



WPB - 08/19

## 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 **Se-Zyme Forte™**

**Why do your patients need Se-Zyme Forte™?** Selenium is an essential element, classified in a group of proteins called the selenoproteins, which are synthesized through the involvement of sulfur-containing amino acids and selenium. As a required trace mineral, it is known that selenium plays a significant role in immune function, as a protectant against harmful exposure to heavy metals, in particular mercury, as a co-factor for glutathione peroxidase, and as a synergist to vitamin E. Additionally, it is an integral part of the enzyme type I iodothyronine deiodinase, which is required for the conversion of thyroxine (T4) to triiodothyronine (T3). It is also particularly important in males, as a regulator of male hormones and as a supporter of prostate function. As an antioxidant, it plays important roles in both the detoxification of peroxides and free radicals. Lastly, selenium is showing promise in the arena of inhibiting viral replication.



**Why Se-Zyme Forte™ from Biotics Research Corporation?** The proprietary vegetable culture source of **Se-Zyme Forte™** allows for the superior uptake and bioavailability of **Se-Zyme Forte™**. Each tablet of **Se-Zyme Forte™** supplies 100 mcg of selenium in a true, whole food form from a non-yeast source. It is often advised to take selenium with meals as vitamin E, vitamin C, and likely vitamin A are known to enhance absorption and bioactivity. Zinc and selenium may be antagonistic, therefore it is preferable that they be taken separately if used at therapeutic or greater than RDI levels. Patients on long-term zinc supplementation may induce selenium deficiency and vice versa. As always, you can count on Biotics Research Corporation to provide you with the "Best of Science and Nature".

### Studies You Should Know About

**Keep Supplementing! Living in a sunny climate is no guarantee of vitamin D status.** Recently, a group of researchers from the Arizona Cancer Center found that nearly 80% of Arizonians had suboptimal vitamin D levels (<30 ng/ml) *Jacobs E, et al. Vitamin D insufficiency in Southern Arizona. Am J Clin Nutr. 2008 Mar 87 (3):608-13.*

**Vitamin C and Selenium May Inhibit the Damaging Effects of a High Fat Diet.** As lipids in the body are exposed to free radicals, they oxidize via a process called peroxidation. When cholesterol is subject to peroxidation, cholesterol oxidation products (COPs) aka oxysterols are formed and these oxysterols are known to possess cardiovascular damaging properties. A current study found that animals fed a high fat diet but given vitamin C and selenium had significantly lower COPs and similar oxidation markers. *Menendez-Carreno M, et al. Inhibition of Serum Cholesterol Oxidation by Dietary Vitamin C and Selenium Intake in High Fat Fed Rats. Lipids. 2008 Mar 12. Published online ahead of print.*

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



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