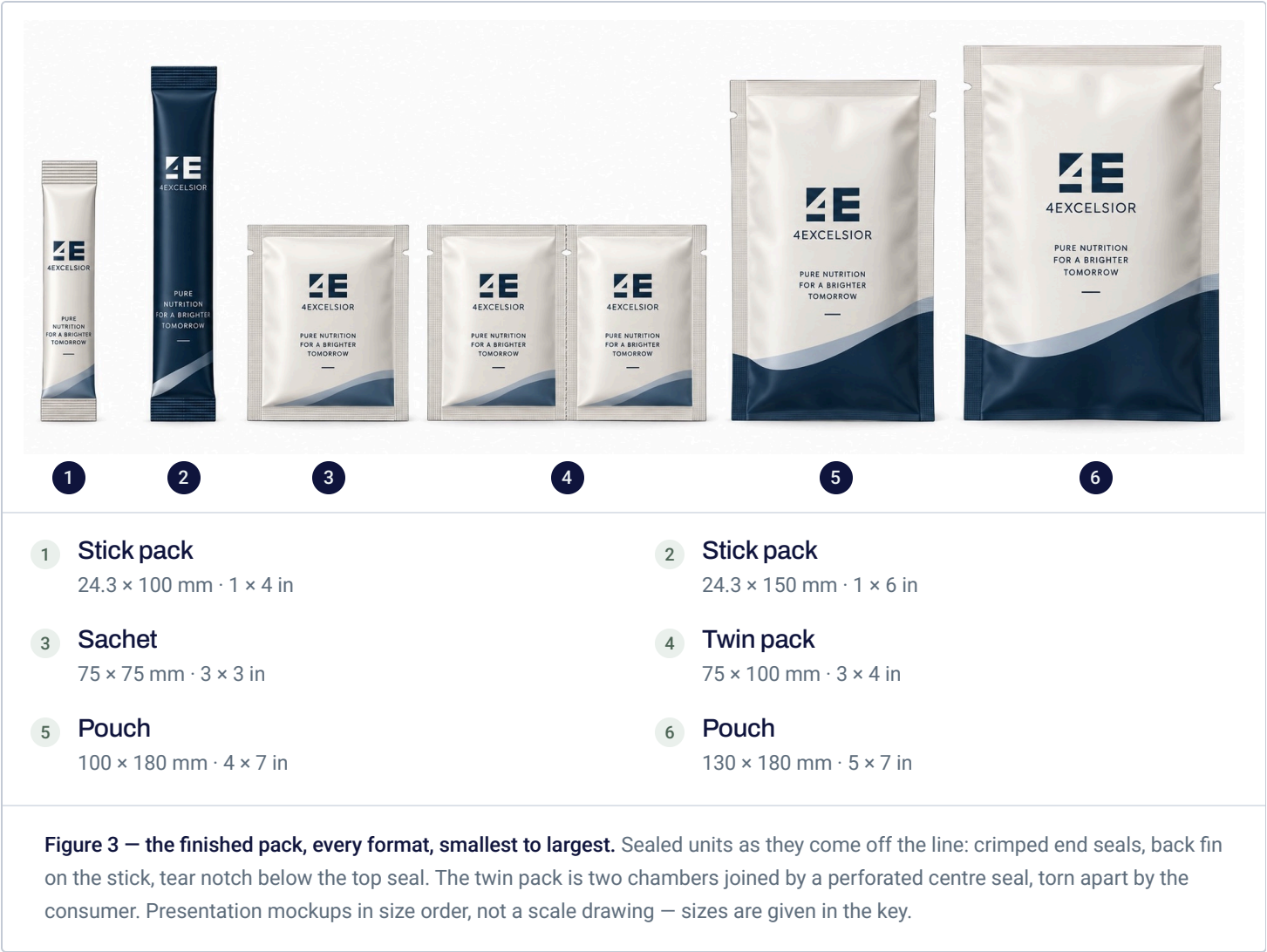
DIMENSIONS (MM)	DIMENSIONS (IN)	NOTE
ROUND		
9.5 ø	0.374 ø	Smallest tablet we press
11.0 ø	0.433 ø	—
12.0 ø	0.472 ø	—
13.0 ø	0.5118 ø	—
16.0 ø	0.6245 ø	—
25.0 ø	0.9842 ø	Largest tablet we press
OVAL		
17.0 × 10.0	0.6695 × 0.3935	—
18.0 × 10.0	0.7087 × 0.3935	—
19.2 × 8.5	0.7560 × 0.3345	Bisect score punch
19.3 × 10.9	0.760 × 0.429	Widest oval
23.0 × 10.0	0.906 × 0.394	Longest oval
CAPSULE SHAPED		
19.2 × 8.1	0.756 × 0.319	Narrowest caplet
21.5 × 8.5	0.847 × 0.335	—
22.0 × 10.0	0.8660 × 0.3935	Longest caplet
Inch figures are as recorded on the tooling; millimetres govern. Bisect scoring is available on the 19.2 × 8.5 mm oval.		

Powder

Blended and filled to a target weight, then sealed into a stick or a pouch — collagen, protein, creatine, electrolytes, greens. Above roughly one gram a dose stops being a sensible capsule, and the pack sets the practical fill ceiling.

Packaging — formats, sizes and capacity

Two families. A **stick pack** is 24.3 mm wide, with the length set between 100 and 150 mm. A **pouch** runs from 75 × 75 mm to 130 × 180 mm, three-side or four-side seal, with a hang hole or zipper for retail shelf presentation.





3-side seal
bottom folded



4-side seal
all four crimped



Flat pouch
round hang hole



Flat pouch
zipper + euro hole

Figure 4 – seal and finishing styles, shown on the 75 mm pouch. Left to right: **three-side seal**, bottom folded; **four-side seal**, all four edges crimped; **flat pouch** with a round hang hole; **flat pouch** with a zipper and euro hole. All four run on the pouch lines.

LINE	TAKES	MINIMUM	MAXIMUM	SPEED
Stick pack, 10-lane	Powder, granules	24.3 × 100 mm 1 × 4 in	24.3 × 150 mm 1 × 6 in	250–300 /min
Powder pouch	Powder – three- or four-side seal	75 × 75 mm 3 × 3 in	100 × 180 mm 4 × 7 in	50–60 /min
Counting pouch ×2	Capsules, tablets – up to 5 products, pre-made pouch	75 × 75 mm 3 × 3 in	100 × 180 mm 4 × 7 in	50–70 /min
Horizontal powder	Powder	75 × 75 mm 3 × 3 in	130 × 180 mm 5 × 7 in	20–25 /min
Twin pouch	Capsules, tablets – up to 7 products	75 × 75 mm 3 × 3 in	75 × 100 mm 3 × 4 in	15–25 /min
Vertical pouch	Capsules, tablets – up to 5 products	75 × 75 mm 3 × 3 in	100 × 150 mm 4 × 6 in	15–25 /min
Speeds are machine rates; actual output depends on product, film and changeover. Inch figures are rounded from the millimetres.				



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Capabilities overview, October 2026. Dimensions are from our own production records; capsules and tablets are shown at true scale and packs in size order.