

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

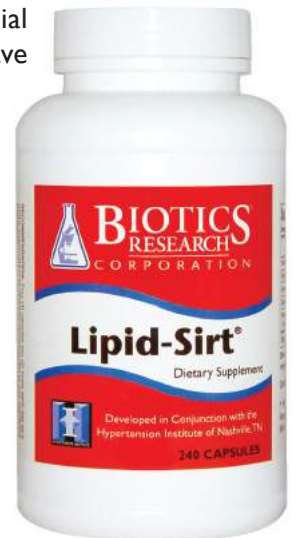
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WPB 13/4

Lipid-Sirt®

Hyperlipidaemia is a key factor associated with an increased risk of the development of cardiovascular disease. Also referred to as high cholesterol, dyslipidaemia, and lipid disorder, hyperlipidaemia is a condition by which unhealthy levels of cholesterol circulate in the blood. The human body obtains cholesterol in two ways: up to 80% of the cholesterol is produced endogenously in the liver; the remainder is obtained from the diet in the form of animal products. While there is not a readily accepted level of cholesterol in the human body that is considered 'safe', most clinical guidelines list Total Cholesterol levels under 200 mg/dl as desirable. **Lipid-Sirt®** is one of the latest additions to Biotics Research's hugely popular Sirtuins line of cardiovascular and anti-aging products. **Lipid-Sirt®** was developed to lower cholesterol* and was formulated in collaboration with Dr. Mark Houston, Associate Clinical Professor of Medicine at Vanderbilt Medical School and Director of Hypertension Institute and Vascular Biology in Nashville, TN. Each serving of **Lipid-Sirt®** supplies 450 mg of Pantethine. Pantethine may increase levels of Enzyme CoA, which can increase the beta oxidation of fatty acids directly, and its metabolite cysteamine may decrease the hepatic synthesis of cholesterol by inhibiting HMGCo reductase. 400 mg of plant sterols (from soybean) are also included as they have been shown to reduce the intestinal absorption of cholesterol by 30-40%, significantly lowering LDL cholesterol.* Green tea consumption has been associated with a reduced mortality due to all causes and due to cardiovascular disease (CVD), so 300 mg of green tea leaf extract (standardised to 50% EGCG) has also been included in **Lipid-Sirt®**. EGCG possesses the most potent antioxidant activity of the green tea polyphenols and may support cardiovascular function in several ways, including being a potent antioxidant, thereby reducing LDL and VLDL oxidation, and by improving endothelium-dependant flow mediated dilation in patients with endothelial dysfunction. 37.5 mg of Delta-tocotrienol (from annatto seed) is included, as studies have demonstrated that tocotrienols may inhibit the progression of atherosclerotic lesions in mice. Delta-tocotrienols specifically were found to possess the greatest ability to inhibit cholesterol synthesis. Lastly, 2.5 mg of Phytolens® is provided as polymeric proanthocyanidin which has been shown to increase endothelial nitric oxide synthase to a greater extent than monomers in aortic endothelial cells. **Lipid-Sirt®** is a safe and effective product for cardiovascular support and the management of hyperlipidemia.* Recommendation: 1 serving (4 capsules) taken twice daily with meals, or as otherwise directed by a healthcare professional. Each bottle of **Lipid-Sirt®** provides a full 30 day supply. Once again, Biotics Research Corporation brings you "The Best of Science and Nature".

* Foods and dietary supplements containing at least 400 mg per serving of free phytosterols taken twice a day with meals for a total intake of at least 800 mg, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.



Research Pertaining to Other Topics of Interest

Vitamin D at adolescence to reduce type I diabetes: A research team led by Cassandra Munger from Harvard School of Public Health looked at serum 25(OH)D levels in young adults to determine if there was an association with developing type I diabetes mellitus (T1D). They looked at serum levels from over 900 US military members and found that low vitamin D levels may predispose young adults to develop T1D. Among non-Hispanic whites, those having the highest 25(OH)D levels had a 44% lower risk of developing T1D than those with average levels. Those whose 25(OH)D levels were in the lowest 20% had the highest T1D risk. This research suggests that vitamin D supplementation may provide a protective benefit against T1D.

Munger KL et al. Preclinical Serum 25-Hydroxyvitamin D Levels and Risk of Type I Diabetes in a Cohort of US Military Personnel. *Am. J. Epidemiol* (2013) First published online Feb 3, 2013