

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

Nutrition House, 24 Milber Trading Estate, Newton Abbot, Devon, TQ12 4SG. UK
Telephone: +44 (0) 8704 054 002 • Fax: +44 (0) 8704 054 003 • www.nutri-linkltd.co.uk

WPB 12/4

Bio-D-Mulsion Forte®

People not sufficiently exposed to the sun do not synthesise adequate vitamin D in order to meet physiological requirements. While vitamin D is synergistic to both calcium and magnesium, and the importance it plays in neuromusculoskeletal functioning has long been recognised, modern research is finding that vitamin D deficiency plays an important role in a wide variety of processes. They include (but are not limited to) cardiovascular, immune, and psychological functioning. Additionally, the discovery of vitamin D receptors in tissues other than the gut and bone – particularly the brain, breast, prostate, and lymphocytes – has led recent researchers to suggest the utilisation of higher amounts of supplemental vitamin D for a wider range of applications in order to maintain and improve patient health. Evidence suggests that vitamin D deficiency is particularly common among patients with inflammatory and autoimmune disorders, and that vitamin D can modulate inflammatory responses. Biotics Research has developed a proprietary delivery system of utilising microemulsified cholecalciferol (vitamin D3) for enhanced absorption, which can be especially important with patients with malabsorption issues. Clinical studies have demonstrated that **Bio-D-Mulsion Forte®** is safe and effective for infants and children, healthy adults, and even cancer patients. Each drop of **Bio-D-Mulsion Forte®** supplies 2,000 IU of vitamin D3. With an increased knowledge of the importance of maintaining adequate vitamin D levels, many clinicians recommend supplementation and annual screening for 25-OH-vitamin D levels, especially for patients at risk for deficiency as well as for those who may benefit from supplementation.



Research Pertaining to Other Topics of Interest

Folic acid and B-12 supplementation may prevent cognitive decline in at-risk seniors. An Australian study of 900 seniors with elevated psychological risk found that daily supplementation of folic acid and vitamin B-12 lead to improvements in cognitive functioning and immediate and delayed memory performance. They recommend oral folic acid and vitamin B-12 supplementation to prevent cognitive decline in communitydwelling older adults with depressive symptoms - via The Beyond Ageing Project: a randomised controlled trial.

Walker JG, Batterham PJ, Mackinnon AJ, et al. December 14, 2011, doi: 10.3945/ajcn.110.007799 Am J Clin Nutr January 2012 vol. 95 no. 1 194-203.