

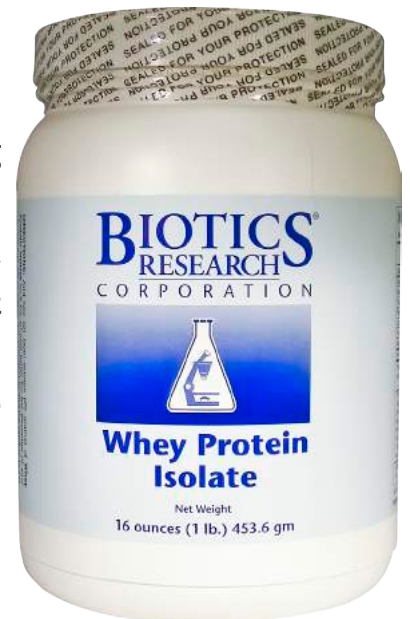
In an effort to assist in the growth of your practice through improved patient outcomes, Biotics Research Corporation offers the Weekly Practice Builder program.

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WBP 13/1

Whey Protein Isolate

Whey Protein Isolate is considered by many practitioners to be the premier dietary supplement for protein. It provides the body with the necessary building blocks that are used to build or maintain muscle tissue. In fact, **Whey Protein Isolate** is a complete protein, containing the full complement of amino acids the body can utilise for optimal physical performance and for increasing glutathione levels. Whey has also been shown to have benefits on hormonal and cellular responses, benefits on immune function and wound healing, and is the perfect adjunct for bodybuilders, moderate exercisers, dieters, and for those taking steps to support healthy aging, cardiovascular health, glucose metabolism, or general wellness. **Whey Protein Isolate** is a pure and natural high quality protein, rich in amino acids and biologically active lactoferrin (LF), Immunoglobulin (IgG), and glycomacropeptides (GMP). **Whey Protein Isolate** contains little fat, lactose, or cholesterol, making it an excellent protein choice for individuals of all ages. Most whey proteins are processed using technologies which result in the denaturing of the proteins, thereby reducing the biologically active proteins LF, IgG, and GMP. **Whey Protein Isolate** from Biotics Research Corporation is produced using a natural, ultra-low temperature microfiltration method. The result is a product supplying a full balance of bioactive whey proteins with an excellent amino acid profile. **Whey Protein Isolate** is devoid of added sugar, artificial flavourings, or soy lecithin and each serving supplies 20 grams of naturally complete protein, making it ideal for low-carbohydrate or metabolically balanced diets.



Research Pertaining to Other Topics of Interest

Vitamin D deficiency may mimic or contribute to Fibromyalgia. Fibromyalgia patients are often deficient in vitamin D. Vitamin D deficiency can result in widespread pain, mental depression and/or anxiety, along with low grade systemic inflammation, a clinical picture that is consistent with many Fibromyalgia patients. Correction of vitamin D deficiency has been shown to alleviate symptoms including pain and depression.

Vasquez A. *Fibromyalgia in a Nutshell: A safe and Effective Functional Medicine Strategy.* 2012: 25-26.