



WPB 9/14

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 **Mixed EFAs™**

Why do your patients need Mixed EFAs™? The consequences of the average modern diet are widespread nutritional deficiencies; particularly susceptible are essential fatty acid levels. Recent research has shown that essential fatty acids play an important role in regulating blood pressure, cholesterol, metabolism, the flow of biochemicals across cell membranes, regulating inflammation, and in generalized growth and development. Deficiencies of essential fatty acids may result in hair loss, dry skin or skin eruptions, mood alterations, energy alterations, joint discomfort, susceptibility to infections, poor wound healing, etc.

Why choose Mixed EFAs™ from Biotics Research Corporation? Mixed EFAs™ is a proprietary mixture of walnut oil, hazelnut oil, sesame oil, and apricot oil available exclusively through Biotics Research Corporation. All of these oils are a rich source of various vitamins and minerals, however, specific nutritional components should be highlighted: Rich in linoleic and linolenic acids, walnut oil is considered to be one of the healthiest plant oils and is an excellent source of omega 3 fatty acids and antioxidants, specifically ellagic acid. Walnut oil is also beneficial for lowering endothelin levels. Endothelin is a chemical that is inflammatory to arteries, and by lowering endothelin levels, plaque can not accumulate in the blood vessels as efficiently. Hazelnut oil is a beneficial source of linoleic acid and vitamin E, both of which play an important role in growth and development. Regular consumption of hazelnut oil may support normal cholesterol levels. Sesame oil, also high in linoleic acid, additionally contains sesamin – a natural phytoestrogen linked to reduced risk of renal and cardiac issues. Sesame oil also contains sesamol, an antioxidant demonstrated to inhibit the damage caused by free radicals on DNA. One Harvard Medical School study showed that mice with intestinal damage recovered much better on a diet rich in sesame oil. Moreover, serum levels of interleukin, an immune modulating cytokine, were markedly higher on the sesame oil diet. Apricot kernel oil is also a rich source of linoleic and oleic acids. Due to its moisturizing, nourishing, and revitalizing properties, it is considered by many to be the "perfect skincare oil". When used topically it penetrates the skin readily without leaving a greasy or oily residue. Collectively this unique combination of essential fatty acids is an important addition to your nutritional arsenal. Flexibility in delivery allows it to be used effectively both internally and topically. **Mixed EFAs™** is another fine example of Biotics Research Corporation bringing you "The Best of Science and Nature".



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



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Studies You Should Know About

Carotenoids found to be protective against hip fracture. Researchers from Tufts University, Hebrew Senior Life, and Boston University studied data from 946 men and women with an average age of 75 years and found that increased intakes of carotenoids, lycopene in particular, were found to have the greatest protective effect against hip fracture. S. Sahni, M.T. Hannan, J. Blumberg, L.A. Cupples, D.P. Kiel, K.L. Tucker. "Protective Effect of Total Carotenoid and Lycopene Intake on the Risk of Hip Fracture: A 17-Year Follow-Up From the Framingham Osteoporosis Study". *Journal of Bone and Mineral Research*. 12 January 2009, doi: 10.1359/jbmr.090102.



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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.