

Bioavailability



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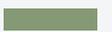
BIOAVAILABILITY IS THE PROPORTION OF A SUBSTANCE THAT ENTERS THE BLOOD STREAM AND CIRCULATES AROUND THE BODY HAVING AN ACTIVE EFFECT.

Absorption

THE PROCESS BY WHICH ONE THING S ABSORBED BY ANOTHER.

Complimentary Nutrients

NUTRIENTS THAT ARE BETTER ABSORBED (INCREASED BIOAVAILABILITY) WHEN CONSUMED TOGETHER (COMPLIMENT/SUPPORT EACH OTHER).





MAGNESIUM & ZINC

MAGNESIUM IS RESPONSIBLE FOR

- MUSCLE FUNCTION THROUGHOUT THE BODY
- REGULATING ZINC WITHIN THE BODY

ZINC IS FOUND IN THE CELLS THROUGHOUT THE BODY

- IT ASSISTS THE IMMUNE SYSTEM TO FIGHT OFF BACTERIA & AND VIRUS'.
- IS REQUIRED TO MAKE PROTEIN AND DNA.
- ENABLES INCREASED ABSORPTION OF MAGNESIUM.

KEY SOURCES OF MAGNESIUM:

- AVOCADOS
- NUTS
- LEGUMES
- TOFU
- WHOLEGRAINS
- SALMON

KEY SOURCES OF ZINC:

- SHELLFISH
- LEGUMES
- NUTS & SEEDS
- WHOLEGRAINS
- DARK CHOCOLATE
- POTATOES
- GREEN BEANS

OMEGA 3 & 6

OMEGA 3 FATTY ACIDS (EPA & DHA) CAN ASSIST IN

- IMPROVING OOCYTE QUALITY
- MINIMISING ANXIETY AND DEPRESSION
- IMPROVE EYE HEALTH
- IMPROVE RISK FACTORS OF CARDIOVASCULAR DISEASE AND REDUCE SYMPTOMS OF METABOLIC SYNDROME
- POWERFUL ANTI-INFLAMMATORY
- FIGHT AUTOIMMUNE DISEASE
- REDUCE FATTY LIVER
- IMPROVE BONE AND JOIN HEALTH
- ALLEVIATE MENSTRUAL PAIN.

OMEGA 6 FATTY ACIDS

- LOWER HARMFUL CHOLESTEROL AND BOOST "GOOD" HDL
- IMPROVE INSULIN SENSITIVITY
- CALM INFLAMMATION
- PREVENT BLOOD CLOTTING

OMEGA'S 3 & 6 MUST BE BALANCED TO BE EFFECTIVE. TOO MUCH OMEGA 6 CAN BE DETRIMENTAL TO HEALTH AND IMPACT DNA.

KEY SOURCES OF OMEGA 3:

- SALMON, OYSTERS, SARDINES AND ANCHIOVES
- WALNUTS
- CHIA SEEDS

KEY SOURCES OF OMEGA 6:

- SUNFLOWER OIL AND SEEDS
- WALNUTS
- PUMPKIN SEEDS

CALCIUM & VITAMIN D

CALCIUM

- BUILDS AND MAINTAINS BONE STRUCTURE AND DENSITY
- IMPORTANT FOR THE DEVELOPMENT AND MAINTENANCE OF BONE AND TEETH
- REQUIRED BY MUSCLES (SPECIFICALLY HEART) AND NERVES TO FUNCTION PROPERLY.

NB: THE BODY EXCRETES CALCIUM THROUGH URINE WITH SALT. TO RETAIN MORE CALCIUM, REDUCE SALT INTAKE.

- CALCIUM IN THE BODY IS REGULATED BY MAGNESIUM.

VITAMIN D ENHANCES THE ABSORPTION OF CALCIUM.

KEY SOURCES OF CALCIUM:

- SEEDS
- PARMESAN
- YOGHURT
- TINNED SARDINES & SALMON
- BEANS & LENTILS
- ALMONDS

KEY SOURCES OF VITAMIN D:

- SALMON & TUNA
- ORGAN MEATS - PARTICULARLY BEEF & CHICKEN LIVER
- CHEESE
- EGG YOLKS



CALCIUM, IRON & VITAMIN C

- CALCIUM CAN INHIBIT IRON (HEME & NON-HEME) ABSORPTION.

- IRON IS CRUCIAL FOR THE TRANSPORTATION OF OXYGEN AROUND THE BODY.

- DEFICIENCY IN WOMEN CAN SIGNIFICANTLY IMPACT THE MENSTRUAL AND OVULATION CYCLE.

THIS IS A VITAL MICRONUTRIENT FOR CONCEPTION, MATERNAL HEALTH, FOETAL DEVELOPMENT AND IN EARLY CHILDHOOD.

COPPER AIDS IRON METABOLISM AND BLOOD CELL FORMATION. IRON IS HEAVILY INVOLVED IN RESPIRATION, IMMUNITY, SKIN AND NAIL FORMATION AND BONE GROWTH.

FOR PEOPLE WITH COELIAC DISEASE, IRON DEFICIENCY CAN OCCUR DUE TO MALABSORPTION ASSOCIATED WITH THE AUTOIMMUNE DISEASE.

KEY SOURCES OF IRON

- FORTIFIED BREAKFAST CEREALS
- OYSTERS
- WHITE BEANS
- DARK CHOCOLATE
- ORGAN MEATS
- LENTILS
- SPINACH

-VITAMIN C IS A POWERFUL ANTIOXIDANT

- VITAL FOR COLLAGEN FORMATION WHICH STRENGTHENS BLOOD VESSEL WALLS, AIDS THE FORMATION OF SCAR TISSUE AND PROVIDES THE MATRIX FOR BONE GROWTH.

- VITAMIN C AND ZINC ARE KEY NUTRIENTS TO SUPPORT THE IMMUNE SYSTEM.

- REQUIRED FOR SYNTHESIS OF THYROXIN (THYROID HORMONE) AND METABOLISM OF AMINO ACIDS.

- ENHANCES THE ABSORPTION OF IRON IN THE SMALL INTESTINE.

- BIOFLAVNOIDS, AN ANTIOXIDANT, CAN INCREASE ABSORPTION OF ASCORBIC ACID (VITAMIN C).

KEY SOURCES OF VITAMIN C

- PAPAYA
- RED CAPSICUM
- BROCCOLI
- BRUSSEL SPROUTS
- STRAWBERRIES
- PINEAPPLE
- ORANGES
- KIWI FRUIT
- ROCKMELON
- CAULIFLOWER
- ONIONS