THE TUESDAY MINUTE

IT'S TIME TO FEEL GOOD AGAIN

THIS WEEK'S TOPIC

Biotics' Tableting Base: Loaded With Antioxidants

"He found that gram for gram, Biotics' tableting base had the highest antioxidant capacity of any one single herb."

We all like to get more than we pay for, don't we? We like a good deal, which is one more reason why your patients should purchase their nutrients from you, a health care professional, instead of a discount store. Did you know that if a patient buys a 50 mg tablet of B6, they could also be getting as much as 450 mg of compressible sugar, starch, lactose, cellulose, or dicalcium phosphate?

What if a patient was taking three products at a dose of 2, three times a day? The "inert" filler in the products could easily add up to 4 or 5 grams. But what if you could recommend a supplement that had "food" as the tableting base? Even better, what if therapeutic levels of nutrients were added to that food source while it's growing? This would give the product enhanced nutrient levels to support your clinical therapies yet the fillers used would be food.

If the food was processed at low temperatures, it could

have therapeutic value and may even enhance the value of the product. That was the thinking behind the Biotics Research vegetable culture tableting base, and the results have been beyond their expectations.

Due to the exciting research in the late 70's on superoxide dismutase, Biotics acquired a biotechnology division of a midsized pharmaceutical company that was the first to commercially prepare superoxide dismutase for the researchers McCord and Freidevich. McCord and Freidevich were the top people in the field, the top dogs you might say, so the integration of this technology was a quantum leap of excellence for any supplement company. Superoxide dismutase, SOD for short, is a major player in our antioxidant system.

Glutathione is another antioxidant enzyme you are probably familiar with. We often supplement with vitamins but minerals are actually more important so that our bodies can synthesize these critical enzymes. Just as we need selenium to make glutathione, we need zinc, copper, and manganese to make SOD.

SOD is a major quencher of the superoxide radical. The superoxide radical is a byproduct of mitochondrial oxidative phosphorylation. It is essential that our bodies make SOD in the mitochondria as well as the cytoplasm to protect the inner working of the cell. Researchers estimate that SOD is the 3rd most prevalent enzyme in our body. SOD quenches or transforms the highly reactive superoxide radical into hydrogen peroxide and water. Catalase, another critical enzyme, changes hydrogen peroxide (H2O2) into oxygen and water.

Here are some of the applications for SOD clinically: free radical pathology, low white blood cells, rampant viral or bacterial infection, all forms of arthritis and inflammation.

A lot of the interest in SOD for the integrative community lost steam in the late 80's due to a lone study showing that SOD in tablets would not raise blood levels. But here's an interesting addition to this study. Knowing that their products did raise blood levels, Biotics went back to look at the tablets that were available on the market. As part of their sophisticated in-house phytochemistry lab, they can accurately measure SOD levels. They found that of the 50 available products on the market only, 10 actually contained SOD. Remarkably, Biotics made 8 of the 10 products.

As for the study from the late 80's, it didn't show raised SOD levels because the products tested didn't contain SOD. Biotics went on later to demonstrate that their product did raise blood levels. You can find the published study below.

Most of the tablets and capsules in Biotics line have both SOD and catalase as the filler, so rather than "inert sugars and powders," the Biotics tableting base provides real food. About 20 years ago Biotics expanded their phytochemistry lab and hired additional biochemists with the express purpose to find out what else was in the tableting base they call the vegetable culture.

One of their scientists, who everyone refers to as Dr. Dave, worked for years with pharmaceutical companies in the jungles isolating plant compounds. Dr. Dave found Biotics' vegetable culture loaded with antioxidant compounds far beyond the SOD and catalase. He found gram for gram that the tableting base had the highest antioxidant capacity of any one single herb. That's amazing. The "filler" yields significant antioxidant activity. Now, that's a good deal.

As a clinician you can be confident that you are giving a biologically active tablet that will dissolve quickly and easily and therapeutically delivers far more than is what is on the label. That's the good news for you.

But which product do you think your patient would prefer to take if given the choice? Nutrients from a discount store with "inert" fillers or therapeutic nutrients integrated into a whole food base? Just looking at the rise in sales of organic foods will give you the answer. This doesn't take into consideration the purity and activity of the therapeutic product, we are just talking about the tableting base.

It's important to communicate to our patients the thoughtfulness that goes into our decision making process as we select nutrients. Not only will patients reach their health goals faster but they will refer their friends and loved ones to someone who is discriminating and knowledgeable in the field. Truthfully they will be getting more than they pay for, and you can't go wrong with that.

Thanks for reading this week's edition. I'll see you again next Tuesday.