

## What's the difference between ionic and colloidal minerals? <sup>[1]</sup>

Dear Alice,

What is the difference between ionic and colloidal in vitamins & minerals?

Thanks! D2

### **Answer**

Dear D2,

Trying to make sense of all the vitamin and mineral supplements on the pharmacy shelves may make you feel stuck between a rock and a hard place! Before you swallow any information, it is important to know that both ionic minerals and colloidal minerals have a lot of dubious marketing and advertising surrounding them. Manufacturers of colloidal and ionic supplements may make a variety of claims about their products ? many of which are not confirmed by scientific research. Moreover, the body doesn't need a whole lot of minerals; fewer than 20 have been judged to be essential to your health.

A colloid is a mixture in which particles are suspended in a liquid or a gas. Colloidal minerals come from humic shale deposits, primarily from Emery County, Utah. After collection, the shale is crushed and placed in water so that the minerals can enter the solution. Colloidal mineral distributors stress the ?naturalness? of their product and have made claims about improving conditions associated with certain diseases, a practice judged to be illegal by the FDA. In addition, some advertisements state that colloidal supplements contain 75 minerals, many of which have not been proven to be beneficial to health (such as platinum, gold, and silver).

Ionic mineral distributors state that colloidal minerals have too large of a particle size to be absorbed by the body. Therefore, ionic minerals (named after their supposed positively and negatively charged molecules) were created to have the ?correct electrical charge? and therefore lead to higher levels of absorption by the body. Although these supplements may actually lead to greater absorption, it is important to remember that there are various other conditions that must be present in the body in order for this to happen.

In reality, the body only needs minerals in trace amounts. Excessive dosages of minerals can actually be toxic. Therefore, before you experiment with any vitamin or mineral supplements,

you may want to speak with your health care provider. A provider can help you sort out fact from fiction, so you can make an informed decision and avoid products that may be harmful or simply ineffective. In certain cases, you may be better off wearing these minerals than ingesting them!

Alice!

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