

# Nutraceuticals and Nutrition Supplements

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## It is not the innovation, it is the application: How vitamins saved my life and career

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The need for nutritional supplementation is a contentious issue. It is one that has divided both the scientific community and public opinion. With my background as a surgeon I started as a cynic, I would see undigested tablets in the colons of patients and ingredient lists full of indigestible fillers. My opinion was that in a society where a healthy and well-balanced diet was accessible to most, there was no need to consider vitamin supplementation. All this changed after I was diagnosed with Crohn's Disease in my early twenties. I was a trainee surgeon working over 110 hours a week whilst my condition progressively deteriorated. Following major emergency abdominal surgery, I was left with severe nutritional deficiencies; the need to take vitamin supplements became essential to my well being, but as with most individuals, my compliance rates were appalling. I had to find another way. The journey for me from a surgeon to an innovator was driven out of a genuine necessity, not only to find a way to increase my compliance but also to help others struggling to achieve a balanced diet or those having difficulty with digestive absorption issues. Approaching the problems from a functional and delivery standpoint, I was able to develop a line of supplements that use oral spray technology to improve compliance and dosage control by way of its delivery system, accessibility and ease of use. It was the answer for me but as I discovered it became the answer for thousands of others.

### Biography

Jatin R Joshi has completed his Medical training from University College London, graduating with honors. He has completed his Surgical Residency in London with specialization in Plastic and Reconstructive Surgery gaining Membership of the Royal College of Surgeons. He is the Founder and President of Instavit Ltd, a nutraceutical company that utilizes oral spray technology as the delivery vehicle for nutritional supplementation. He has published several papers, authored surgical textbooks and presented internationally.

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