

How Posture Effects Pills Absorption

A Johns Hopkins University study published in August 2022

Depending on your bodies orientation after taking a pill, the time it takes to exit your stomach and reach your bloodstream can vary significantly. It does matter if you're upright or laying down. When laying down, the position your body is in has a huge impact on how long it takes for the active ingredient in the pill takes to reach your bloodstream which is shown below:

10 minute absorption (Quickest):

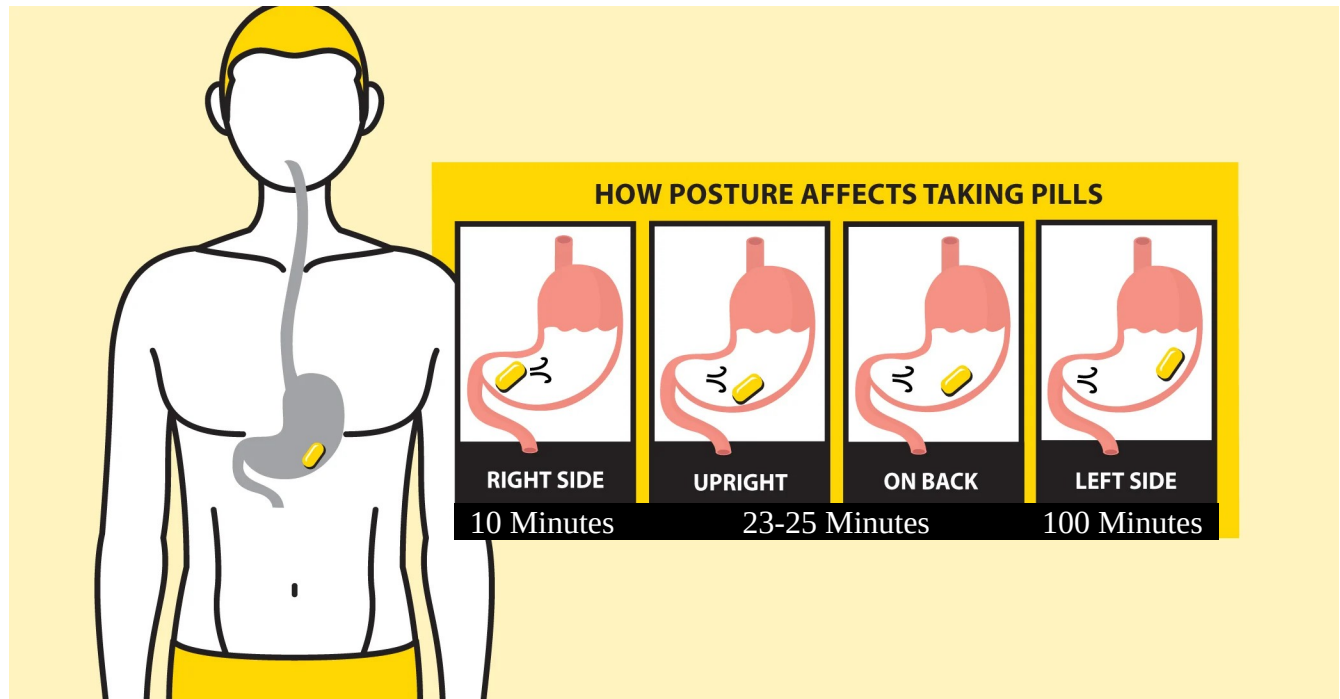
Lying on your right side has the fastest overall absorption rate, taking about 10 minutes. This is because the pill lands in the deepest part of your stomach nearest to its exit point where it enters the small intestine which then is absorbs quickly into your blood stream.

23-25 minute absorption, (Second Quickest):

Lying flat on your back, standing or sitting upright is the second fastest overall absorption rate for taking a pill. It will take about 23 to 25 minutes, on average, for the pill to exit the stomach into the small intestine. At that point, it will be absorbs quickly into your blood stream.

100 minute absorption (Slowest):

Lying on your left side is the worst / slowest overall absorption rate, taking about 100 minutes to exit your stomach. This is because the pill settles farthest away from the stomach's exit point. After moving through the stomach, the pills will exit the stomach into the small intestine. Only then will it be absorbs quickly into the blood stream. This takes a very long time which is about an hour and forty minutes.



The above information has been paraphrased from the 2022 study at John Hopkins University that can be found at:
<https://hub.jhu.edu/2022/08/16/the-best-posture-to-take-a-pill/>