

## What are Activated Vitamins and Ionic Minerals?

ALL SUPPLEMENTS ARE NOT THE SAME. THE KEY TO SUPPLEMENTATION IS BIOAVAILABILITY, THAT IS, THE ABILITY OF YOUR BODY TO MAKE USE OF THE VITAMIN OR MINERAL

### The Benefits of Activated Vitamins

Activated vitamins are in a form that is readily available to be utilised by the body as a substrate in biochemical reactions immediately following ingestion. This means that they do not have to be broken down and manufactured by the body into a usable form as is the case with the inactive vitamins. This is beneficial if there is a problem with the process of digestion or if some enzymatic functions are lacking in some way. Activated vitamins are important co-factors in many body processes. In the case of Pyridoxal-5-Phosphate (P-5-P or activated B6) it is involved in more than 80% of reactions in the neurochemistry of the brain. The inactive form of P-5-P is Pyridoxine Hydrochloride.



### The Benefits of Ionic Minerals

Ionic minerals are metallic ions that have completely dissociated from their naturally occurring compounds, just as should occur after ingestion by the reaction of hydrochloric acid in the stomach. All metallic mineral ions are absorbed through the gastro intestinal wall by diffusion or through special channels called ionophores. Thus, a mineral in ionic form, makes an optimal substrate for effective mineral absorption.

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**SUE DENGATE;** talks about kids diets, food additives and your child's behaviour. If you missed out and would like further information, please visit 'The mother of all food additive websites' [www.fedup.com.au](http://www.fedup.com.au)

**MOTHERS AND BABIES GROUPS;** Dr Boord and Dr Sweeney available for talks at your mothers and babies group, topics covered include Colic, Reflux, Feeding, Sleeping and more. If you would like one of us to visit your group, please contact us via email and we will organise a day and time that suits.