

Vitamin D Essay

by

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Here's a thought: If vitamin D comes from the sun, how do you store the stuff in vitamin D supplements? Ok, according to Google, you can trap sunlight with two mirrors or whatever making the light bounce as many as 500,000 times (which to me implies light gets tired eventually, which is strange though maybe understandable if you think about the speed), but are there any mirrors in supplements? If so, I sure didn't notice them. The thought of me consuming any sized mirrors makes me feel a little queasy. Wouldn't they slice my insides up? How is that legal? I'm actually getting quite angry. I guess the only way to find out if mirrors are in my meds is to bite them in half and see. Now that I think of it, you get told to swallow the things, not chew on them. What are the company hiding?

Ok, I bit a tablet in half and didn't see anything suspect. It could be the company don't want people to bite the products in half because they taste so horrible. If so, good on them. That was nice wasn't it? A bit patronising, but better than being mangled from inside. So no mirrors. In that case, I have to go back to my first question. How does the technology work? The thing is, the tablets are completely white and that colour REFLECTS light. If they were black I'd at least kind of understand. Personally if I were designing the things, the outer coating would be black to attract sun rays, there would be a tiny hole on the outside for the light to enter, and the insides would be white so the light gets reflected to the blackness where it gets absorbed again.

Of course, whilst 500,000 times sounds impressive for readily available white meds, (assuming the colour acts a form of mirror in the insides and out somehow, which it might???), light travels SO quickly and so it would be gone in an instant. My first question needs to be raised, AGAIN: How do the standard white tablets work? Just h... Ohhh, I've been such a fool. Of course you can find vit D in FOODS, too. That makes a lot more sense. (At least I think it does). Apparently you find the stuff in fish, BUT how come the supplements don't taste fishy? They taste of chalk! I don't THINK there's any vits in chalk. 'Maybe the fish taste was removed from the tablets.' Ok. But how and why? If you're supposed to swallow them not chew on them, what does it matter what they taste like anyway?

And now that I think of it, why not just eat fish? I wonder if all the effort that goes into the product is really worth it. Why bother defying laws of physics, messing with food tech theory and confusing everybody? In my opinion, money could be spent on things that are less crazy. Simple ideas or often best, after all. (The large hadron collider is an exception, but as it's theorised it could end the world, who knows? Maybe that's a bad idea, too. As far as I understand it IS good at furthering our understanding of physics. Can simple objects such as spoons do that? Surely not. Simple ideas clearly aren't always best. You've been outsmarted by me. How does that make you feel?)

In conclusion... No, wait, the last few sentences were the conclusion. I think. Ah who cares? Whatever the case, let's pad this monologue out by going off topic again. Here's a perhaps better thought than earlier: You get very popular yet hated items (which in itself is a bit odd in a way) at the moment called 'face masks', but where else would you put a mask, exactly? Especially when there's flu going round, obviously spread by coughing and sneezing. You could put them on your hands I guess to stop you infecting others with sneezed out snot, but not really as gloves are far better and wouldn't fall off every few seconds. 'Maybe flu gets spread by farting'. No it doesn't. And could you imagine what people wearing masks over their trousers and on their bums would look like? If that did happen I'd assume the virus was one massive practical joke. A joke that went WAY to far. A scary thought, right? Ok, that's all from me, bye!