

Do You Need Vitamin and Mineral Supplements?

The word “vitamin” comes from the Latin word *vita*, which means life, plus *amine*. Your body needs vitamins and minerals. These nutrients perform many indispensable roles. There is not one single vitamin or essential mineral that your body can do without.

Human bodies do not create all of the nutrients they need. They must come from external sources.

One source of vitamins and minerals is nutritious food, and while a wholesome diet is certainly needed, that may not be enough to meet your needs. For instance, the vegetables and other produce you're buying may not be as nutrient-rich as you think. [A study](#) published by the US National Institutes of Health, shows a significant decline of some important nutrients in a variety of crop types, particularly vegetables.

There are also a number of factors that can influence vitamin and mineral requirements, factors that put additional demands on the body such as chemical exposure and toxicity, illness, infection, stress, weight, certain drugs, drinking, smoking, quality of sleep, prolonged and strenuous exercise, and others.

These and other factors can create a requirement for vitamins and minerals that goes beyond what a good diet provides. Even for people who are healthy and who have a diet of wholesome food, vitamin and mineral supplements may be needed.

Of course, you must have the correct supplements in the correct doses that will meet your needs. You've probably seen ads that say to take “vitamin x” for such-and-such a benefit or to take some other vitamin for a different benefit. While these claims may have some merit in some cases, you can't randomly focus on one or two specific vitamins or minerals to address a health issue. It doesn't work

that way. You need to have the correct combination of the vitamins and minerals in the correct doses.

TYPES OF SUPPLEMENTS

Supplements are available in two basic forms, oral and injectable.

Oral supplements are the ones you swallow. They come in different forms such as tablets, capsules, drops, powders, and gummies. Generally, oral supplements work well although the benefit is not always immediately apparent. It may take a number of weeks to achieve an obvious result because oral supplements have to travel through the digestive system before they can get to the cells.

Oral supplements are also generally limited to doses that the digestive tract can handle. Taking very high doses of oral supplements may not be effective as they might not be fully digested and absorbed.

Despite these limitations, we often recommend oral supplements because, in the correct balance and the correct dosage, they work. If, however, oral supplements aren't fulfilling the need because of bowel compromise or severe metabolic issues, or simply to get a faster result, injectable supplements can be used.

There are two types of injectable supplements, intramuscular and intravenous.

Intramuscular supplements are often referred to as B12 shots. “B12 shots” is not a very descriptive name because while they do contain vitamin B12, they also contain a great deal more. These shots deliver high concentrations of vitamins, minerals, and other natural ingredients, custom-mixed for your specific needs.

Because the intramuscular injections bypass the digestive system, the nutrients get into the cells much more easily for a faster and more powerful metabolic response. They work faster than oral supplements and the effects last longer.

Intramuscular supplements are often used to help with energy, metabolism, hormone balancing, fat burning, immune system support and other elements of good health.

We call these intramuscular shots “microvitamins”, not because the doses are small (quite the contrary) but because the doses are not as high as the intravenous vitamin therapy.

Like intramuscular injections, [Intravenous \(IV\) supplements](#) bypass the digestive system. This form of injectable vitamin therapy delivers vitamins and minerals directly into the bloodstream in much higher doses than can be tolerated orally. Delivery of the high-dose nutrients directly into the bloodstream supersaturates the cells, overcoming any digestive impediments or other obstacles to their bioavailability.

IV supplements are often used for such things as cardiovascular disease, [cancer support](#), [chronic inflammation](#) and other health conditions that often require higher doses than can be achieved orally. IV supplements are also ideal for people who are bowel-compromised.

WHICH TYPE OF SUPPLEMENTATION IS BEST?

The oral and the two types of injectable supplementation are valuable and effective. Which method or combination of methods is best to deliver nutrients to your body depends on a number of factors that we carefully analyze to meet your health needs.

Every person’s needs are different. We prepare the exact nutrients you need in the precise doses you need to achieve your health goals.

Call us now at (780) 485-9468 to book a consultation, or [book online](#).