



WPB - 08/17

## Weekly Practice Builder

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In response to increasing demand from Practitioners, Biotics Research has introduced 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.

### Our featured supplement of the week is Cr-Zyme™

**Why do your patients need Cr-Zyme™?** Cr-Zyme™ is a source of non-yeast chromium from our proprietary vegetable culture. As a required trace mineral, it is known that chromium plays a significant role in the function of the hormone insulin. Although chromium is widely distributed in the food supply, most foods only supply very small amounts (under ~2 mcg per serving). Furthering the challenge to maintain adequate chromium stores is the fact that several factors, including diets high in simple carbohydrates, infection, acute exercise, pregnancy, lactation, trauma, and generalized stressful states may all result in increased chromium excretion. Older people also tend to be more susceptible to depletion than younger adults. Additionally, certain medications such as antacids, corticosteroids, H2 blockers, and proton-pump inhibitors alter stomach acidity and may further impair chromium absorption or enhance excretion. Chromium deficiency has been associated with impaired glucose metabolism, weight gain, fluid retention, increased blood pressure, carbohydrate cravings, elevated cholesterol, anxiety, and fatigue.



**Why choose Cr-Zyme™ from Biotics Research Corporation?** The proprietary vegetable culture in Cr-Zyme™ allows for the superior uptake and bioavailability of chromium. Each tablet of Cr-Zyme™ supplies 200 mcg of chromium in a true whole food form from a non-yeast source. It is often advised to take chromium with meals as both vitamin C and vitamin B3 are known to enhance absorption. Similarly, chromium should be taken away from supplements containing calcium carbonate as it may impair uptake. As always, you can count on Biotics Research Corporation to provide you with the "Best of Science and Nature".

### Studies You Should Know About

**Low levels of Vitamin D linked to Peripheral Arterial Disease**  
Peripheral arterial disease (PAD), a condition associated with reduced blood flow in the legs can be caused from arterial narrowing or fatty plaque accumulation. Data analyzed from nearly 5,000 study participants found the greatest prevalence of PAD in participants with the lowest levels of vitamin D.

Melamed ML, Muntner P, Michos ED, Uribarri J, Weber C, Sharma J, Raggi P. Serum 25-Hydroxyvitamin D Levels and the Prevalence of Peripheral Arterial Disease. Results from NHANES 2001 to 2004. *Arterioscler Thromb Vasc Biol.* 2008 Apr 16. Published online ahead of print.

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



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