



Weekly Practice Builder

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In response to increasing demand from our Practitioners, Biotics Research has implemented a new e-mail program to bring important, leading-edge information and literature to you, thereby helping facilitate the growth of your practice. Biotics Research products are available exclusively through Healthcare Providers.

Our featured supplement of the week is B₆ Phosphate

Why do your patients need B₆ Phosphate? Vitamin B₆ performs a wide variety of functions in the body and is essential for good health. Low levels of vitamin B₆ have been associated with paresthesia in the extremities, repetitive stress injuries, joint pain, joint nodules, sensitivity to bright light, irregular hair loss, acne [skin eruptions], appetite loss, aphthous ulcers, fatigue, poor wound healing, elevated C-Reactive Protein (CRP) and mood alterations. Vitamin B₆ must be acquired through diet or supplementation, since humans are incapable of synthesizing it on their own. While B₆ is plentiful in numerous types of foods, it is very sensitive to processing. Freezing can result in a 15%-70% loss in fruits and vegetables, processing meats lose 50%-70%, and milling grains results in a 50%-90% loss. Additionally, the consumption of several medications, including oral contraceptives, antidepressants, antibiotics, diuretics, and some corticosteroids deplete the body's reserves of vitamin B₆. Alcohol and smoking are also known to exacerbate depletion.

Why choose B₆ Phosphate from Biotics Research Corporation? In order to be utilized by the body, vitamins must first be converted into their active coenzyme forms. The coenzymatic form of vitamin B₆ is Pyridoxal-5-phosphate (P5P). It has been estimated that P5P may be five times more bio-available than traditional pyridoxine (B₆) as it does not require activation by the liver. Furthering the importance of vitamin B₆ assimilation, it is interesting to note that P5P is the only form of vitamin B₆ that the fetus and newborn can utilize. Vitamin B₆ is an indispensable vitamin for a wide variety of metabolic processes. As the coenzyme needed for over 100 essential enzymes, vitamin B₆ is involved in the conversion of amino acids, fatty acid metabolism, neurotransmitter production, prostaglandin metabolism, hemoglobin production, carbohydrate metabolism, protein metabolism, blood glucose regulation, and immune function. In keeping with Biotics Research Corporation's dedication to providing "The Best of Science and Nature", each tablet of **B₆ Phosphate** supplies 20 mg of vitamin B₆ as pyridoxal-5-phosphate along with 20 mcg of Superoxide dismutase (SOD) and 20 mcg of Catalase from our proprietary vegetable culture tableting base. Lastly, vitamin B₆ is synergistic to both magnesium and zinc. If a need for B₆ is present, frequently a need for magnesium (i.e. **Mg-Zyme™**) and zinc (i.e. **Zn-Zyme™**, **Zn-Zyme Forte™**) will also exist. As always, you can count on Biotics Research Corporation to offer superior nutritional products supplying "The Best of Science and Nature".



Studies You Should Know About

Essential amino acid supplementation a boon to seniors. A recent study published in Clinical Nutrition found that essential amino acid supplementation of seniors saw beneficial gains in lean body mass, strength, and overall physical functioning. E. Borsheim, Q.-U.T. Bui, S. Tissier, H. Kobayashi, A.A. Ferrando, R.R. Wolfe. *Clinical Nutrition* "Effect of amino acid supplementation on muscle mass, strength and physical function in elderly. 4 March 2008, doi: 10.1016/j.clnu.2008.01.001

Vitamin D has immune modulating effects in multiple sclerosis. A review article in the Journal of Neuroimmunology concluded that vitamin D not only effected clinical outcomes of multiple sclerosis, but also enhanced regulatory T cell function. Smolders, J et al., *Vitamin D as an immune modulator in multiple sclerosis, a review. J. Neuroimmunol. (2007), doi:10.1016/j.jneuroim.2007.11.014*

Questions? Concerns?
Comments? Biotics Research
wants to hear from you!



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These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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