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NEW! Super Joint Complex[®]

Research demonstrates that glucosamine and chondroitin can provide joint support naturally, and may be a great alternative to traditional therapies that often lead to long term joint degradation and undesirable side effects. It is estimated that millions of men and women in the United States are at risk for developing the degenerative and painful disease of osteoarthritis (OA). OA is associated with the breakdown of cartilage in the joints, commonly occurring in the knees, hips and spine. In OA cartilage becomes stiff and loses its elasticity and over time can wear in some areas. As cartilage wears away, tendons and ligaments stretch causing pain. If the condition worsens bones can actually rub together. Traditional therapies for OA generally do not heal the problem but simply provide temporary pain relief and often lead to undesirable side effects and increased joint degradation. Research shows that glucosamine and chondroitin are partners in the process of regenerating and decreasing the breakdown of cartilage, as well as supporting joint fluidity and flexibility. This mix of glucosamine, chondroitin, and other animal and plant compounds can naturally assist the promotion of long term joint health, unlike traditional therapies that may only provide short term relief.



Turmeric helps inhibit factors that lead to inflammatory mediators. Boswellin is a compound from *Boswellia serrata*, which has been used in research on joint health. Vitamin C works to promote collagen synthesis, the structure that helps form a healthy joint. Cartilage from chicken and shark also provide a source of collagen. MSM, or methylsulfonylmethane, provides sulfur, which is a building block of joints, cartilage, hair, skin and nails. Manganese is an antioxidant and cofactor for enzymes that produce collagen. While there is no scientific data to support yucca, there is anecdotal information on using it to promote healthy joints.

- Provides the building blocks necessary for cartilage formation
- Helps to attract and hold water to support elasticity and fluidity of cartilage
- Can assist the body in maintaining long-term health of the joints
- Suggested dosage: Take two capsules per day
- 120 count

For more information on **Super Joint Complex[®] (VL-415)**, contact your Vitamer Account Manager or visit our website, www.vitamer.com

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Upcoming Events

- We will be closed July 5th for Independence Day



Monthly Promo's:

Alpha-Lipoic Acid 300 mg Veg Caps (VL159) 60 ct

- ✓ Vegan; easy to swallow cap
- ✓ Higher potency reflects current research

Probiotic Quattro Caps (VL717) 50 and 100 ct

- ✓ Four strains studied together in research
- ✓ 2 billion cells at Best By date
- ✓ Top 50 seller

Milk Thistle 350 mg Veg Caps (VL925) 30 and 60 ct

- ✓ Vegan
- ✓ Top 50 seller
- ✓ Standardized to 80% silymarins

Psyllium Husk 550 mg Non-Irradiated Non-GMO Veg Caps (VL933) 90 and 180 ct

- ✓ Vegan
- ✓ Non-irradiated, non-GMO
- ✓ Capsules offer more convenience over powder

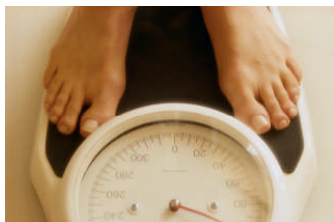
Buy in Dates: June 19–July 18th

Vitamer updates

- We have discontinued **Cal-Mag Caps (VL-612)** due to raw material issues. We are working on a new vegan bone support formula that can fill this product's place. In the interim, try our **Chelated Cal-Mag (VL605)**; it provides 1,000 mg calcium and 500 mg magnesium in just three vegetarian tablets.
- Need to train a new staff member? Visit our website (www.vitamer.com) and click on the short videos at the bottom for a quick tour of our manufacturing facility, employees and services. 🌿

Increase Fiber Intake for Weight Control

Dietary fiber may extend the feeling of fullness after meals, thus preventing additional calorie intake. A recent review of clinical trials conducted prior to 2001 found that increasing fiber intake by 14 grams per day resulted in a 10% decrease in calorie intake, with coinciding weight loss of four pounds on average over four months. **The**



Institute of Medicine recommends adults consume 21-38 grams per day of fiber. Just one serving (1/2 Tablespoon) of our Whole Psyllium Husk (VL-855) provides 4 grams of dietary fiber. We also offer other fiber-containing products such as Psyllium Husk Veg Caps (VL-933), Super Fiber Tabs (VL-139), and Natural Cleanse Complex (VL-441).

"The word aerobics comes from two Greek words: aero, meaning "ability to," and bics, meaning "withstand tremendous boredom."

~ Dave Barry

Meet Our Team

Each month, we invite you to get to know one of our Vitamer employees

Beth Sandholm Senior Buyer for Vitamer

Beth is starting her 5th year with Nexgen Pharma, originally working in the Tempe, AZ facility. In 2009, she moved and joined the Colorado Springs team. She purchases all raw materials used in production for Vitamer and the other divisions of the company, as well as all of the softgels and other finished goods. Beth strives to find the best quality materials that meet all of Nexgen Pharma's stringent requirements and works to maintain the lowest prices and ensure supply for raw materials.



Beth has a Bachelor's and Master's Degree in music as well as an MBA background, and hopes to start classes towards a purchasing certificate in the near future. She plays the clarinet, bass clarinet, and piano, and performs in local Colorado orchestras, wind ensembles, and chamber groups. Beth also enjoys sewing, painting, and jewelry-making. Beth spends as much free time as possible outside with her black lab, Roxy.

Low levels of vitamin D increase depression risk

A recent study published in the Journal of Clinical Endocrinology & Metabolism found that women with blood levels of the storage form of vitamin D in the blood, called "25(OH)D" below 50 nmol/L had significantly higher scores on the Center for Epidemiological Studies-Depression Scale (CES-D) than women with vitamin D levels about 50 nmol/L. Similar relationships were observed in men, but the association was not as strong, according to researchers.

Ferrucci and his co-workers reviewed data from 531 women and 423 men over age 65 who participated in the Italy-based InCHIANTI study. The participants were followed for six years and their symptoms of depression were evaluated using the CES-D.

Vitamin D, also known as the "sunshine vitamin," has been shown to affect proteins in the brain directly involved in learning and memory, motor control, and maternal and social behavior. Depression in older adults can increase the risk of medical illnesses, worsen the outcome of other medical conditions, and may increase mortality.



Are you *really* allergic?

About 30% of the population believes they have food allergies, however only 8% of children and 5% of adults truly have food allergies.

The new report, commissioned by the federal government and published in the *Journal of the American Medical Association*, cites poorly done studies, misdiagnoses and tests for food allergies (different from food sensitivities, which may cause various symptoms but are not life-threatening) that can give misleading results. Dr. Marc Riedl, one of the authors of the report and an allergist/immunologist at the University of California, Los Angeles said about half the patients who came to his clinic because they had been told they had a food allergy did not really have one.



have sufficient data for analysis and used more rigorous tests for allergic responses).

One of the most common tests to diagnose food allergies is the skin prick test. Those who undergo this test have less than a 50% chance of actually having a food allergy, the investigators found. Another way to diagnose food allergies is to do a food challenge, where one is given the suspect food disguised so they are not aware they are eating it or a placebo food. If the concealed food causes a reaction, the person has an allergy. However, many doctors are hesitant to use food challenges, since it is time consuming and can cause a life-threatening response.

The report aims to help the government and health organizations standardize definitions, treatment and testing for those who suspect food allergies. 🍃

Many don't realize people who had food allergies as children may not have them as adults, as allergies can fade away for no known reason. Contrarily, adults can develop food allergies later in life.

For their report, Dr. Riedl and his colleagues reviewed research on food allergies published between January 1988 and September 2009 — more than 12,000 articles (only 72 met their criteria, which meant it had to

Vitamer Labs is in compliance with current FDA regulations regarding the 2004 FALCPA (Food Labeling and Consumer Protection Act) which requires manufacturers of foods and dietary supplements to clearly identify if their product has any of the "Big 8" food allergens (soy, corn, wheat, milk, eggs, fish, crustacean shellfish, peanuts or tree nuts) on the label of the product.

Who takes calcium and vitamin D? Who should?

A total of 53% of the U.S. population reported using a dietary supplement between 2003 and 2006. In that timeframe, 43% used calcium. From 2005-2006, 37% used vitamin D.

The April 2010 *Journal of Nutrition* published the database analysis which analyzed the National Health and Nutrition Examination Survey (NHANES) 2003-2006 survey to estimate the typical calcium and vitamin D intake from various sources (food, water, dietary supplements, antacids) of 20,000 Americans over age 1 (excluding infants, pregnant women, lactating women, and incomplete data sets).

Women over 71 years old had the highest use of calcium supplements with more than 17% meeting dietary recommendations by supplements alone. Those at greatest risk for achieving optimal calcium intake are females aged 9-13 (only 15% met goal) and 14-18 (only 10% met goal) from diet alone.



Authors of this analysis were employed by a cohort of government agencies including the Centers for Disease Control and Prevention, the Office of Dietary Supplements, National Cancer Institute, United States Agricultural Research Service, and the National Institutes of Health.



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Mission Statement: We provide quality nutritional products and services, building our partners' brands to create consumer loyalty and generate profit. We foster long-term business relationships with our partners and co-workers in an environment of growth and sustainability

thevip



ask
the
dietitian

Q: What is the difference between “folate” and “folic acid”?

A: Folate is a form of the B vitamin that is naturally occurring in foods. Folic acid is the form of the vitamin added to fortified foods (such as bread, boxed cereal, protein bars, etc.) and dietary supplements. When consuming foods naturally containing folate (such as green leafy vegetables and beans), the body has to first convert folate into folic acid before it can be absorbed. When eating foods fortified with folic acid, or when taking dietary supplements containing folic acid, the body does not have to do this conversion before it is absorbed.

Questions? Email or call the Vitamer Technical Department at
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