Vitamin D gummy supplements and their shelf life

Kaja Gertin Grétarsdóttir

Supervisor: Kristberg Kristbergsson
Aim

- Developing vitamin D gummy supplement
  - With 2 types of gums: Gelatin, agar-agar
  - With 2 types of juices: Strawberry, carrot
  - In total 4 gummy types

- Shelf life was measured

- This project is not part of another study
Method

• Development of the gummies
  – Experimental designs were used to invent the recipe (gelatin used)
  – Other gums were tested on the recipe and adjusted

• Shelf life measurements
  – Time period: 14 weeks
  – Vitamin D activity, color, texture and consumers test
Results

• Color changed significantly in all the gummies (varied between types)
• Consumers test:
  – Color in Strawberry Agar gummies changed significantly
• Vitamin D decreased in all the gummies over the time period
• I’m working on the results at the moment so unfortunately I can’t give you more information right now
Discussions

• It is not on the agenda to put these vitamin D gummies on the market in Iceland
  – But maybe it will happen one day 😊

• People who live in Iceland need to take vitamin D as a supplement due to lack of sunlight
  – Gummy vitamins might be more appealing than conventional tablets
  – Could solve „pill-swallowing“ problems that some adults and kids experience
Thank you for listening