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# VITAMINS - *Oral vs Injectable*

Vitamins are classified as either oil soluble ( A,D,E & K) or water soluble ( B Group & Vitamin C). The water soluble ones can be administered intravenously but the oil soluble group can only be injected into the muscle. Vitamin injections bypass the need for absorption through the intestinal wall and produce high blood levels rapidly but in the case of the B Group especially, are also rapidly excreted via the kidneys or liver. Repeated oral supplementation via daily dosing provides constant intake over time so the body always has the vitamins it needs available, avoiding the roller coaster high and lows which may be associated with injections. Studies on Vitamin B12 for example have shown that oral supplementation is just as effective at achieving a response as repeated injections. Water soluble vitamins cannot be stored by the body so constant replenishment via oral supplements is probably preferable to intermittent high dose injections.

*Horsepower's Vitamin Supplement is available online by [clicking here](#)*



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