



## Weekly Practice Builder

Nutri-Link Ltd, 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](http://www.nutri-linkltd.co.uk)

*In response to increasing demand from our Practitioners, Biotics Research has implemented a new e-mail program to bring important, leading-edge information and literature to you, thereby helping facilitate the growth of your practice. Biotics Research products are available exclusively through Healthcare Providers*

### Our featured supplement of the week is **Beta Plus™**

**Why do your patients need Beta Plus™?** Bile is needed for the efficient uptake of oily nutrients. Produced by the liver and stored in the gall bladder, bile is released into the small intestine in response to hormones, such as cholecystokinin, when fat enters the intestine, where it acts as an emulsifying agent. Most of the bile salts released into the intestine are reabsorbed in the lower ileum, where bacteria can reduce free bile acids to lithocholate and deoxycholate. The absorbed bile acids and salts are transported via the portal vein to the liver, where hopefully they are efficiently extracted and conjugated with amino acids. They are then secreted again as bile, which is returned to the gall bladder. Generally, bile salts are recirculated 2 to 3 times through the liver with each meal. Bile insufficiency has been associated with constipation, light-colored or clay-colored stools, greasy or floating stools, and generalized intolerance of fatty foods. **Beta Plus™**, from Biotics Research, provides effective digestive support, and is especially important for those having had their gall bladder removed.

**Why choose Beta Plus™ from Biotics Research Corporation?** New research suggests that bile acids enhance the digestion and assimilation of dietary proteins as well, by accelerating hydrolysis by pancreatic proteases. Many of the proteins studied, including whey, casein and egg albumen, showed much more rapid hydrolysis by proteases in the presence of conjugated bile acids. Each tablet of **Beta Plus™** supplies 100 mg of Ox bile extract combined with pancrealipase, organic whole beet concentrate, superoxide dimutase and catalase, two very important antioxidant enzymes. Conventionally dosed at 1 to 3 tablets per meal, **Beta Plus™** is available in bottles of 90 & 180 tablets. As always, you can count on Biotics Research Corporation to offer superior nutritional products supplying "The Best of Science and Nature".



#### Studies you should know about:

**Study supports fish oil supplementation for rheumatoid arthritis patients.** 59% of study participants were able to reduce their daily NSAID intake by ~30%. Authors of a recent study determined "fish oil supplementation should be considered in RA patients to help them reduce their NSAID intake in order to attenuate the risks of gastrointestinal and cardiovascular adverse events associated with these drugs.

*B. Galarraga, M. Ho1, H. M. Youssef, A. Hill, H. McMahon, C. Hall, S. Ogston, G. Nuki and J. J. F. Belch "Cod liver oil (n-3 fatty acids) as a non-steroidal anti-inflammatory drug sparing agent in rheumatoid arthritis" Rheumatology, 2008 doi:10.1093/rheumatology/ke024*

Questions? Concerns?  
Comments? Nutri-Link  
wants to hear from you!



Email us at:  
[info@nutri-linkltd.co.uk](mailto:info@nutri-linkltd.co.uk)

**Seniors may benefit from amino acid supplementation** A sixteen week study found that essential amino acid (EAA) supplementation resulted in significant increases in lean body mass, muscle strength, and physical function.

*E. Borsheim, Q.-U.T. Bui, S. Tissier, H. Kobayashi, A.A. Ferrando, R.R. Wolfe. "Effect of amino acid supplementation on muscle mass, strength and physical function in elderly" Clinical Nutrition (Elsevier) 4 March 2008, doi: 10.1016/j.clnu.2008.01.*



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