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## ProMulti-Plus®

Research has clearly demonstrated that diet alone may not supply nutrients in sufficient amounts necessary for overall good health. Many studies support the use of dietary supplementation to ensure adequate consumption of important nutrients. A growing number of doctors, researchers, and nutritional experts agree that supplementation is important to protect against common deficiencies, many of which have been linked to unwanted chronic conditions, and to provide support for optimal physical and mental wellness. Therefore, for generalised wellbeing, a comprehensive multi-vitamin and mineral formula is required to ensure that the nutritional basics are covered. The Council for Responsible Nutrition (CRN) reported that 54% of respondents over the age of 50 and 39% of respondents under age 50 use a daily multi-vitamin. If your patients are not buying their multi from you, then you are missing out on a significant, ready market. Patients have been well conditioned for the need for daily multiple vitamin supplementation. Clinicians merely have to educate the patient on the differences between high quality, professional grade supplementation and cheap, mass marketed products from the big box stores. This lone supplement has the potential to be a significant addition to any practitioners practice. Developed in conjunction with Dr. Alex Vasquez, **ProMulti-Plus®** is a versatile, balanced, high potency multiple vitamin and mineral supplement designed to offer significant nutritional support to patients. Available exclusively through Biotics Research Corporation, **ProMulti-Plus®** supplies a complete array of antioxidant enzymes, as well as a wide variety of important synergists, such as trace minerals, natural mixed carotenoids, bioflavonoids, green tea extract, and BioPerine®. In addition, each daily dose of **ProMulti-Plus®** provides 2,000 IU of vitamin D3. As always, you can count on Biotics Research Corporation to offer superior nutritional products supplying "The Best of Science and Nature".



## Research Pertaining to Other Topics of Interest

**Omega-3s for Metabolic Syndrome** - A daily dose of two grams of omega-3 for 12 weeks led to improvements in flow mediated dilation (FMD-a measure of blood flow and vascular health) and PWV (pulse wave velocity, a measure of the stiffness of arteries), compared to placebo. Researchers recruited 29 people with metabolic syndrome (central obesity, hypertension, and disturbed glucose and insulin metabolism). Participants were randomly assigned to receive either the omega-3 supplements or placebo for 12 weeks. This was followed by a four week "washout" period with no interventions before the participants crossed over to the other group. Results of the randomised, placebo-controlled, double-blind, cross-over study showed that FMD and PWV improved following the omega-3 supplementation period, whereas no significant changes were observed during the placebo intervention. Levels decreased significantly as a result of the omega-3 intervention, whereas no significant changes were observed after placebo.

Tousoulis, D et al. Omega-3s may boost heart health for people with Metabolic Syndrome. *Atherosclerosis*. 2014 232:10-16.