



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 the **KappArest™**

Why do your patients need KappArest™? The inflammatory cascade initiated by an environmental trigger can lead to the activation of NF-kappaB (nuclear factor kappa-light-chain-enhancer of activated B cells). NF-kappaB is a protein complex that acts as an intracellular 'amplifier' that promotes the production of the direct mediators of inflammation such as cytokines, prostaglandins, leukotrienes, nitric oxide, and free radicals. If NF-kappaB is not inhibited, it becomes free to enter the nucleus of cells and bind with the DNA, subsequently activating genes which encode for the increased production of further inflammatory mediators. When left unchecked, this can lead to the development of health issues such as pain, inflammation, cardiovascular degeneration, insulin resistance, autoimmune disorders, free radical pathology, and neurodegeneration. Sadly, inflammation has become overwhelmingly prevalent, largely in part to the pro-inflammatory nature of the Standard American Diet (SAD) and the nutritional deficiencies resulting from it, stress-laden lifestyles, and other constant environmental insults.

Why choose KappArest™ from Biotics Research Corporation? Formulated in conjunction with Dr. Alex Vasquez, **KappArest™** contains a proprietary blend of curcuminoids (turmeric extract), *Boswellia serrata* extract, propolis, green tea extract, ginger extract, rosemary extract, celery seed extract, resveratrol, alpha-lipoic acid, Phytolens, and *Piper nigrum*. **KappArest™** was designed to supply targeted nutrition in order to inhibit the production of NF-kappaB. **Optimal EFA's®** and **Bio-D-Mulsion Forte®** are two additional products available from Biotics Research Corporation that are commonly used in conjunction with **KappArest™** for their synergistic action in decreasing systemic inflammation. Once again, Biotics Research Corporation brings you "The Best of Science and Nature."



Studies You Should Know About

Oral Vitamin D may prevent nonvertebral fractures amongst the elderly. Researchers found that the prevention of nonvertebral fractures was dose dependant, and that higher doses (more than 400 IU) should reduce fractures by a minimum of 20%. *Bischoff-Ferrari H, Willett WC, Wong JB, et al. Prevention of Nonvertebral Fractures with Oral Vitamin D and Dose Dependency. Arch Intern Med. 2009;169(6):551-561.*

Vitamin D recommendations largely inadequate. A recent study sought to evaluate US population trends in vitamin D deficiency and determined that current recommendations for vitamin D intake are inadequate to address the growing epidemic of vitamin D insufficiency. Furthermore, mean serum levels had dropped an average of 6 ng/mL from the 1988-1994 portion of the study to the collections made in 2001-2004, suggesting that the vitamin D deficiency epidemic is progressively getting worse despite education efforts. *Ginde AA, Liu MC, Camargo CA. Demographic Differences and Trends of Vitamin D Insufficiency in the US Population 1988-2004. Arch Intern Med. 2009;169(6):626-632.*

Questions? Comments?
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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.