



1Q Health

FAST TRACK
TO QUALITY

**CONTRACT
MANUFACTURING
SERVICES**



CONTENT

Your advantages	Page 3
Overview service portfolio	Page 4
Product Development & Regulatory Support Services	Page 5
Contract Manufacturing	
Raw material sourcing	Page 6
Capsules	Page 6
Tablets	Page 8
Powders	Page 8
Liquids	Page 9
Packaging	
Blister packs	Page 10
Packaging for liquids	Page 14
Glass bottles	Page 15
Plastic bottles	Page 16
Sticks	Page 19
Stand-up pouches	Page 20
Further services	
White-Label and Licensing Models	Page 21
Cell Studies	Page 22
The 1Q Shop	Page 23

Our promise – Your advantage

A strong group

We develop and produce food supplements, pharmaceutical and cosmetic products that guarantee the highest quality, safety and stability. Our manufacturing network stands for supply reliability and flexibility. You will profit from a wide variety of technologies and expertise for a broad range of dosage forms (tablets, capsules, liquids, powders) within our group. We stand for consistent transfer of innovative concepts into successful products. 1Q Health understands the market, knows the trends and will be happy to support you on your journey. Our competence centers stand out due to their decades of experience, dedicated employees, and customer-centric, agile approach.

Quality first

The “Q” in 1Q Health stands for quality, as it is at the core of everything we do. We only work with certified raw material suppliers. All our production facilities are GMP, IFS, FSSC, HACCP, BIO, or ISO certified. We also follow the health industry regulations carefully, improve our quality standards continuously and make adaptations if regulations or legal standards change. We keep our customers updated on such developments and suggest new formulations where needed.

One Stop Shop





































We offer a wide spectrum of research and manufacturing services and act as a full-service provider with an ambitious on-time delivery. Our services do not end with the packaged product. We also support you in brand development and marketing via a wide range of distribution channels. We see ourselves as a digitally driven D²CDMO with many years of expertise in online business. We can further validate the health benefits of our customers’ formulations through in vitro and ex vivo studies at our own research laboratory.





1qhealth.com

Our Group Members

							
FOUNDING YEAR		2010	2015	1927	1999	2007	1999
LOCATION		Germany	Germany	Germany Food Supplements,	Netherlands	Austria	Germany
EMPLOYEES		70	20	65	63	106	5
PRODUCT TYPES		Food Supplements	Food Supplements, Cosmetics	Food Supplements, Pharmaceuticals	Food Supplements	Food Supplements (Human & Pet)	Cell Studies
MANUFACTURING				  	  	 	
PACKAGING				  	  	   	
CERTIFICATES							
SPECIALS		Products with Probiotics & Plant Extracts Development services Large batch sizes	Development services Medium batch sizes	QP Market Release Development services Own laboratory Medium to large batch sizes	Online formulator Development and consulting services Small to medium batch sizes	Flexible logistics Development services Small to medium batch sizes	CRO In Vitro & ex Vivo Studies
CONTACT		Am Steinkreuz 12 95473 Creußen, Germany +49(0) 92709916820 1Q-ABJ-contact @1qhealth.com abj-alive.com	Am Langacker 20 95233 Helmbrechts, Germany +49(0) 9252 40497-0 1Q-BEP-contact @1qhealth.com beauty-production.com	Karl-Benz-Strasse 3 86825 Bad Wörishofen, Germany +49(0) 8247 39070 1Q-DRO-contact @1qhealth.com dronania.de	Molenbaan 4, 2908 LM Capelle a/d IJssel, the Netherlands +31(0) 85-0867930 1Q-EHF-contact @1qhealth.com ehfproduction.co	Gewerbestrasse 32 5211 Lengau, Austria +43(0) 6217 20110 900 1Q-HKS-contact @1qhealth.com hks-health-solutions.at	Ferdinand-Porsche- Strasse 5 79211 Denzlingen, Germany +49 (0) 7666 902879 1Q-VIV-contact @1qhealth.com vivacell.de

We support you in all stages of product development and optimization for pharmaceutical products and food supplements:

- Selection of active ingredients
- Development of formulations
- Production of development batches including process validation



Private label portfolio

SCOPE OF SERVICES

- Consultancy and product conception
- Constant monitoring of the markets
- Development of formulations
- Selection of suitable raw materials
- Production of samples
- Method development and validation
- Creation of documents for regulatory authorities
- Scale-up
- Consideration of legal aspects
- Marketability test

THERAPEUTIC CATEGORIES

- Immunostimulation
- Mental health
- Diabetology
- Women's health
- Intestinal health
- Ophthalmology
- Gastroenterology
- Neurology
- Ear, nose and throat medicine

PRODUCT CATEGORIES

- Food supplements
- Pharmaceuticals
- Phytopharmaceuticals
- Medicinal products
- Cosmetics
- Homeopathic remedies
- Veterinary medicinal products

DOSAGE FORMS

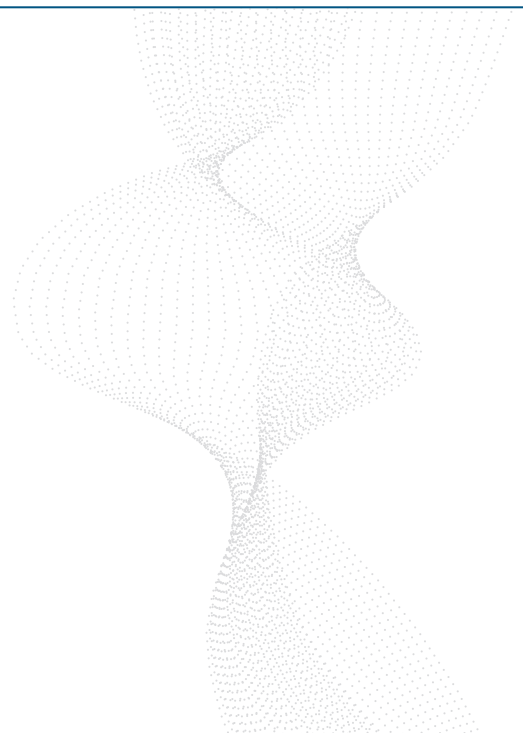
- Tablets
- Powders
- Hard capsules
- Liquids
- Suspensions
- Sprays

The focus is on the customer

For your projects, you'll have a dedicated contact person guiding you through all stages and coordinating every step efficiently. Before commercial production of tablets and capsules, we offer small-scale trial production to ensure scalability. We maintain a quality laboratory and management department to ensure all pharmaceuticals, nutritional supplements, and medicinal products meet strict test specifications. We stay up to date with trends and continuously seek scientific solutions that truly make a difference.





Raw material sourcing

- Obtaining offers from international suppliers
- Procurement of high-quality raw materials
- Raw materials certificates







Capsules

Gelatine capsules

Capsule sizes	00	0	1	3
Dimensions (Scale 1:1)	 Length: 22 mm	 Length: 21 mm	 Length: 19 mm	 Length: 15 mm
Colour	<ul style="list-style-type: none"> transparent white blue 	<ul style="list-style-type: none"> transparent white green 	<ul style="list-style-type: none"> transparent white 	<ul style="list-style-type: none"> transparent white




Vegetarian capsules

Capsule sizes	00	0	1	3
Dimensions (Scale 1:1)	 Length: 22 mm	 Length: 21 mm	 Length: 19 mm	 Length: 15 mm
Colour	<ul style="list-style-type: none"> transparent white green 	<ul style="list-style-type: none"> transparent white ivory red 	<ul style="list-style-type: none"> transparent 	<ul style="list-style-type: none"> transparent white

Typical capacities for capsules

Capsule sizes	00	0	1	3
Capacity (approximate) in mg	600-700 mg	400-500 mg	300-350 mg	200 mg

Acid resistant capsules

Capsule sizes	00	0	1
Dimensions (Scale 1:1)	 Length: 22 mm	 Length: 21 mm	 Length: 19 mm
Colour	 transparent white	 transparent white	 transparent

Certified vegan hard capsules with unique properties, which delay the release of their contents after being taken (clinically tested). Those capsules are comprised of the secondary plant compounds hydroxypropyl methylcellulose (HPMC) and gellan gum. These promote digestion in the same way as fiber and are not absorbed by the body. Thanks to the use of plant compounds, they contain on average 6% less moisture than gelatine capsules.

As an alternative to the branded capsules with gellan, conventional acid-resistant capsules with pectin can be used. These also provide controlled dissolution, ensuring that the active ingredients get released and absorbed in the digestive tract.

ADVANTAGES

- Acid resistance and delayed release without additional coating agents.
- Improved stability for acid-sensitive, moisture-sensitive ingredients.
- Increased taste and odour masking of ingredients.
- Acid-resistant HPMC capsules are particularly effective for acid- and moisture-sensitive ingredients and improve stability and shelf-life.
- The capsules provide controlled dissolution, ensuring that the active ingredients get released and absorbed in the digestive tract.
- Ideal for protecting probiotics, enzymes and other sensitive ingredients.



Tablets

The tablet sizes vary between 7 - 19 mm in diameter and can be offered in oblong, biplanar or biconvex shapes. Whether bulk, blister packs or containers, we will be happy to advise you on possible packaging.

Size (mm)	h (mm)	Shape
6	-	round with score line
7	4	biconvex
9	6	biconvex
9	-	round
12	-	round
13	5	biplanar
13	5	biplanar with score line
15	5.5	biplanar
18.3x9.6	-	oval
19x10	6	oblong
19.5x8.5	-	round with score line
22.5x9.5	-	round with score line

The minimum order quantity is 50.000 tablets.



Powder

Contract mixing and filling of small and large quantities



The minimum order quantity depends on the type of packaging and the filling weight.

Liquids

We support every stage of your product development process, from initial concept to final production.

Laboratory Development

We bring your product ideas to life and develop formulations that are precisely tailored to meet your requirements, for small test batches or large-scale production.

Solubility Testing

We conduct extensive solubility studies to ensure that your products remain stable and effective under all conditions.

Flavor Profiling

Taste is a key element in the market acceptance of liquid products. Our team ensures that your product not only performs well but also tastes great.

Preservatives

The longevity of your products is essential. We offer expertise in selecting and applying the appropriate preservatives to ensure the quality and safety of your products.

Quality Controls

Measurement of density, pH value, drip and spray weight, as well as viscosity, to guarantee compliance with all specifications and industry standards.



Blister packs



Shape 1

Dimensions	70 x 93 mm
Chamber height	8 mm
Capsule size	Size 0
Quantity of capsules	15 pcs
Blister print	Foil and cliché

Folded box dimensions in mm						
Blister pack per box	without package insert (LxWxH)			with package insert (LxWxH)		
1	71	95	11	72	97	13
2	71	95	19	72	97	21
4	71	95	34	72	97	36
8	71	95	67	72	97	68



Shape 2

Dimensions	70 x 110 mm
Chamber height	8 mm
Capsule size	Size 0
Quantity of capsules	15 pcs.
Blister print	Shape 2: Foil and cliché Shape 2 NOAK: only foil

Folded box dimensions in mm						
Blister pack per box	without package insert (LxWxH)			with package insert (LxWxH)		
1	71	112	11	72	114	13
2	71	112	19	72	114	21
4	71	112	34	72	114	36
8	71	112	67	72	114	68



Shape 3

Dimensions	61 x 84 mm
Chamber height	6 mm
Capsule size	Size 3
Quantity of capsules	10 pcs.
Blister print	only foil

Folded box dimensions in mm						
Blister pack per box	without package insert (LxWxH)			with package insert (LxWxH)		
1	62	86	9	63	88	11
2	62	86	15	63	88	17
4	62	86	26	63	88	28
8	62	86	51	63	88	53



Shape 4

Dimensions	70 x 110 mm
Chamber height	9.5 mm
Capsule size	Size 00
Quantity of capsules	15 pcs
Blister print	only foil

Folded box dimensions in mm						
Blister pack per box	without package insert (LxWxH)			with package insert (LxWxH)		
1	71	112	12,5	72	114	14.5
2	71	112	20,5	72	114	22.5
4	71	112	35,5	72	114	37.5
8	71	112	68,5	72	114	69.5

Advantages of Blister Packs

Blister packs provide a practical and reliable packaging solution for capsules and other solid-dose products. They help protect product quality, improve handling, and support safe, convenient use.

Moisture Protection

Blister packaging helps protect products from moisture, air, and external influences, supporting stability and shelf life.

Hygienic and Safe

Each capsule is sealed individually, reducing direct contact and helping ensure clean, hygienic handling.

Easy to Transport

Compact and lightweight, blister packs are convenient for storage, shipping, and everyday use.

Precise Portioning

The individual cavity design allows for clear dose separation and easy counting.

Tamper Evidence

Blister packs make it easier to detect whether a product has already been opened, increasing safety and consumer confidence.



Additional blister packs

Shape No.	Blister dimensions	Capsule size	Quantity of capsules	Chamber height (mm)
Shape 5	70 x 119	0	20	8.1
Shape 6	70 x 119	0	16	-
Shape 7	70 x 119	0	15, diagonal	8.2
Shape 8	64 x 116	1	15, diagonal	7.4
Shape 9	70 x 119	0	20	8.5
Shape 10	60 x 83	0/00	10	9.5
Shape 11	70 x 119	00	15	-

Film quality
PVC/PVDC
PVC

Blister printing
PVC/PVDC
Cliché printing



Package insert	Folded box dimensions LxWxH (mm)	Capsule size	Quantity of capsules Total	Quantity of blisters	Quantity capsules/blister
Yes	74x20x124	0	20	1	20
Yes	74x32x124	0	60	3	20
Yes	74x20x126	1	30	2	15
Yes	74x37x126	1	60	4	15
Yes	74x32x124	0	60	3	20
Yes	74x22x124	0	30	2	15
Yes	74x40x124	0	60	4	15
Yes	120x74x124	0	180	12	15

Tablet blister packs

Blister dimensions (mm)	Tablet size Ø	Quantity of tablets	Chamber height (mm)
58 x 98	9	15	5.45
70 x 119	oblong	15	-

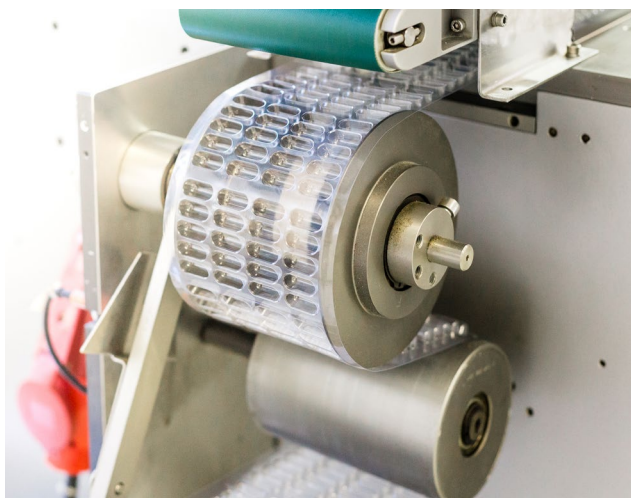
Tablet quality
non-coated

Please feel free to contact us if you have any questions about individual design options for your blister products.

Blister foil printing

Foil printing

Single-colour foil printing on the back of the blister pack. This in-house printing technique is intended for short runs and a printable template is required for the creation of the printing stamp.



Cliché printing

Single or multicolour cliché printing is suitable for larger quantities. Our printing partners produce the printed foil on rolls. Here, a printable template is required, too.

Packaging for liquids

We fill your liquids into bottles made from glass or plastic. We also offer various matching closures, such as dropper caps, pouring inserts and pipettes. The capacity of the bottles and containers is between 10 ml and 250 ml.

Bottle formats	10 ml	15 ml	20 ml	25 ml	30 ml	50 ml	60 ml	100 ml	150 ml	200 ml	250 ml	500 ml	1000 ml
Dropper	x		x		x	x	x	x					
Spray	x		x		x	x		x					
Glass pipette					x	x							
Pouring ring								x			x		
Alpha syrup							x	x	x	x	x	x	
HDPE bottles												x	x
Shot	x	x	x	x			x						
Ampoule	x	x	x	x			x						



The minimum order quantity is 500 bottles.

Glass bottles

Light-inhibiting amber glass is suitable for a wide range of pharmacy products and dietary supplements. The exclusive violet glass series adds special accents with its sophisticated look and, like amber glass, offers optimal protection for the contents.

Container sizes	Max. capsule quantity with capsule sizes				Max. label size
	00	0	1	3	
Violet glass including closure and safeguard					
100 ml	60	70	90	180	140 mm x 65 mm
150 ml	77	90	150	250	170 mm x 65 mm
250 ml	120	180	240	450	223 mm x 65 mm
Amber glass					
100 ml	60	70	90	180	150 mm x 50 mm
175 ml	90	120	150	290	173 mm x 65 mm
250 ml	120	180	240	450	195 mm x 66 mm

Other models available on request

We will be happy to advise you on the selection of sustainable, resource-friendly packaging.




Plastic bottles

Securipack containers



Container sizes	Colours	Diameter	Height	Height with lid	Item No.
40 ml	white	42 mm	54 mm	56 mm	R001740
100 ml	white	51 mm	78 mm	80 mm	R000362
150 ml	white	59 mm	82 mm	84 mm	R000363
250 ml	white	59 mm	112 mm	114 mm	R000364
500 ml	white	75 mm	142 mm	145 mm	R000440
1000 ml	white	98 mm	162 mm	165 mm	R001537

Securipac closures

Closures	Colours	Diameter	Height	suitable for	Item No.
	white	32 mm	15 mm	40 ml container	R001742
	white	42 mm	16 mm	100 ml container 150 ml container 250 ml container	R000365
	white	53 mm	18 mm	500 ml container	R000443
	white	98 mm	24 mm	1000 ml container	R000442

PACKAGING

PET Packer containers



Container sizes	Colours	Diameter	Height	Height with lid	Item No.
60 ml	blue	39 mm	70 mm	71 mm	R985167
	brown				R001477
100 ml	blue	47 mm	85 mm	88 mm	R000435
	brown				R000554
	green				R000479
	white				R000858
120 ml	blue	49 mm	90 mm	93 mm	R001715
	green				R001719
150 ml	blue	50 mm	103 mm	105 mm	R000436
	brown				R000555
	green				R000480
	white				R001213

PET Packer induction closures

Closures	Colours	Internal - Ø	External - Ø	Height	suitable for	Item No.
	white (ribbed)	33 mm	35 mm	11 mm	60 ml container	R003006
	white (ribbed)	38 mm	40 mm	11 mm	100 ml container 150 ml container	R001605
	black (ribbed)	38 mm	40 mm	11 mm	100 ml container 150 ml container	R001607
	silver (smooth)	38 mm	41 mm	11 mm	100 ml container 150 ml container	R001780
	white (ribbed)	45 mm	47 mm	11 mm	200 ml container 250 ml container 500 ml container	R001606
	black (ribbed)	45 mm	47 mm	11 mm	200 ml container 250 ml container 500 ml container	R001608
	silver (smooth)	45 mm	48 mm	11 mm	200 ml container 250 ml container 500 ml container	R001974
	white (ribbed)	53 mm	57 mm	11 mm	600 ml container	R001801



Container sizes	Colours	Diameter	Height	Height with lid	Item No.
200 ml	blue	58 mm	108 mm	110 mm	R001108
	white	60 mm	106 mm	109 mm	R001973
250 ml	blue	64 mm	110 mm	113 mm	R000437
	brown				R000566
	green				R000481
	white				R000859
500 ml	blue	78 mm	125 mm	128 mm	R000438
	brown				R001446
600 ml	blue	80 mm	150 mm	153 mm	R001802

You haven't found the right packaging material yet?
Our purchasing department will find it for you!



Stick packs

Specifications	
Film material	Alu composite film or coated, heat sealable paper
Pouch dimensions	Length: approx. 75-135 mm Width: approx. 25 mm or approx. 40 mm
Print two-line	1st line: Batch/name (max. 23 characters) 2nd line: Date



The minimum order quantity is 6,000 sticks

Powder formulations in a stick pack

This dosage form, which can be used in many areas of application, is fully in keeping with current trends and impresses with the possibility of individual size adjustment and good dosing of the respective daily recommended intake. We offer you a complete service, from flavour development and filling to packaging.

Processing of free-flowing granulate in powder form

The film is fed in via a roller mechanism and shaped into a precise stick shape. The sticks are filled from the filling container via a screw conveyor. In the same working step, the stick is then automatically closed with the longitudinal seal head system.



Closure options

- Bottle neck perforation: recommended for liquids
- Tear cut: Stick lasering recommended for powder (print mark controlling required)



Stand-up pouches

High-quality stand-up pouches are available in various versions and colours. These can naturally be printed according to your preferences. All organic stand-up pouches are certified in accordance with standard DIN EN 13432.

Stand-up pouches
with and without windows
from 100 ml to 5000 ml
Kraft brown
Thickness: 117 µm
Film composite: Kraft paper / alu / CPP

Organic stand-up pouches
with and without windows
500 ml, additional sizes available on request
500 ml, additional sizes available on request
Thickness: 130 µm
Film composite: Kraft paper / PLA



High-quality packaging design for your individual creations

The design of your product is in good hands with us. Our qualified graphic designers will create individual labels, folding boxes and much more. We will take care of your printing order and have it produced by our long-standing printing partners.

- Labels
- Folding boxes
- Stand-up pouches
- Product packaging
- Product visualisations
- Our regulatory team ensures compliance according to the pharma and food regulation (mandatory information on labels, etc.)



Market-ready Food Supplements „To Go“

White label products are fully developed and marketability-tested food supplements that you can offer under your brand. In the dynamic world of dietary supplements, it is crucial to react quickly and flexibly to market trends. A white label approach allows companies to distribute capsules and tablets without having to redesign the entire development process from scratch. If you previously thought that starting or expanding a product line was a lengthy and costly process, we offer you a fast and cost-effective alternative.

Reasons for White Label

Fast market access

With already developed formulations, you can start immediately and address your target group.

Lower financial risk

You invest less in research and development and you can concentrate on marketing and sales.

Flexibility

You can test different products and find out what works best for your target group.

We offer over 80 market-ready formulations and maintain a permanent stock of more than 30 formulations across various therapeutic categories:

- Immunostimulation
- Diabetology
- Women's Health
- Intestinal Health
- Gastroenterology
- Neurology
- Ear, Nose, and Throat Medicine
- Sleep Support

DOWNLOAD PRODUCT LIST



Licensing Models

Our licensing models are designed to enable brands to achieve rapid and efficient market presence. We offer tailored solutions that allow brands to leverage ready-to-distribute products while benefiting from our registered trademarks. This not only accelerates market entry but also ensures the maintenance of brand quality and authenticity. With our licensing models, we guarantee seamless integration into existing distribution channels, enabling our partners to expand quickly and with minimal risk.

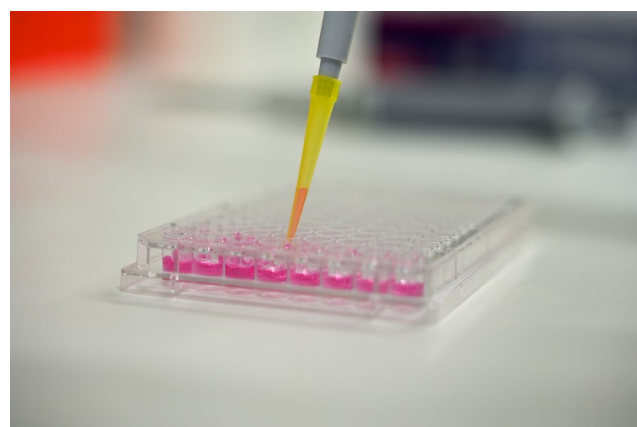
Scientific validation to support health claims



As a one-stop shop, we offer comprehensive in vitro and ex vivo research services for your nutraceuticals, pharmaceutical products, dietary supplements, natural products, as well as cosmetics and oral care products. Our services range from pre-clinical cell and tissue studies, through (pre-)clinical trials and registration studies, to marketing studies. The aim of these studies is to scientifically demonstrate the health benefits and, consequently, the quality of your products for human use. This provides a significant competitive advantage for you and your products.

The benefits of cell studies

- Use our cell studies to evaluate the efficacy and the health benefits of your products.
- Demonstrate your products' high quality and set them apart from untested products.
- Custom research models and protocols for your needs and indications.
- Standardised and/or customer-specific protocols using a variety of in vitro and ex vivo systems.
- Cell studies take from 1-2 weeks to 3-6 months.
- All ingredients and additives can be tested in solid or liquid form.



The highest standards
of competence and
scientific expertise

Our team of specialists is highly qualified in cellular and molecular biology. Their expertise covers the fields of cell research, immunology, inflammatory diseases and metabolism as well as the development of active ingredients. We have established a large number of cellular models for all health-relevant areas of application and led many drug and extract development projects. More than 230 scientific publications, an h-index of 74 and rigorous scientific standards are proof of our expertise.

THE 1Q SHOP

Developing supplements for your business just got as easy as shopping online.

1Q Shop is a B2B online shop where brands, creators, and other businesses can order high-quality white- and private-label supplements with just a few clicks.

- Choose from dozens of science-backed and ready-to-launch formulations
- Create your own unique formulation from scratch
- Customize ingredients, dosage forms, packaging and labels
- Enjoy flexible MOQs and full order tracking
- Receive support in health claim validation and product feasibility



All products are manufactured in our production facilities located in Germany, Austria, and the Netherlands, under the strictest of quality requirements. It has never been easier or faster to launch a high-quality, EU-compliant food supplement.



VISIT OUR SHOP
AND GET STARTED



1Q Health GmbH

Gewerbestraße 8
82064 Strasslach
Germany

+49 (0) 9270 9916820
1Q-contact@1qhealth.com
1QHealth.com



DOWNLOAD CDMO-CATALOGUE