



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.

Our featured supplement of the week is **Optic-Plus™**

Why do your patients need Optic-Plus™? Ocular health is dependent on many factors. As we age, we become susceptible to vision irregularities due to environmental exposure such as Ultraviolet (UV) light, poor lifestyle habits, and dietary inadequacies that can have a negative impact on eye health. UV light can negatively impact the eyes, especially the cornea and lens. The UV light initiates free-radical damage which has been associated with macular degeneration, glaucoma, and cataracts. All conditions commonly seen and increasing in persons over the age of forty. In fact, age-related macular degeneration (AMD) affects the macula of the eye and is a leading cause of vision loss in people over 60 years of age. Other risk factors include smoking, obesity, and diabetes.



Why choose Optic-Plus™ from Biotics Research Corporation? Specific nutrients can play an important role in ocular health. Certain important antioxidants can scavenge free-radicals, reducing the risk of oxidative damage to the lens and cornea of the eye. Key carotenoids, especially lutein and zeaxanthin, protect against oxidative damage and are linked to reduced risk of AMD. Lutein and zeaxanthin form the pigment that absorbs the macular damaging "blue light". Vitamins C, E, and riboflavin have all shown to be protective against age-related ocular decline, as have important minerals such as zinc and selenium. Vitamin A and bioflavonoid's role in ocular health has long been established, and anthocyanidins from bilberry extract have been shown to contribute to visual acuity. **Optic-Plus™** is a complete, broad-spectrum supplement from Biotics Research Corporation which supplies these and other nutrient factors important for eye health. As always, you can count on Biotics Research Corporation to offer superior nutritional products supplying "The Best of Science and Nature."

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



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Studies You Should Know About

Omega-3 fatty acid consumption linked to better hearts. A Japanese study comparing native Japanese men, American men living in the United States, and Japanese born men living in the United States has found that men with the highest consumption of omega-3 fatty acids, such as that typically seen in the native Japanese diet had far superior (two-fold higher) levels of Omega-3 fatty acids. Given pollution concerns that surround many forms of fresh fish, it was recommended that supplementation with 'safe' sources of omega-3 fatty acids is an ideal way to promote cardiovascular health. Sekikawa A, Curb JD, Ueshima H, et al. "Marine-Derived n-3 Fatty Acids and Atherosclerosis in Japanese, Japanese-American, and White Men – A Cross-Sectional Study. *Journal of the American College of Cardiology*. Volume 52, pp417-424. Aug 2008.



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