

Spray Labs LLC / Spray Vitamins and Oral Absorption

Delivery Method - Absorption – The most common method for taking supplements is by swallowing a tablet or capsule. These products contain the nutrients, either bound together with certain fillers and compressed into a tablet, or enclosed in a capsule (usually made from gelatin, which, in turn is generally bovine in origin, although a few vegetarian gelatin capsules are now available). Once swallowed, the tablets or capsules are designed to disintegrate and release their nutrients. These nutrients are then available for absorption across the lining of the gastrointestinal tract.

Spray labs supplements are liquids. We selected this form for a variety of reasons, some of which are briefly mentioned below. We firmly believe that this delivery method is the most effective for dietary supplements. These liquids are delivered as a spray mist directly into the mouth, which is the first step of the gastrointestinal tract. Some of the nutrients will be absorbed rapidly across the lining of the mouth, whereas the remaining nutrients will, upon being swallowed, absorbed at other points in the gastrointestinal tract.

The key point here is that the gastrointestinal tract begins in the mouth. The mucosal tissue in the mouth has similarities to that in the lower gastrointestinal tract and thus absorption of nutrients across the oral mucosal tissue also has similarities to the absorption of nutrients at other points in the gastrointestinal tract.

Benefits of Spray Delivery:

Convenience – The spray tube will easily fit in your purse, pocket, or briefcase. There is no need to look for a glass of water to take a tablet, or to measure spoonful of liquid or powder into water, or count the number of drops under the tongue.

Bioavailability - As discussed by Srinivasan (reference 3), when referring to tablets, “Good quality is associated with the ability to disintegrate and dissolve”. In the case of our spray vitamins the active components are already in solution or suspension; in other words, the nutrient is already dissolved and just waiting to be absorbed into your system.

Vitamin D3, for example, is an oil-soluble vitamin, so there can be challenges in developing a truly beneficial formulation. Our product, as well as being a fine mist spray, is also an emulsion, meaning that the vitamin is fully mixed with the water with which it is sprayed – this again helps the absorption and bioavailability within the body.

The container we use protects the liquid from light and air, keeping the ingredients potent.

Safety - Our sprays contain no fillers; therefore the chance of an allergic or nauseous reaction is nearly zero.

Selected References:

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