# Study reveals benefits of vegan supplements over traditional vitamins



A recent twin study has provided insights into the effectiveness of vegan vitamin supplements compared to traditional animal-based products. Conducted by Ross and Hugo Turner, 36, from Christow in Devon, the study examined the impact of dietary choices and supplementation on nutrient levels in the bloodstream over six months.

During the course of the experiment, both twins maintained a similar diet and workout regimen but differed in their vitamin intake. Hugo opted for a routine that included liquid nutrients derived from plants, such as sea algae, and a vegan source of Omega 3 oil. Conversely, Ross consumed an equivalent animal-based vitamin tablet daily. Comparative blood tests were administered throughout the study to monitor their levels of vitamins and fatty acids.

At the conclusion of the six months, Hugo exhibited significantly higher levels of vital nutrients compared to Ross. The findings were shared on their Instagram account, where Ross commented on the results, stating, "By the halfway stage our blood results showed slight differences. But it was the end result that really highlighted the biggest changes." He further noted that the blood tests showed "the positive benefits of using plant-based supplements, particularly with Hugo's improved Omega-3 index and a big increase in his D3 levels."

Omega 3 fatty acids, commonly found in oily fish and walnuts, are associated with health benefits including brain and heart health. Vitamin D is crucial for maintaining strong bones and muscular health. There are ongoing discussions in the scientific community regarding the potential long-term deficiencies linked to a strictly vegan diet, along with contrasting studies suggesting its benefits in lowering the risk of heart disease and promoting weight loss.

This recent investigation is not the first venture for the Turner twins into comparative dietary studies. In 2020, they undertook a similar experiment comparing a vegan meal plan with a traditional omnivorous diet, which indicated that the vegan approach could lead to faster fat loss. Following their current study, the brothers have plans to explore comparisons between fasting and non-fasting diets over a 12-week period.

In prior experiments conducted this year, they tested workout duration’s effect on fitness. Hugo exercised for 20 minutes, while Ross doubled that to 40 minutes. The results revealed that both brothers achieved nearly equivalent improvements in fitness levels and physical appearance.

Additionally, earlier in the year, Hugo adopted a high-fat, low-carbohydrate diet, predominantly consuming calories from olive oil, butter, nuts, eggs, and avocados. Meanwhile, Ross focused on a higher carbohydrate intake, featuring foods such as pasta and rice while decreasing his fat consumption. After 12 weeks, Ross gained muscle and reduced visceral fat, indicating a positive change in body composition. In contrast, Hugo’s results were mixed, with a gain in weight and an increase in visceral fat percentage.

The study conducted by the Turner twins adds to the growing interest in plant-based diets, which have attracted attention for their purported health benefits and ethical considerations. Although the precise number of vegans in the UK is difficult to determine, estimates suggest around 600,000 individuals are adhering to a plant-based diet. Recent surveys indicate that nearly a third of the UK population has taken to using alternative milks, highlighting a trend towards diverse dietary practices.

Accompanying this rise in plant-based diets is an increase in allergy-related conditions, with projections from the World Health Organisation estimating that half of the global population may experience allergies by 2025. Current UK figures reveal that approximately 2.4 million adults live with food allergies, with hospital admissions for severe allergic reactions more than tripling over the past two decades. Children, due to their smaller body sizes, are particularly vulnerable and may face heightened risks from allergens.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://www.businessinsider.com/twins-compare-vegan-diet-eating-meat-leads-to-more-mass-2020-5> - This article supports the Turner twins’ previous experiment comparing vegan and omnivorous diets, which found that the vegan diet led to faster fat loss.
* <https://www.veganfoodandliving.com/news/identical-twins-meat-vs-vegan-diet-what-happened/> - This report details another study by the Turner twins on the effects of vegan vs. meat diets on health and performance, highlighting the benefits of a plant-based diet.
* <https://www.healthline.com/nutrition/omega-3-benefits> - This source explains the health benefits of Omega-3 fatty acids, which include brain and heart health benefits, as mentioned in the context of the Turner twins’ study.
* <https://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/> - This resource provides information on Vitamin D, an essential nutrient crucial for maintaining strong bones and muscular health, as highlighted in the study’s findings.
* <https://www.bbc.co.uk/news/health-45885271> - This article discusses trends in plant-based diets and their health benefits, which correlates with the Turner twins’ research focus on vegan diets and supplements.