

Supplement Storage Checklist

FitInFlow.space · Room by room, form by form. For information only, not medical or veterinary advice. Updated October 2026.

1. Room-by-room sweep

- ☐ Bathroom cabinet emptied (heat and moisture) ☐ Nothing in the car or glove compartment ☐ Nothing on sunny windowsills
- ☐ Nothing on counters, nightstands or low shelves ☐ Visitors' bags kept up and away ☐ Packages brought in from porch or mailbox
- ☐ All supplements, oils and remedies in ONE high, dry, locked cabinet

2. Form by form

Form	Check	Done
Tablets / capsules	Dry spot, tight cap, cotton ball removed, desiccant left in	
Softgels / oils	Cool and dark; refrigerate only if the label says so; no leaks or rancid smell	
Gummies / chewables	Not melted or fused; checked for xylitol; locked away from children and dogs	
Powders	Dry scoop, lid closed; no hard clumps	
Liquids / tinctures	Upright, dropper cap tight, opening date written on label	
Essential oils	Dark glass, cool cabinet, caps tight, locked away from children and pets	
Homeopathic products	Original container, tight cap, out of reach (liquids may contain alcohol)	

3. Gone bad? Throw it out if you see

Color, texture or smell change · Pills stuck together, cracked or unusually soft · Melted or sticky gummies · Leaking or rancid softgels · Hard-clumped powder · Cloudy or thick essential oil · Past the printed date

4. Disposal

1. Take-back kiosk or event first. 2. Otherwise mix with coffee grounds, dirt or cat litter. 3. Seal in a bag or container. 4. Scratch out personal info on the bottle. Never flush supplements.

5. Emergency numbers (save in your phone)

Child swallowed a supplement or essential oil: Poison Control 1-800-222-1222 (US). Call 911 for trouble breathing, collapse or seizure.

Dog ate a supplement: call your vet, an emergency animal clinic or an animal poison control center right away. Bring the bottle.

My vet: _____ Emergency animal clinic: _____ Report side effects to FDA: 1-800-FDA-1088