



Dr. med. Bodo Grahlke

Facharzt Gynäkologie und
Geburtshilfe FMH

Switzerland is not a vitamin deficiency area! However, there is an increased need for adolescents, people affected by stress, pregnant women, the elderly and many sick people; the list is very long!

By cooking and baking, some minerals are first made accessible, while others are destroyed. The consumption studies show that the population in Switzerland as a whole has a deficiency of folic acid, vitamin D, calcium and omega-3 fatty acids. And this although many people additionally take vitamins, minerals and nutrients.



w.r.wagner_pixelio.de



Tim Reckmann_pixelio.de

The cause is bioavailability.

What is bioavailability?

Bioavailability is the amount of vitamins and minerals that are actually absorbed into the body and made available for it. This amount does not necessarily correspond to the amount supplied by food or vitamin preparations.

Interactions can positively or negatively affect bioavailability. Therefore, the combination of certain vitamins can be very helpful for the absorption capacity of a nutrient.

Decisive for the quality of vitamin preparations are the chemical binding form of vitamins and minerals, the concentration and the composition of the preparation. The chemical binding form is therefore also decisive for the price of a vitamin preparation. A low-cost preparation is of no use if the bioavailability is low.

Acidity in the gastrointestinal tract and interactions with other food components also play a role. Thus, the biological value increases when certain vitamins and minerals are combined.

The bioavailability of the various nutrients is a rather complex issue. However, a sensible combination of certain animal and plant foods can positively influence the absorption of some nutrients.

Conclusion

A cheap preparation is of little use to you if your body has little to do with it.