Minerals - The Crux of Bioavailability

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From Dr. F. Batmanghelidj we know: Minerals such as potassium, calcium, magnesium and zinc regulate the fluid level of cells and together with sodium ensure that blood pressure remains normal. (Blood pressure does not rise from salt intake) Also for the successful doctor thinking "outside the box of conventional medicine," Dr. Dietrich Klinghardt (74), "every sensible therapy starts with minerals."

Dr. Stockwell emphasizes the importance of adequate mineral supply for immune system function and general health. He provides an impressive calculation example of how easily someone can fall into a deficiency state, despite regular intake of a dietary supplement:

"You can buy calcium at any grocery store - on the label of the bottle it says: Calcium - Magnesium. When reading the ingredients, you learn - Calcium 1,000 mg, contained in calcium carbonate. Calcium is consequently bonded with a carbonate molecule here. The calcium content in this product is actually only 48% by weight. Your 1,000 mg calcium tablet actually contains only 480 mg of calcium. The carbon content is 52% by weight. The 480 mg of calcium you receive is in metallic form, 100% absorbable by plants but for an adult only 3-5%."

Your body absorbs only 24 mg from every 1,000 mg calcium tablet. If it were to really absorb 1,000 mg, you would need to take more than 40 tablets for that.

The problem: According to current food law, only the ingredients in dietary supplements must be listed, not their absorbability.

The situation is similar with the list of minerals on mineral water bottles. If mineral water manufacturers had to specify the bioavailability of minerals on the label of their bottles, many an "advertising slogan" would turn into a disaster, if for example it said: "Just 15 liters of this mineral water per day covers your need of 400 mg magnesium." Or: "Give your child 20 liters of 'Gero-Pebble's-Best' per day to cover the necessary daily requirement of 1,000 mg calcium." (Bioavailability values according to a study by Prof. Heseker.)

It's good.
to be truu.