Benefits of Spray Vitamins

According to the Physicians Desk Reference, the intra-oral method of absorption used in oral spray vitamins has been shown to be up to 90% effective, vitamins and minerals in a pill form are only 10-20% absorbed by the body. Oral sprays have a non-toxic aerosol spray pump (without propellants) which delivers the purest form of vitamins, minerals, herbs and other nutritional supplements directly into the bloodstream. The mouth is perfectly designed for optimal absorption of spray vitamins. Within seconds, vital nutrients can be absorbed through the mouth lining and delivered via the bloodstream to the various parts of the body for immediate utilization. Ingesting a pill can take up to 30 minutes longer.

When considering oral spray vitamins, consider these 5 key terms: Economical, Pure, Safe, Hygienic, and Convenient. Oral Spray Vitamins supplements are more ECONOMICAL than vitamin pills, capsules or drinks, because cost per dose is far less when you consider absorption and purity. Spray Vitamin supplements are PURE, containing only pure natural ingredients, as they do not contain fillers, binders or adhesive agents, commonly found in pills or tablets (as mentioned above). These supplements are HYGENIC, the anti-microbial containers ensures purity and bioavailability of the ingredients by preventing contamination by touching or oxidation by exposure to the air before being administered. Spray vitamins supplements are CONVENIENT - take them anytime, anywhere in seconds. They are portable, and do not need to be taken with water, or any other method required of pill intake. Spray vitamins supplements are SAFE for adults, children, the elderly and those suffering with digestive disorders, which may make taking pills or capsules difficult or which hinder the absorption of nutrients in the gastrointestinal tract.

Many people are skeptical when it comes to spray vitamins, as opposed to traditional pills, but studies show that orally absorbed vitamins are actually better for your body. Pills contain “fillers” i.e. unwanted materials such as talcum powder, yeast, starch and sugars. The shell of the pill is usually made up of wax or shellac, which is another unnecessary added feature of traditional pills. Having a spray that does not have these fillers and binders means you are getting the purest form of vitamins, minerals and other nutritional supplements available. The sprays bypass the solubility and absorption problems accompanied by traditional nutritional supplements.

Importance of Vitamin Supplements

Nutritional deficiency is almost impossible to avoid in these modern, fast-paced, fast food times. The majority of the population does not receive the proper amount of essential nutrients from just their diet alone. The majority of this reason is based on the fact that most people do not eat nutritious foods. In fact, according to researchers at the University of California, Berkeley, only an estimated nine percent of people actually consider their diets nutritional. Because of our poor food choices, most of us lack certain vitamins and minerals, and it is important that we take supplements to compensate for these deficiencies. This is why vitamin supplements are important to all of us; the human body needs certain vitamins and minerals to work the way it is designed to do. These supplements make up for the gap in our diets, which deprive us from the nutrients we need in order to live long, happy and healthy lives.
While over 80% of Americans have admitted to dieting at some point in their lives, many do not take into consideration what else they lose besides weight. Studies have shown that cutting out fatty foods, such as butter, cream, meat, rice, egg yolks, cereal and liver, contain significant amounts of Vitamins B and D. Keeping these foods out of your diet in order to lose weight will also have a negative effect on your bodies overall health and well-being. We need plenty of vitamins and minerals every day in order to maintain the health and regularity of all the systems of the body, from the nervous system right down to the reproductive system and skeletal system.

A well balanced diet should provide us with all the B vitamins we require, but because they are water soluble and therefore not retained by the body, we need a daily dietary source. Dr. Gil Mejia, a local physician specializing in medically supervised weight loss, has recently developed vitamin spray “Mizzles” to help his patients make up for lost vitamins as they restrict their diets.

**Importance of Vitamin B Complex**

While many people think that vitamins are similar in structure and perform a similar function, the truth is that each vitamin B-complex vitamin has a unique chemical structure and serves a unique function within the body. While vitamins B1, B2, B3 and biotin serve to produce energy, vitamin B6 is essential for proper metabolism, and Vitamin B12 and folic acid play a lesser role in cell division. However, these vitamins also serve many other important functions.

The majority of multivitamin and mineral supplements contain B-complex vitamins as well as other essential vitamins and minerals. Since multivitamin/mineral supplements are more complete than B-complex vitamins by themselves, multivitamin-mineral supplements are usually recommended to prevent deficiencies over individual vitamin supplements.

There are eight B vitamins in vitamin B complex as well as several related substances. The eight vitamins are thiamine (B1), riboflavin (B2), niacin (B3), pyridoxine (B6), cobalamine (B12), folic acid, pantothenic acid and biotin. The other related substances include choline, inositol and para-aminobenzoic acid (PABA). Each member of the B-complex has its own structure and performs its own functions in the human body. Vitamins B1, B2, B3, and Biotin takes part in energy production, vitamin B6 is essential for amino acid metabolism, and vitamin B12 and folic acid helps in the cell division.

Although each individual vitamin or related substance performs a different function in the body, they all work together to maintain good health and vitality. Vitamin B Complex is needed for the proper functioning of almost every process in the body. B complex has been shown to be beneficial in the following conditions:

- Anxiety and stress
- Convalescence and fatigue
- Dermatitis
- Diverticulitis
- Poor hair condition
In addition to these, B complex also helps with synergy, energy production, maintaining a healthy nervous system, and good digestion. Since B vitamins are water-soluble, it is vital to take B vitamins on a daily basis. When it comes to dieting, we must always keep in mind the importance of the Vitamin B complex. This kind of vitamin actually plays an important role in how fast our body can digest the food that we put in and eventually turning it into physical energy. When food is properly digested, our bodies greatly benefit from this because aside from not storing excess fat, being healthy actually makes us more alert and less prone to illnesses. Vitamin B2, B3 and B6 however, are all associated with the proper functioning of the thyroid gland. Vitamin and mineral deficiencies can extremely affect the way this gland works.

**B COMPLEX MIZZLE (Product Summary)**

B Vitamins are water-soluble which means any excess will be excreted through the urine. This means that B Vitamins need to be taken on a daily basis. Vitamin B Complex is needed for the proper functioning of almost every process in the body. Here are some of the ways B Complex vitamins benefit you:

- Helps to Give You Energy
- Promotes a Healthy Nervous System
- Aids in Proper Digestion
- Supports Healthy Skin, Hair and Nails
- Helps Maintain Proper Body Processes

*The ingredients contained in this product are: Vitamin C, Niacin, Pantothenic Acid, Vitamin B6, Riboflavin, Vitamin B-12, Thiamine, and Folate.*

**Vitamin D**

According to reports, around 90 percent of Americans are vitamin D-deficient. The vitamin, which is actually a hormone, is produced in the skin naturally when it is exposed to natural sunlight. But many Americans hardly get any natural sunlight exposure, and when they do, they typically lather up in sunscreens that block the ultraviolet (UV) rays responsible for vitamin D production. While it is important to protect your skin from harmful sun rays, your body still needs a certain percentage of sunlight to maintain a healthy lifestyle. In reality, vitamin D is extremely difficult to "overdose" on, and the damage caused by not supplementing with it is far worse than any supposed damage from taking too much.

In a recent article published on the increases of Vitamin D, A scientific panel has called for tripling the recommended dietary allowance of vitamin D among people ages 9 to 50 and increasing the amount slightly for people older than that. The committee of scientists, convened by the National Academies'
Institute of Medicine, also doubled the upper level of vitamin D that people that age can safely take in any given day from 2,000 international units to 4,000 IU.

Vitamin D is extremely beneficial to every day life. Numerous studies have linked vitamin D deficiency to practically every known malady in the world today -- heart disease, chronic inflammation, arthritis, psoriasis, depression, influenza, asthma, allergies, autoimmune disorders, diabetes, autism, and even cancer. It is vital that we get the recommended daily amount of Vitamin D.

Vitamin D3, Cholecalciferol, also comes from sunlight. Vitamin D3 allows the body to do all sorts of useful things, such as control phosphorous, calcium, bone metabolism and neuromuscular function. It’s the only vitamin that the body can manufacture using just the power of sunlight alone. Vitamin D3 helps with the following ailments:

- Depression
- Over-all bone health
- Back pain
- Cancer
- Preeclampsia
- Anxiety

**VITAMIN D MIZZLE (Product Summary)**

There is a vast amount of clinical research showing the many health benefits of Vitamin D. Vitamin D is needed in the development of strong, healthy bones. Its chief function is to maintain the right concentration of calcium and phosphorus in the body. Vitamin D plays an important role in your health in even more ways:

- Maintains Your Calcium Balance
- Aids Your Cellular Health
- Boosts Your Immunity
- Has a Positive Role in Insulin Secretion
- Helps to Regulate Blood Pressure

*The ingredients contained in this product are: Vitamin D