

## **How to Easily Improve Absorption: Powerful Administration Methods to Enhance Your Health**

There has been much debate as to what constitutes better digestion. Does chewing supplements lead to more results compared to swallowing pills? The digestive system is used to transfer food you eat into nutrients for growth and repair which provides more energy. Digestion starts and occurs at the mouth. As you chew, food is broken down into smaller pieces and is easily digested. When this happens, nutrients are absorbed quickly into the blood stream and into the mucous membranes of the mouth. This allows you to maximize absorption and receive high-quality nutrition. In addition, saliva is combined with food to assist with the break down so your body can absorb nutrients effectively. By chewing, you'll allow the main enzyme in your saliva (amylase) to break down starches into sugars. Masticating slowly also becomes a factor, because faster chewing leads to harmful particles entering the stomach and intestines---which can cause problems in the digestive tract. Furthermore, by masticating effectively, you'll be able to absorb more nutrients, and maintain a healthy weight while improving digestion. In contrast, by taking capsules, you won't receive the adequate nutrients in the mouth that goes directly into the bloodstream. During the chewing process, saliva has digestive enzymes to help break down your food more easily---so the more you chew, the easier it will be on your stomach and small intestine.

There are a couple of ways to intake supplements effectively. One in particular, involves the sublingual process. This is where you are consuming the product under your tongue. By using this approach, supplements are navigated into the bloodstream quicker for better absorbability. Another method involves Buccal administration, where you place a capsule between the gums and cheek---allowing it to dissolve and absorb into the bloodstream. Individuals that have trouble swallowing pills will find the Sublingual and Buccal approaches beneficial. Since these methods aren't metabolized through the liver, you can even take a lower dose and still experience its powerful impact. When swallowing a tablet, it goes through the gastrointestinal tract---which is transported into the stomach, to the intestines, and then to the liver. As liquids are placed under the tongue, the route is shortened. Instead, the supplement goes straight to the bloodstream. Liquids are actually much more effective because they give you the opportunity to swish around the mouth and avoid harmful environments in the stomach that you'll experience with solid foods. Typically, a liquid supplement can take 1 to 4 minutes to break down compared to a capsule or tablet---which can needs 30 minutes to digest. In fact, according to the Physician's Desk Reference, 85% to 90% of liquid nutrients are absorbed within 30 seconds. The body uses 98% of liquid extracts compared to 39-53% of capsules. With this added liquid benefit over pills, it allows for faster absorption rates.

As you can see, having effective administration supplement methods can impact health and digestion. Normal intake of supplements simply isn't enough to get the full benefits of adequate nutrition. Buccal and Sublingual administration methods are powerful ways for nutrients to enter the blood stream quickly and effectively. Swallowing pills and upset stomachs are times of the past, and now there are innovative ways to consume.

Whether it's chewing correctly, administering through Buccal and Sublingual methods, you'll reap the benefits of liquid supplement consumption.

So the next time you are looking for a top-quality supplement, remember that how you take your supplement is just as important as what you're taking. Are you ready for better absorption?