



THE NEW TREND IN SUPPLEMENTS

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DECIDING WHAT THE BEST FORM OF SUPPLEMENT, LIQUID (TONICS) OR SOLID (PILLS) IS VITAL WHEN CHOOSING SUPPLEMENTS. LET'S COMPARE!

Over the years, liquid tonics have rapidly gained in popularity. So what are the features that are making liquids a growing trend in health supplementation?

- **Immediate absorption & bio-availability**

A liquid tonic offers the body immediate absorption and availability, Whereas a solid needs to be dissolved in the stomach, delaying the absorption of nutrients

- **Easy to ingest**

A liquid is easier to swallow, compared to a solid and is ideal for children or those who have difficulty swallowing a tablet.

- **Natural ingredients**

Some tonics are formulated using fruit, vegetables and herbal extracts, which helps to encourage not only the

digestive system to function correctly, but also for the body's pH to be properly balanced. Some tonics also taste really great!

- **Additives**

Most solids contain fillers, binders, artificial colours and flavours.

In order to realize the full benefit of vitamin and mineral supplementation, it is essential that they are taken regularly and in conjunction with a properly balanced diet.



Read the label and use only as directed. If symptoms persist see your healthcare professional.