



# Weekly Practice Builder

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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.

## New Additions 2008 Year in Review

**EFA-Sirt Supreme™** - Following several years of research and clinical evaluations, Dr. Mark Houston, Associate Clinical Professor of Medicine at Vanderbilt Medical School and Director of Hypertension Institute and Vascular Biology in Nashville, in conjunction with scientists at Biotics Research Corporation, have developed a unique essential fatty acid supplement: **EFA-Sirt Supreme™**. Each serving of **EFA-Sirt Supreme™** supplies on average 750 mg of GLA, 900 mg of EPA, and 600 mg of DHA, making it a superior, highly concentrated fatty acid supplement with all natural mixed tocopherols (specially formulated to be high in  $\gamma$ -Tocopherol). A large amount of supportive scientific research shows that the consumption of Eicosapentaenoic acid (EPA) and Docosahexaenoic acid (DHA) Omega-3 fatty acids may reduce the risk of coronary heart disease. Omega-3 fatty acids have been shown to affect platelet aggregation, blood viscosity, plasma levels of fibrinogen, PF4 and beta-thromboglobulin and capillary flow. These effects are believed to be functions of membrane fluidity. Omega-3 fatty acids support healthy blood lipid profiles, normal healthy blood pressure, stimulate Nitric Oxide (NO) and support healthy, normal blood sugar and insulin levels.



**Iodizyme-HP™** - Iodine is an essential trace mineral necessary for the production of thyroxine (T4). Although approximately 80% of the dietary intake of iodine is sequestered by the thyroid gland, other tissues concentrate iodine as well. They include salivary glands, the gastric mucosa, the choroid plexus, mammary glands, and the ovaries. However, iodine is often found lacking in the typical western diet. Consequently, as a result of decreased iodine status, sufficient thyroxine cannot be produced by some, negatively impacting thyroid function. Interestingly, published information suggests iodine/iodide helps to maintain healthy hydroxyl estrogen ratios. This highly bioavailable source of supplemental iodine in a user friendly, scored tablet, allows the practitioner optimal flexibility in accurate dosing. Each ½ tablet supplies: 6.25 mg of Total Iodine/Iodide (as 2.5 mg Iodine and 3.75 mg Iodide) and is both practical and cost-effective. **Iodizyme-HP™** is made to the exacting standards you have come to expect from all of Biotics Research Corporation supplements and exceeds all biological, purity, and heavy metal testing. Additionally, unlike competitive iodine products, Biotics Research Corporation never requires minimum case orders.

**\*NOTE: Iodizyme-HP™** will only be made available through healthcare professionals licensed to diagnose and treat, and therefore have the ability to order laboratory testing in order to evaluate and monitor their patients' iodine status.

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



Email us at:  
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**Lipid-Sirt™** - Hyperlipidemia is a key factor associated with an increased risk of the development of cardiovascular disease. Also referred to as high cholesterol, dyslipidemia, and lipid disorder, hyperlipidemia is a condition by which unhealthy levels of cholesterol circulate in the blood. The human body obtains cholesterol in two ways: up to 80% of the cholesterol is produced endogenously in the liver; the remainder is obtained from the diet in the form of animal products such as meats, fish, eggs, and dairy. While there is not a readily accepted level of cholesterol in the human body that is considered 'safe', most clinical guidelines list Total Cholesterol levels under 200 mg/dl as desirable. **Lipid-Sirt™** was developed to lower cholesterol.\* **Lipid-Sirt™** was formulated in collaboration with Dr. Mark Houston, Associate Clinical Professor of Medicine at Vanderbilt Medical School and Director of Hypertension Institute and Vascular Biology in Nashville, TN. Each serving of **Lipid-Sirt™** supplies: 450 mg of pantethine. Pantethine may increase levels of Enzyme CoA, which can increase the beta oxidation of fatty acids directly, and its metabolite cysteamine may decrease the hepatic synthesis of cholesterol by inhibiting HMG-Co reductase. 400 mg of Plant Sterols (from soybean) are included as they have been shown to reduce the intestinal absorption of cholesterol by 30-40%, significantly lowering LDL cholesterol.\* Green tea consumption has been associated with a reduced mortality due to all causes and due to cardiovascular disease (CVD), so 300 mg of green tea leaf extract (standardized to 50% EGCG) has been included in **Lipid-Sirt™**. EGCG possesses the most potent antioxidant activity of the green tea polyphenols and may support cardiovascular function in several ways including being a potent antioxidant, thereby reducing LDL and VLDL oxidation, and by improving endothelium-dependant flow mediated dilation in patients with endothelial dysfunction. 37.5 mg of Delta-tocotrienol (from annatto seed) is included, as studies have demonstrated that tocotrienols may inhibit the progression of atherosclerotic lesions in mice. Delta-tocotrienols specifically were found to possess the greatest ability to inhibit cholesterol synthesis. Lastly, 2.5 mg of **Phytolens®** is provided as polymeric proanthocyanidin which has been shown to increase endothelial nitric oxide synthase to a greater extent than monomers in aortic endothelial cells. **Lipid-Sirt™** is a safe and effective product for the support and management of hyperlipidemia.\*



\* Foods and dietary supplements containing at least 400 mg per serving of free phytosterols taken twice a day with meals for a total intake of at least 800 mg, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.

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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**ResveraSirt-HP™** - A specialized, high dose trans-Resveratrol formula developed to support vascular integrity and healthy aging. Resveratrol has been shown to impact a diverse array of biochemical and physiological actions, and offers promising potential in promoting optimal wellness. Resveratrol has also been shown to provide significant antioxidant protection, to be cardio-protective, to down-regulate proinflammatory mediators, and to stimulate Sirtuin enzymes. In mammals, the seven Sirtuin proteins impact DNA repair and recombination, cell survival and energy metabolism via selective gene expression. In studies, resveratrol has been shown to mimic caloric restriction, which in mammals has been shown to increase life expectancy by more than 30 percent! **ResveraSirt-HP™** was developed and formulated in cooperation with Dr. Mark Houston, Associate Clinical Professor of Medicine at Vanderbilt Medical School and Director of Hypertension Institute and Vascular Biology in Nashville, TN. Each capsule of **ResveraSirt-HP™** supplies 250 mg of purified trans-Resveratrol. In addition to Resveratrol, the formula is enhanced by the addition of quercetin and P-6. Quercetin has demonstrated the ability to decrease resveratrol metabolism, allowing for a longer half-life, while IP-6 functions as a strong metal chelator, adding stability to the formula.



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To opt-out of receiving future mailings, please reply to this e-mail and change the subject line to 'Remove' or email [marketing@bioticsresearch.com](mailto:marketing@bioticsresearch.com).