



Weekly Practice Builder

In response to increasing demand from Practitioners, Biotics Research has developed the Weekly Practice Builder 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.

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Our featured supplement of the week is De-Stress™

Why do your patients need De-Stress™? Stress and anxiety have become common side-effects of modern day living, and are especially prevalent during the holiday season. **De-Stress™** is a patented, all natural, specially produced milk protein hydrolysate, concentrating a specific decapeptide that demonstrates significant anxiolytic activity, as evidenced by several double-blind, placebo controlled human trials. Additionally, the **De-Stress™** natural decapeptide has been tested for three major side effects generally attributed to benzodiazepines (anxiety management i.e. Valium®); dependence, memory loss and tolerance. **De-Stress™** has been shown to be safe, as confirmed by the Irwin test showing a satisfactory safety profile.



Reduce your patient's stress and anxiety with **De-Stress™**, another fine example of leading-edge nutritional supplements from Biotics Research Corporation, bringing you "The Best of Science and Nature".

Studies You Should Know About

Vitamin D deficiency linked to colds, flu, and respiratory infections. New research suggests that maintaining adequate vitamin D status is of vital importance in reducing the amount of flu or colds that the average person develops annually. Furthermore, vitamin D deficient asthmatic individuals were five times more likely to get sick and deficient COPD patients were twice as likely to develop respiratory infections. Research has demonstrated that vitamin D deficiency is associated with decreased production of an antimicrobial peptide called hCAP-18, a protein that works with the immune system to kill pathogens. The study recommended that 30 nanograms of vitamin D per milliliter (serum) was optimal, however they found that more than half of the study participants had vitamin D levels below that threshold. *Ginde AA, Mansbach JM, Camargo Jr CA. Association Between Serum 25-Hydroxyvitamin D Level and Upper Respiratory Tract Infection in the Third National Health and Nutrition Examination Survey. Archives of Internal Medicine, 2009, Volume 169, Issue 4, Pages 384-390.*

Vitamin C may reduce risk of Gout by 45%. A study recently published in the Archives of Internal Medicine, found that men who consumed 500mg of vitamin C daily reduced their risk of developing gout by 17%. Furthermore, they found that vitamin C intake at higher doses furthered the protection against gout, with daily intakes of 1500mg reducing the total risk by 45%. Speculating on the mechanism of action, the researchers postulated that vitamin C may reduce levels of serum uric acid, thereby preventing the formation of urate crystals. Vitamin C may have an effect on the reabsorption of uric acid by the kidneys, which would speed the rate at which the kidneys work or protect against inflammation. *Choi HK, Gao X, Curhan G. Vitamin C Intake and the Risk of Gout in Men: A Prospective Study. Archives of Internal Medicine. 2009, Volume 169, Issue 5, Pages 502-507.*

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



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