

# Chelation Pills and Chelation Capsules

There are several different methods of chelation therapy available. One of the most common is the use of chelation pills.

Chelation pills are a popular method of therapy for several reasons. Chelation pills are convenient and easy to take, and multiple doses can be taken per day, to speed the therapy process.

However, the absorption rate of EDTA through chelation pills is only 5-18%, leaving as much as 95% of the pills' contents to be wasted. Because pills must be digested, the assimilation of EDTA into the bloodstream can take hours or days. Additionally, chelation pills contain a number of buffers, binders, and fillers which can further slow the absorption rate and reduce the effectiveness of the active ingredients. These factors lead to a longer overall time frame for the completion of chelation therapy.

Patients should consider [oral liquid chelation](#) instead of chelation pills. Liquid chelation therapies offer a 90% - 98% absorption of the supplement. Liquid oral chelation is taken by simply mixing it with drinking water or other mineral-free liquid, and can be taken multiple times a day. The entire therapy process takes only six weeks. Liquid chelation is a simple, inexpensive and highly effective option for chelation therapy.

View our different [liquid chelation products](#) or [Contact Cardio Renew](#) to learn more about on the advantages of liquid chelation therapy.