

## A simple experiment to compare Nutritional supplements

**AIM:** Observe the affect a few different Nutritional (Vitamin and Mineral) supplements have on protecting something from degrading – basically the impact they have on protecting a slice of apple.

I've done this experiment a number of times before with various different products compared against Usana's Essentials, and observed a massive difference in the protection against degradation the Essentials offered in comparison to other products.

I now wanted to compare Usana's "Body Rox" against other products.

### **METHOD:**

A health food store provided the following:

- Blackmores "Multi Vitamins & Minerals – High Potency"
- Swisse "Ultivite Multi-Vitamin Mineral & Anti-oxidant formula"

I also sourced a product recommended by Naturopaths:

- Eagle "Tresos-B Antioxidant Multi-Vitamin, Mineral and Amino Acid complex"

And of course:

- Usana "Body Rox Vitamin and Mineral supplement"

*Interestingly the cost of each product based on the price per tablet was almost the same. There was just over 4% difference between the cheapest (Blackmores) and most expensive (Eagle).*

The experiment was simple:

- Four glasses filled with the same amount of water.
- One Apple carefully cut into 4 thin slices from the same section.
- One tablet from each of the different products into each of the glasses.
- Observe what happens.

### **OBSERVATIONS (summary):**

After 1 hour:

**Usana** – Tablet 100% broken down.

**Eagle** – Tablet around 80% broken down.

**Swisse** – Capsule shrinking in size, but still 100% intact.

**Blackmores** – Tablet around 5% broken down.

Apple looks same for each.

After 4 hours:

**Usana** - Tablet 100% broken down. Water changed colour to yellow/orange.

**Eagle** – Tablet 100% broken down. Water slight change in colour.

**Swisse** – Capsule still intact, but turning black in colour. Water changed colour to light yellow.

**Blackmores** – Tablet around 10-20% broken down, water no change in colour.

Apple looks the same for each.

After 1 day:

**Usana** – Apple shows no obvious change.

**Eagle** – Apple shows no obvious change.

**Swisse** – Capsule black in colour and expanded in size, but still intact. Apple showing slight brown colour change.

**Blackmores** – Apple showing slight brown colour change.

After 2 days:

**Usana** – Apple shows no colour change overall and slightly grey around thin edge.

**Eagle** – Apple showing brown colour change overall and darker around thin edge.

**Swisse** – Apple showing slight brown colour change overall and grey around thin edge. Capsule black in colour and very expanded in size, but still intact.

**Blackmores** – Apple showing slight brown colour change overall.

After 4 days:

**Usana** – Apple shows very slight brown colour change overall and slightly grey around thin edge.

**Eagle** – Apple showing brown colour change overall and darker around thin edge.

**Swisse** – Apple showing brown colour change overall and dark grey around edge. Capsule black in colour and very expanded in size and starting to break down.

**Blackmores** – Apple showing brown colour change overall and degrading on edge.

After 7 days (washed off and laid out on paper):

**Usana** – Apple maintains almost 100% original size and shape. Feels soft but firm. Slight brown in colour overall, with dark brown area where apple sat against glass and slightly out of water.

**Eagle** – Apple lost some of original size and shape. Feels mushy. Brown colour overall.

**Swisse** – Apple maintained most of original size and shape, some of surface degraded. Feels very soft. Some slight brown colour and more than 50% dark grey colour.

**Blackmores** – Apple lost about half of original size and shape. Feels very mushy. Green and Brown colour overall.

### CONCLUSION:

A picture tells a 1000 words...

The 3 photos below were taken on day 7 after taking the Apple pieces out of the water





The photo below was taken 3 hours after the Apple pieces were taken out of the water

