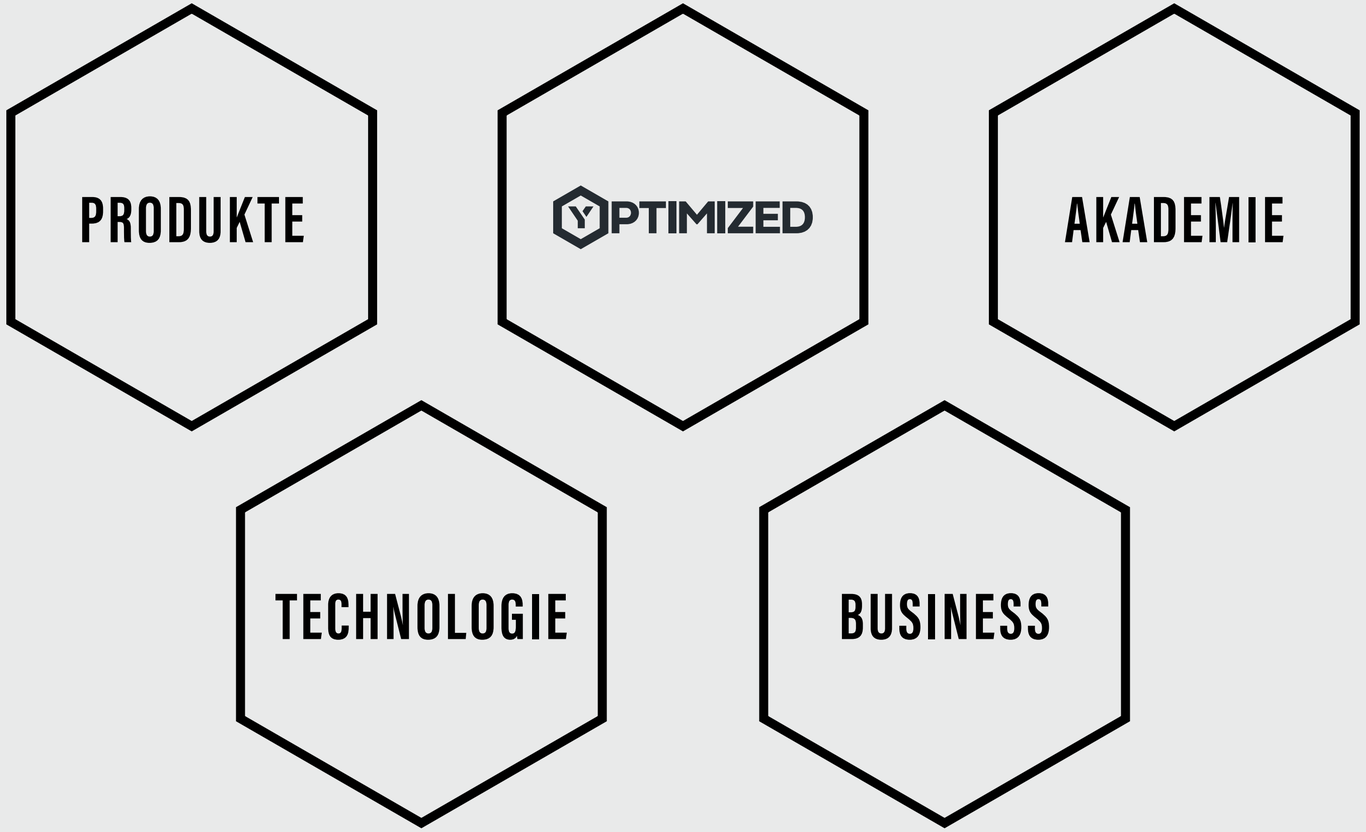
YPTIMIZED

UNLEASH YOUR FULL POTENTIAL

UNSERE HIGH5 – WIE ARBEITEN WIR?



WARUM WIRKEN DIE MEISTEN VITAMINE UND NAHRUNGSERGÄNZUNGSMITTEL NICHT BZW. KÖNNEN SOGAR SCHÄDLICH SEIN?

DINGE DIE UNS ABLENKEN

SMARTPHONE

LÄRM | UMGEBUNG

ARBEIT

MEINE HELDENREISE

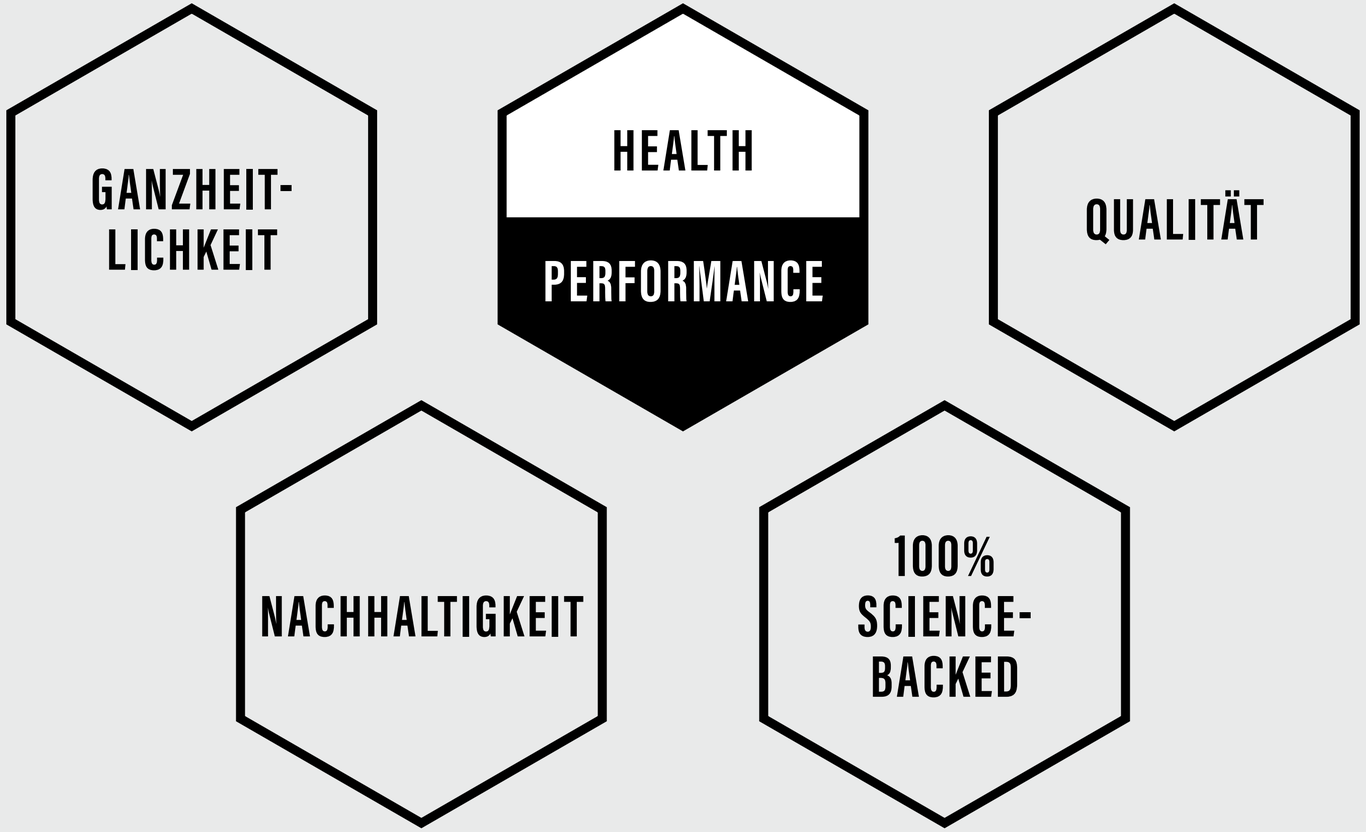






LASSE UNS DEINE PERSÖNLICHE HELDENREISE ANTRETEN!

PRODUKTPHILOSOPHIE



WIE ALLES BEGANN...

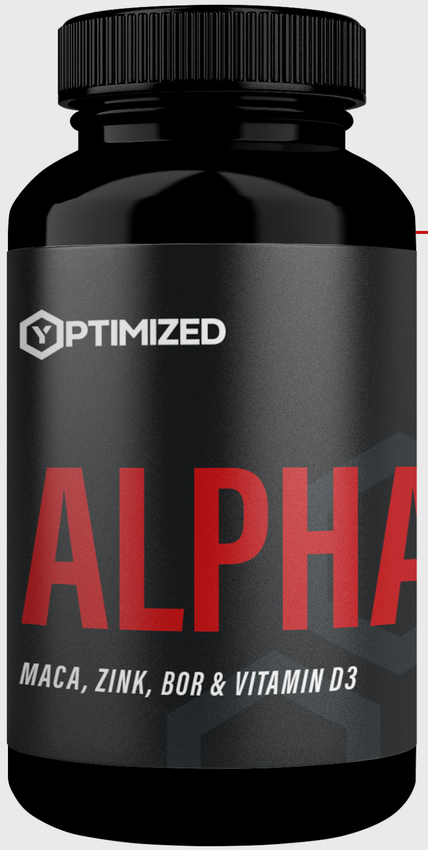
SLEEP

ASHWAGANDHA, MAGESNIUM & L- TRYPTOPHAN

60 CAPS | VEGAN | MAX

- *Optimale Zusammensetzung aller Inhaltsstoffe*
- *Höchstmögliche Bioverfügbarkeit*
- *Natürliche Inhaltsstoffe wie Ashwagandha, Magnesium und L-Trypthophan*
- *Hergestellt in Deutschland in höchster Premiumqualität*

ANDERE BESTSELLER



ALPHA

MACA, ZINK, BOR & VITAMIN D3

60 CAPS | VEGAN | MAX

60 CAPS | VEGAN | MAX

YOUTH

HYALURON, ASTAXANTIN & OPC

WHAT'S NEXT?


OPTIMIZED
IMMUI
ACEROLA, VITAMIN D & INGWER


OPTIMIZED
VEGAN
PROTEIN
VEGANER HASELNUSS-
SCHOKOLADEN GESCHMACK
UNLEASH YOUR FULL POTENTIAL


OPTIMIZED
FOCUS
GINKGO, BACOPA MONNIERI & VITAM

Q&A

STUDIEN ÜBER VITAMINE / PRÄPARATE DIE NICHT IMMER GESUND SIND.

KERNAUSSAGEN DER STUDIEN

VERGLEICH DER ABSORBIERUNG VON SYNTHETISCHEM VITAMIN C UND NATÜRLICHEM VITAMIN C IN DEN KÖRPER

- *Natürliches Vitamin zu 35% mehr absorbiert!*
- *Vitamine aus natürlicher Quelle haben eine bessere Bioverfügbarkeit!*
- *Natürliches Vitamin wird bei Vitaminsättigung besser ausgeschieden als synthetisches Vitamin!*
- *Künstliches Vitamin wird bei Vitaminmangel eher ausgeschieden als natürliches Vitamin!*

HTTPS://PUBMED.NCBI.NLM.NIH.GOV/3414575

BESSERE ABSORBIERUNG VON MAGNESIUM IN NATÜRLICHER FORM

- *Einnahme von natürlichem Magnesium (Magnesium Citrat) zeigt die beste Bioverfügbarkeit bzw. Aufnahme des Wirkstoffs in den Körper, verglichen mit anderen künstlichen Magnesiumpräparaten*

HTTPS://PUBMED.NCBI.NLM.NIH.GOV/14596323/

Clinical Trial > Am J Clin Nutr. 1988 Sep;48(3):601-4. doi: 10.1093/ajcn/48.3.601.

Comparative bioavailability to humans of ascorbic acid alone or in a citrus extract

J A Vinson [1], P Bose

Affiliations + expand

PMID: 3414575 DOI: 10.1093/ajcn/48.3.601

Abstract

This study was performed to determine whether synthetic ascorbic acid (AA) alone or in a natural citrus extract containing bioflavonoids, proteins, and carbohydrates was more bioavailable to human subjects. The effect of a single 500-mg ascorbate dose of the two forms and a placebo citrus extract on plasma ascorbate was examined in eight fasting subjects. A comparison of the areas under the plasma concentration-time curves showed that the citrus extract was 35% more absorbed than AA (p less than 0.001) and was more slowly absorbed than AA (p less than 0.001). In six ascorbate-saturated male subjects the ascorbate in the citrus extract produced a greater ascorbate excretion than AA alone in 24-h post-dose urine (p less than 0.05). Citrus extract ascorbate was less excreted than AA (p less than 0.05) in 12 nonsaturated subjects. Ascorbate in the citrus extract was found to be more bioavailable than AA alone in human subjects.

Clinical Trial > Magnes Res. 2003 Sep;16(3):183-91.

Mg citrate found more bioavailable than other Mg preparations in a randomised, double-blind study

Ann F Walker [1], Georgios Marakis, Samantha Christie, Martyn Byng

Affiliations + expand

PMID: 14596323

Free article

Abstract

Published data on the bioavailability of various Mg preparations is too fragmented and scanty to inform proper choice of Mg preparation for clinical studies. In this study, the relative bioavailability of three preparations of Mg (amino-acid chelate, citrate and oxide) were compared at a daily dose of 300 mg of elemental Mg in 46 healthy individuals. The study was a randomised, double-blind, placebo-controlled, parallel intervention, of 60 days duration. Urine, blood and saliva samples were taken at baseline, 24 h after the first Mg supplement was taken ('acute' supplementation) and after 60 days of daily Mg consumption ('chronic' supplementation). Results showed that supplementation of the organic forms of Mg (citrate and amino-acid chelate) showed greater absorption (P = 0.033) at 60 days than MgO, as assessed by the 24-h urinary Mg excretion. Mg citrate led to the greatest mean serum Mg concentration compared with other treatments following both acute (P = 0.026) and chronic (P = 0.006) supplementation. Furthermore, although mean erythrocyte Mg concentration showed no differences among groups, chronic Mg citrate supplementation resulted in the greatest (P = 0.027) mean salivary Mg concentration compared with all other treatments. Mg oxide supplementation resulted in no differences compared to placebo. We conclude that a daily supplementation with Mg citrate shows superior bioavailability after 60 days of treatment when compared with other treatments studied.

AUF GEHTS ZU DEINER HELDENREISE

DEINE HELDENREISE

ANGESTELLT
> 50%

UNTERNEHMER
< 50%

SELBSTÄNDIG
< 50%

INVESTOR
~ 25%

#TEAMOPTIMIZED

VIELEN DANK!

E-Mail: *support@youoptimized.co*

Website: *youoptimized.co*