

VITAMINS

What is the difference between whole food sourced vitamins and synthetically made vitamins?

Vitamins are created in plants and bound into a food matrix made up of various co-factors like amino acids, lipids, phytonutrients, carbohydrates, and nuclear acids. The bonded co-factors are what help both the absorption rate and cellular uptake. Synthetic vitamins are made from petroleum or coal tar and are chemical isolates such as ascorbic acid, referred to on a product's nutritional fact panel as vitamin C. Dr. James Lind, the Nobel Prize winner for the discovery of vitamin C complex in citrus fruits, showed that it took 1,000 times more ascorbic acid isolates to get the same anti-scurvy effect as whole food sourced vitamin C.

Are Synthetic Vitamins Beneficial?

Water soluble synthetic isolates, such as ascorbic acid and B vitamin isolates, must be bound to other co-factors scavenged in the body for nutritional value. They can also trigger certain physiological effects on their own. Since their utilization is so poor, excess unused isolates are flushed out of the system in urine. Excess, unused fat soluble vitamin isolates such as A, E, and beta carotene are stored in fat cells with other toxins. The high intake of fat-soluble vitamin isolates can become toxic in the body and have been shown to actually increase the risk of diseases.

However, small amounts of ascorbic acid or vitamin E can be used as natural antioxidant preservatives in processed foods and skin care products.

Are synthetically made vitamins a big part of the vitamin market?

It is estimated that 95% of all vitamin products sold worldwide are synthetically made.

Who makes synthetically made vitamins?

They are made by the pharmaceutical industry who specialize in the production of various types of chemical isolates.

What About Minerals?

Minerals are small rocks taken up from the soil through the root system of a plant and then bound into a food matrix. Minerals bound into a food matrix are 20 times more soluble (usable by the body) than those same minerals outside of the plant.