



Weekly Practice Builder

D.S.D. International • 11001 N. 24th Ave., Suite 603 • Phoenix AZ 85029

Toll Free: (800) 232-3183 • Email: dsdint@uswest.net

In response to increasing demand from our Practitioners, Biotics Research has implemented a new e-mail 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 Phosphatidylcholine

Why do your patients need Phosphatidylcholine? Phosphatidylcholine (PC) is a member of the class of "essential phospholipids", meaning that the body is incapable of synthesizing its own supply. Being one of the most abundant phospholipids, it is of no surprise that PC is considered to be the most important one as it is crucial for cell membrane integrity. Cell membrane integrity may be the most important aspect of the cell as cells can withstand damage to both their DNA and to their organelles. Damage to the cellular membrane may result in cellular death. In the nervous system, PC plays two very important roles. In addition to being an integral component of the myelin sheath (as sphingomyelin) which surrounds nerve cell axions, the body also combines PC and pantothenic acid to form acetylcholine, the neurotransmitter responsible for sending electrical impulses across synapses between nerve cells, and from motor neurons to muscle cells. As a source of choline, PC is required for the proper metabolism of fats, and plays a role in normal brain functioning and memory. Low levels of PC have been associated with aging, cognitive decline, impaired blood flow and circulation, decreased libido, elevated cholesterol, impaired fat metabolism, neurological disorders, migraine headaches, inflammation of the large intestine, and with decreases in liver, kidney, pancreatic, and cardiac function.

Why choose Phosphatidylcholine from Biotics Research Corporation? Most PC absorption occurs in the proximal small intestine where it is dependent on normal functioning of the pancreas, liver, and gallbladder. Any alterations in the performance of these organs may impair fatty acid absorption, and ultimately affect PC concentrations. PC levels also decline with age and alcohol consumption. In keeping with Biotics Research Corporation's dedication to providing "The Best of Science and Nature", each softgel capsule of **Phosphatidylcholine** contains 1,200 mg of lecithin supplying 420 mg of phosphatidylcholine. Biotics Research Corporation tests its PC not only for identity, but for purity (heavy metal and microbial contaminants), and for stability. A typical recommendation would be 2-3 capsules, three times daily, however practitioners should rely on their own clinical judgment when dosing. Folic acid and vitamin B12 are both synergistic to PC, and can easily be supplied with **Folic Acid 800™ (with B12)**. As always, you can count on Biotics Research Corporation to offer superior nutritional products supplying "The Best of Science and Nature".



Studies You Should Know About

Magnesium may prevent strokes in male smokers. A new study published in the *Archives of Internal Medicine* found a significant correlation between magnesium intake and reduced risks of cerebral infarction in male smokers, and was most pronounced in those under 60 years of age. S. Larsson, M. Virtanen, M. Mars, S. Mannisto, P. Pietinen, D. Albanes, J. Virtamo. *Magnesium, calcium, potassium and sodium intakes and risk of stroke in male smokers. Archives of Internal Medicine* 2008, Volume 168, Number 5, Pp 459-465.

Long-term benefits for men seen with vitamin D-Calcium Combination. An Australian study reported that a combination of vitamin D3 and calcium saw increases in bone mineral density in senior men, and the effects were still evident 18 months after the cessation of supplementation. R.M. Daly, N. Petras, S. Bass, C.A. Nowson. *The skeletal benefits of calcium- and vitamin D3-fortified milk are sustained in older men after withdrawal of supplementation: an 18-month follow-up study. American Journal of Clinical Nutrition. March 2008, Volume 87, Number 3, Pages 771-777.*

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



Email us at:
dsdint@uswest.net



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