

Are You Getting the Most From Your Supplements?

We all know that nutritional supplements are important for maintaining good health. Poor eating habits along with daily exposure to pollution and stress increase our vitamin and mineral requirements. Quality supplements help us meet these needs. But...

NOT ALL SUPPLEMENTS ARE MADE THE SAME

Supplements have to "break down" in your digestive tract before your body can use them. This can only happen when a supplement has been properly made and tested, and not all supplements go through these necessary checks and balances. If a supplement is not produced under strict quality control, it may be too "hard" to break down completely in your stomach. This means you do not receive the full benefit of that supplement because you excrete most of it!

HOW CAN YOU BE SURE YOU'RE GETTING THE BEST

To ensure you are getting nutrients that your body can use, only take products that are manufactured with high quality ingredients and under strict quality control regulations. In addition to several other tests, each of our products undergo a DISINTEGRATION TIME TEST. This special test tells us how and when the product will break down in the body

DISINTEGRATION TIME TEST

The DISINTEGRATION TIME TEST consists of a laboratory test that approximates a "normal" stomach to see how a tablet will behave when it gets in your body. It exposes the supplement to the temperature, biochemical environment and motions that actually occur in the stomach, and the breakdown of the tablet is monitored over time.

Different formulas have different ideal disintegration times. Most products should disintegrate (break down) in about 30 minutes to 1 hour. Timed or prolonged release products are specifically designed to take longer to disintegrate in order to improve utilization of certain nutrients. They may even stay partly "intact" after releasing their nutrients, a normal situation for these products.

CONFIDENCE IN OUR BRAND

Sometimes people try to determine their own "disintegration time" at home by putting their tablets into a glass of water or vinegar and waiting for them to dissolve. This test is totally inaccurate for 99.9% of your supplements! It simply is not similar enough to a real stomach when determining how a complex nutritional formula will behave in the body. The vinegar test is only appropriate for formulas that contain just calcium carbonate. Anything more complex simply may not break down if it is not under the temperature, biochemical and motion conditions present in the stomach. After all, you can't dissolve a piece of food in a glass of vinegar!

Keep in mind that your body is much more complicated than a glass of vinegar, so do not rely on this method to test your supplements. Rest assured, our line of supplements have been appropriately tested for disintegration.

THE PROLONGED RELEASE ADVANTAGE

When we eat nutrient rich foods, the vitamins are gradually released as the food is digested. Prolonged release supplements mimic the digestion of food by gradually releasing the supplement's key nutrients.

The most common form of prolonged release is a tablet. Prolonged release tablets consist of a special "matrix" (composed of natural cellulose and vegetable stearates) in which nutrients are embedded. As the tablet is digested, the nutrients are slowly released from the matrix, usually over a 2-4 hour period.

The most advanced form of prolonged release is a special capsule system containing prolonged release beadlets. Tiny calcium beadlets are coated with alternating layers of nutrients and a natural release coating and then encapsulated. As the capsule dissolves in the stomach, beadlets are dispersed, and nutrients are released one layer at a time from each beadlet. Studies have confirmed the benefits and utilization of nutrients in this type of formulation. Both prolonged release tablets and capsules mimic the way your body utilizes water-soluble nutrients from food.

OUR PROLONGED RELEASE PRODUCTS

We carry a variety of different prolonged release tablets and capsules utilizing the unique beadlet system. We offer the following prolonged release products:

Stress B & C with Iron

Vitamin B6 300 mg

Vitamin B12 500 mcg

Vitamin B12 1000 mcg

Niacin 500 mg

Pantothenic Acid 250 mg

Pantothenic Acid 500 mg

Day Long C[®]

Vitamin C 1000 mg Rose Hips

Vitamin C 1500 mg Rose Hips

Buffered C 1000 mg

Ultra Citro Cee 1000 mg

Ultimate One[®]

Ultimate One[®] Iron Free

Ultimate Two[®]

Iron Complex 29 mg

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Kincl M, et al. Development and optimization of the drug release determination of iron from iron prolonged release tablets. Pharmazie. 2003 Apr;58(4):257-9.

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