

Short Communication**Bioequivalence Studies Of Vitamin Gummies And Vitamin Supplements****G.Logitha, T.Arulmozhi, K.Tamilarasi, Soundharya Thiyagarajan, Dr.A.N.Uma***

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INTRODUCTION

Vitamin supplements are incredibly popular all over the world. Many people believe that taking vitamins can improve health or make up for a diet that's low in nutrients. There are several types of vitamins, including chewable gummies. They may include several vitamins and minerals or just a few select nutrients, such as vitamin D and calcium.

Proposed interventions

To investigate the nutritive value of oral dose Vitamin gummies in healthy adults, various articles were reviewed and compared it with tablets. Gummy vitamins are designed to be a more palatable alternative to regular vitamins in the hopes that people will be more inclined to take them. But when it comes to health benefits, they're nowhere near a 1:1 swap. Gummy vitamins have fewer vitamins and minerals than regular vitamin supplements. As with other sweets, the sugar and citric acid in gummy vitamins can stick to the teeth and quickly lead to cavities. Studies show that if a gummy vitamin and a vitamin pill have the same amount of vitamins, they are equally absorbed into the bloodstream. They found that the gummies and the pills were about the same when it comes to bioavailability. Because of all the extra ingredients in a gummy vitamin, it is hard to get enough actual vitamin into the gummy. Also, the vitamins in gummy are less stable than in pills, they lose their potency and have a shorter shelf life.

Conclusion

Thus, we must understand that taking vitamins of any kind are good for anyone who struggles with nutrient deficiency or absorption issues or has increased nutrient needs (such as pregnant women). Each of the supplement forms has pros and cons, the key to choosing the right one for you, is understanding your digestion, preference and lifestyle. Instead of going with gummies, try to make traditional vitamins easier to stomach literally by taking them with food.

Keywords: Vitamin gummies, Tablets, Bioavailability, Nutrient deficiency.

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