

## WHY IS NUTRITIONAL ABSORPTION A CONCERN?

Often times we know the therapeutic dosage for a specific condition, but we do not know *how much of the prescribed nutrient is absorbed* into the bloodstream via the gastrointestinal system when taken orally (by tablet, capsule or gel cap). We do know that after age 40 and continuing on as we age, our gastrointestinal absorption rate reduces significantly.<sup>(1-4)</sup> This problem becomes even more serious when combined with health conditions or digestive disorders that further reduce absorption such as ulcers, diverticulitis, acid reflux, and dysbiosis, etc.

One way around this problem is to take nutritional supplements using the most efficient delivery system available. The most important nutrients should be taken liquid form when available.

*The following chart compares absorption rates of delivery systems.* <sup>(5)</sup>

Delivery System	Rate of Absorption <sup>(5)</sup>
Pill or Tablet	10%
Capsule	20%
Gel Cap	30%
Liquid	50%
Sublingual Liquid	95%

**Liposomes** hold both water and fat soluble nutrients in little fat containers to provide an efficient transport system that allows for maximum absorption by the body. These fat containers bypass the stomach and take a quicker route by slipping through the mucosal membrane under the tongue and directly into the bloodstream. <sup>(6-10)</sup>

It's not how much you take but how much your body tissues absorb that is important. With a higher level of absorption, more nutrients reach their intended destination thereby requiring a lower dosage intake. More nutrients in a pill or capsule is not necessarily better. What is important is how we can best insure the uptake of required dosage as recommended by your health care profession.

The liquid delivery systems are very helpful for individuals who have difficulty swallowing pills or capsules and since a lower dosage of nutrients is required, it is cost effective.

## References

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# NutritionalFocus

## Liquid Vitamins™ & Liquid Minerals™



Well-Balanced  
Full Spectrum Formulas

SIZE 16 Fl. Oz. Each  
Dietary Supplement

## Liquid Vitamins™

**Well-Balanced  
Full Spectrum  
Liquid Vitamin Formula**

*A great tasting, well-balanced liquid multi-vitamin, formulated for maximum absorption.*

*We use the highest quality natural plant source nutrients available.*

*Contains no sugar, starch, soy, yeast, corn or any other known allergens. Free of artificial coloring and flavoring.*

### Ingredients

**Supplement Facts:**

Serving Size: 1/2 oz.

Servings Per Container: Approx. 32

Amount Per Serving:		%DV*
Calories	15	
Total Carbohydrates	4g	<2%
Vitamin A (beta carotene)	3000IU	60%
Vitamin A (palmitate)	1800IU	40%
Vitamin C (ascorbic acid)	300mg	500%
Vitamin D (ergocalciferol)	200IU	50%
Vitamin E (D-alpha tocopherol)	80IU	270%
Vitamin K1 (phytonadione)	300mcg	380%
Thiamin (thiamine HCL)	3mg	200%
Riboflavin	3.4mg	200%
Niacin (niacinamide)	40mg	200%
Vitamin B6 (pyridoxal-5 phosphate)	5mg	250%
Folic Acid	80mcg	20%
Vitamin B12 (cyanocobalamin)	15mcg	250%
Biotin (USP pure)	80mcg	30%
Pantothenic Acid (calcium d-pantothenate)	20mg	200%
Choline Bitartrate	80mg	**
Inositol	80mg	**
Citrus Bioflavonoids	20mg	**
Evening Primrose Oil	10mg	**
Ginkgo Biloba Leaf Extract 8:1	5mg	**
Aloe Vera Leaf Extract 200:1	3mg	**

\*\*Daily Value Not Established

**Other Ingredients:** water, glycerine, natural flavors, polysorbate 80, potassium sorbate, stevia extract.



## Liquid Vitamins™

**Directions:** As a dietary supplement, take 1/2 ounce per day or as directed by a health care professional. Best taken away from food and a minimum of 20 minutes away from Nutritional Focus Liquid Mineral formula. Store in original container; avoid direct sunlight. **Shake vigorously** before each use. Refrigeration optional according to flavor preference. Do not use if outer seal is missing or damaged. Keep out of reach of children.

**With scientifically inspired formulas, Nutritional Focus creates a foundation to support your optimal health and maximum well-being.**

**Our products contain the highest quality ingredients available for maximum bio-availability.**

**We are dedicated to uncompromised quality, safety, effectiveness and support for your nutritional needs with personalized care and customer service.**

## Liquid Minerals™

**Directions:** As a dietary supplement, take 1/2 ounce per day or as directed by a health care professional. Best taken away from food and a minimum of 20 minutes away from Nutritional Focus Liquid Vitamin formula. Store in original container; avoid direct sunlight. **Shake vigorously** before each use. Refrigeration optional according to flavor preference. Do not use if outer seal is missing or damaged. Keep out of reach of children.

## Liquid Minerals™

**Well-Balanced  
Full Spectrum  
Liquid Mineral Formula**

*A great tasting, well-balanced liquid mineral, formulated for maximum absorption.*

*We use the highest quality natural plant source nutrients available.*

*Contains no sugar, starch, soy, yeast, corn or any other known allergens. Free of artificial coloring and flavoring.*

### Ingredients

**Supplement Facts:**

Serving Size: 1/2 oz.

Servings Per Container: Approx. 32

Amount Per Serving:		%DV*
Calcium (citrate malate/aspartate)	110mg	10%
Phosphorus (potassium phosphate)	50mg	2%
Iodine (potassium iodine/kelp)	15mcg	10%
Magnesium (citrate/aspartate)	110mg	30%
Zinc (gluconate/picolinate)	2mg	15%
Selenium (selenomethionine)	20mcg	30%
Copper (gluconate)	140mcg	20%
Manganese (citrate)	2mcg	100%
Chromium (polynicotinate)	60mcg	50%
Molybdenum (citrate)	15mcg	20%
Potassium (citrate/aspartate)	100mg	2%
Trace Mineral Complex	50mg	**
Boron (amino acid chelate)	600mcg	**
Vanadium (amino acid chelate)	5mcg	**
Stevia	0.02mg	**

\*Daily Value Not Established

*Contains over 70 major and trace minerals*

**Other Ingredients:** water, glycerine, citric acid, natural flavors, natural vegetable gum, potassium sorbate.

