



Why Organ Meat Capsules Beat Synthetic Multivitamins: Liver, Kidney, Spleen, Heart & Bone Marrow for Deep Nutrition

Wait... Organ Meat?

I get it. For many people, the idea of eating organ meat might spark a strong "ugh" reaction. In the U.S., we've largely lost the taste for these traditional foods. But in many cultures around the world, organs are still cherished for their dense nutrition and healing properties. They were once considered the most valuable parts of the animal—used to nourish new mothers, aid in recovery from illness, and build strength in times of stress.

Today, most of us aren't roasting liver or blending spleen into stews. That's where dehydrated, capsulized organ supplements come in—a modern workaround for a powerful ancestral food. No prep, no taste, just real nourishment.

These supplements offer an easy, daily way to get the **deep-spectrum nutrition** your body craves—in a form it recognizes and absorbs. Unlike synthetic multivitamins that often pass through your body unused (creating nothing more than expensive pee), organ meats provide **bioavailable vitamins, minerals, and cofactors** your body can immediately use and store.

Think of your body as a garden: You can throw synthetic fertilizer on top (a quick boost), or you can build **rich, nutrient-dense soil** that sustains long-term vitality. Organ supplements work like compost—they nourish your **roots**, build up your **reserves**, and help your body **weather stress, inflammation, and deficiency** with greater resilience.

If you're tired of trying pills, powders, and synthetic blends with little to show for it, organ supplements might just be the missing piece—the original multivitamin, straight from nature.

Your Body as a Garden: Why This Is Deep Fertilizer

If your body is a garden, synthetic vitamins are quick-fix fertilizers. Organ supplements are like composted, mineral-rich soil amendment. They:

- Rebuild foundational nutrient stores
- Restore hormonal, immune, and digestive balance
- Increase resilience to stress, infection, and inflammation

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Organ Supplements vs. Synthetic Multivitamins: A Smarter Choice

Most over-the-counter multivitamins rely on lab-created, isolated nutrients that may not be well absorbed or used by the body. Common issues include:

- Cyanocobalamin (cheap B12) must be converted before use
- Beta-carotene may not convert to usable vitamin A in some people
- Ferrous sulfate (iron) causes digestive upset and poor absorption
- Many synthetic vitamins are excreted before the body can use them

In contrast, organ supplements contain nutrients in their full-spectrum, natural form, often bound to enzymes, proteins, or fats that enhance absorption and help the body store and use nutrients effectively—not just flush them out.

Why Organs Are the Body's Nutrient Vaults

In mammals, organs act as biological banks, storing and concentrating key nutrients in specific tissues for times of stress, reproduction, illness, and repair. For example:

- Liver stores fat-soluble vitamins (A, D, E, K)
- Spleen concentrates heme iron, B12, and immune peptides
- Heart is rich in CoQ10
- Kidneys regulate minerals like selenium and potassium
- Pancreas holds digestive enzymes and insulin precursors
- Bones and marrow store calcium, phosphorus, magnesium, and collagen precursors

Consuming these organs in freeze-dried, capsulized form delivers bioidentical nutrients in their natural matrix, alongside enzymatic cofactors needed for absorption.

What's Inside Organ Supplements? Nutrients by Organ

Liver: The Nutrient Powerhouse

- Preformed Vitamin A, D, K
- Thiamin (B1), Riboflavin (B2) Niacin (B3) Polthothenic acid (B5), Paridoxine (B6), Biotin (B7), Folate (B9), C blaming (B12)
- Choline
- Heme iron
- Zinc, copper, selenium

Kidney: Histamine Balance, Detox & Mood Support

- DAO enzyme
- Selenium
- B vitamins (including B7, biotin)

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- Iron
- Omega-3s

Heart: Cellular Energy & Cardiovascular Strength

- CoQ10
- B2, B3, B6, B12
- Iron
- Selenium
- Collagen, elastin

Spleen: Iron & Immune System Support

- Heme iron (even more than the liver!)
- B2, B3, B6, B9, B12
- Zinc, copper, selenium, potassium, magnesium
- Tuftsin, splenopentin (immune peptides)
- All essential amino acids

Pancreas: Digestive & Metabolic Health

- Amylase, lipase, proteases
- Pancreatic polypeptide
- All essential amino acids

Bone & Connective Tissue

- Calcium, phosphorus, magnesium
- Collagen (Types I & III)
- Glucosamine, chondroitin, hyaluronic acid
- Glycine, proline

Bone Marrow: Immune, Hormonal & Regenerative Support

- Omega-3s
- Vitamin K2 (MK-4)
- Alkylglycerols
- Healthy marrow fats
- Stem-cell supporting lipids

Why Organ Meat Supplements Are the Ultimate Whole Food Multivitamin

If you've tried multivitamins, powders, or endless supplements with little to show for it, this may be why: most synthetic vitamins aren't well absorbed. Organ meats deliver vitamins and minerals in their most usable, food-based form. They are nature's multivitamins.

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These supplements bridge the gap left by modern diets that lack ancestral staples. In capsule form, they offer taste-free, bioavailable, complete nutrition your body knows how to use.

Resilience Starts at the Cellular Level

Organ meat supplements help your body rebuild and repair from the inside out. Instead of masking symptoms, they restore the foundation. You'll feel the difference: in your energy, digestion, mood, skin, and your ability to weather life's stressors.

Suggested Use - It depends, but here's some general guidance:

- **Daily Serving:** Take 2 Organ Complex capsules and 2 Bone Marrow capsules daily. Can be increased if more support is needed. Bottles will often say 6 capsules daily. That seems a bit high, unless you are treating an illness (anemia, osteoporosis, etc.) For use as a daily Vitamin, 2-4 a day is plenty for most people.
- **How to Take:** Swallow with warm water to aid absorption. Avoid cold drinks.
- **Mindset Shift:** These aren't just pills—they're food.

When my son lived at home, I'd hand him his capsules in an otherwise empty bowl, along with a cup of warm water and say, "Here's your bone broth!" Because that's exactly what it is: deep, daily nourishment in capsule form. For modern convenience, we are just making the broth in the stomach.

Interested in Trying Organ Supplements?

You can find them online somewhere like Amazon. But if you are looking for higher quality or reassurance of quality, I've made it easy for you. I offer access to my professional-grade online dispensary used by naturopaths, acupuncturists, and integrative doctors. These supplements are **ethically sourced, carefully vetted, and trusted**—unlike the hit-or-miss world of online marketplaces like Amazon. You can find my recommendations for trusted sources of organ meat and bone marrow, as well as find other supplements you use, often at cheaper prices than Amazon.

10% off storewide Online Dispensary: <https://us.fullscript.com/welcome/growhair/store-start>

I've selected some of the most effective **organ meat and bone marrow supplements** on the market in the Recommendations section of my Online Supplement Dispensary. You can place a one-time order or set up a recurring subscription—whatever fits your lifestyle best. Your body will thank you.

If you have any questions, please reach out to me! I'm happy to answer any questions you might have.

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