

In Focus

NutriCology® Newsletter

June 2003

Nattokinase & Improved Circulation

What you need to know about optimum health & blood flow and how a new enzyme called nattokinase can help

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"In all my years of research as a professor of cardiovascular and pulmonary medicine, natto and nattokinase represents the most exciting new development in supporting cardiovascular health."

Martin Milner, N.D.

*President & Medical Director, Center for Natural Medicine
Professor, Cardiovascular & Pulmonary Medicine, National College of Naturopathic Medicine
Medical Director, Heart & Lung Wellness Rotation & Residency Program
Portland, Oregon*

We all strive for optimum health - we eat healthy diets, take nutritional supplements, and try to exercise regularly. But there's a key factor that we may be missing. It may not matter how many good things we put into our bodies - or how many bad things we avoid - if our blood circulation isn't flowing as it should, critical nutrients may not be getting to our cells. Not only that, but toxins that need to be carried away from the cells for elimination may just be sitting there.

Impairments in circulation can vary widely - you don't have to be suffering from heart attacks and strokes to be affected by some level of increased blood coagulation, or "hypercoagulation". Many of us probably have some level of hypercoagulation right now and don't even know it. New research has recently suggested that subtle levels of hypercoagulation may contribute to a variety

of chronic diseases and health conditions other than heart attacks and strokes including Chronic Fatigue Syndrome, Fibromyalgia, MS, and infertility to name a few.

Circulation is Key

One of the most crucial aspects of supporting the body is supplying it with the raw materials it needs to repair itself. By optimizing the flow of nutrients to and from the cells and by supporting the removal of toxins and waste materials out of the cells, the body can function as it is meant to. Blood circulation is the key factor here - if blood circulation is optimized then the body has a better chance of being able to do its job on its own.

Circulation Support in the Past

There are many natural ways that have been used in the past to improve circulation - exercise of course, being one of the most

continued next page

Patricia Kane, Ph.D.

“I started 25 patients on natto kinase last week in our clinic and patients are reporting that they have more energy, less pain and a clearing of mental confusion in the first few days of use! We have already added nattokinase into our medical protocol for detoxification of neurotoxins.”

Patricia Kane, Ph.D.

Jonathan Wright, M.D.

“The literature about natto and nattokinase is very impressive. The first patient we asked to try it had a rapid and dramatic response. While this was likely an unusually good result, nattokinase appears to be a true breakthrough.”

Jonathan Wright, M.D.

Betty Kamen, Ph.D.

“Because of our deep involvement in the nutrition field, my husband and I are aware of a long list of helpful, natural, and safe modalities for recovery from illness - regardless of the disease category. Many of these substances worked well for my husband's recent problem, but nothing appeared as magical as nattokinase! In terms of his energy and well-being, it was as though a switch was suddenly turned on when he started taking this amazing supplement. The positive effects of nattokinase are swift and dramatic!”

Betty Kamen, Ph.D.

important, but also saunas, massages, hot springs, etc. Nutritional supplements have been used to increase circulation such as garlic, niacin, ginkgo, etc. And of course there are the many blood-thinning medications such as aspirin, heparin and Coumadin (warfarin). There are the more powerful drugs for more severe conditions such as streptokinase, Activase, and urokinase. And then the last resort - when all drugs fail - surgery to “bypass” blockages.

Address the Root Cause

Many people just learn to live with varying degrees of impaired circulation and just chalk it up to aging, while others may experience a sudden impairment in circulation. The causes of impaired circulation are multifaceted, with many contributing factors (see opposite page). It is important to understand that while using blood-thinning substances - whether they are natural or drugs - are really just a “BandAid” and we still aren’t treating the condition at its root cause.

How Clots & Fibrin Deposits Form

The body produces numerous compounds for the sole purpose of making blood clots or thrombi. The body’s ability to form blood clots is essential in that it protects against excess blood loss after trauma or injury. This clotting process can occur in varying degrees.

Pathogens Cause Clotting Too

Pathogens (bacteria, viruses, fungi, etc.) and toxins can trigger the formation and release of the compound thrombin. Thrombin begins the chain of events that leads to fibrin production. Fibrin, which is made up of sticky protein fibers, can either accumulate and stick to the inner walls of the blood vessels or it can continue to circulate

through the bloodstream. Fibrin slows down the blood flow and forms the supporting matrix for blood clots to form.

We often think of clots to be like a lump or plug that completely stops blood flow. This is true in the case of a heart attack, which stops blood flow to the heart, or a stroke, which stops blood flow to the brain. However, as we mentioned earlier, there is new research indicating that there are more subtle levels of fibrin accumulation that may exist without any actual clotting.

When blood has a tendency to coagulate or thicken more than it should, an actual clot may not form immediately. Instead, the blood flow may just start to slow down. When this happens, the fibrin strands begin to stick to the walls of the arteries and blood flow slows down even more. Eventually, blood flow in the smallest blood vessels - the capillaries - slows down to just a trickle and the surrounding tissue begins to become starved of oxygen, while an increasing amount of unwanted waste material and toxins begin to accumulate.

Why Can’t The Body Take Care of Clots on its Own?

As we mentioned earlier, the body produces several compounds to help the blood clot during injury, however, the body only produces one main enzyme to break down blood clots. This enzyme called *plasmin*, has the ability to break down and dissolve the fibrin foundation of blood clots. Plasmin is produced in the endothelial cells (cells that line the inner walls of the arteries, veins, and lymph vessels).

In order for the body to stop excess bleeding when necessary and to increase blood flow when needed, there must be a very delicate balance of naturally-occur-

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Factors That Adversely Affect Our Ability to Fight Hypercoagulation

Poor Diet

Enzyme production in the body is dependent on a wide variety of vitamins and minerals that are sorely lacking in today's diet.

Genetic Defects

There is a certain percentage of the population that have genetic defects that inhibit the production of plasmin and other thrombolytic enzymes.

Aging

As the body ages, the blood vessels become less elastic. Every time the heart beats, it pumps blood throughout the body. This surge of blood stretches and expands the arteries. After the surge, arteries are supposed to return to their normal size, which helps to circulate the blood. However, as we age, the arteries can become stiff and rigid, losing their rebound ability. This causes the blood to move at a slower pace, increasing the tendency for coagulation.

Sedentary Lifestyle

Exercise promotes the development of collateral blood vessels which circumvent blockages and help maintain blood vessel elasticity. Exertion increases blood pressure and muscle contraction, which in turn increases the speed and volume of blood flushing through the tissues of the body. Lack of exercise obviously contributes greatly to poor circulation.

Low Antioxidant Levels

Antioxidants can scavenge free radicals that if left unchecked, can inflame the endothelial cells that line the blood vessels and cause the release of clot-promoting enzymes. In addition, antioxidants also protect a prostaglandin called prostacyclin that helps thin the blood.

Antioxidants are abundant in fruits and vegetables, however, because of changes in farming methods, soil quality, and food processing techniques, antioxidant levels have dropped. This is why supplementation with antioxidants has become even more important. According to researchers, the antioxidant levels in foods in the U.S. have dropped by 50% in the last 25 years.

Improper Fat Consumption

The body needs the right kinds of fats in order to produce healthy cell walls and membranes, which prevent pathogens and toxins from entering the cells and doing damage. When we consume too much of the wrong kinds of fats (trans fatty acids), and not enough of the right kind of fats, the arterial cell walls become weak and fragile and are susceptible to damage, which in turn, triggers the release of blood-clotting enzymes.

Toxic Overload

On a daily basis, our bodies are exposed to toxic substances including pesticides, herbicides, industrial chemicals, household cleaners, sprays, building materials, toxic metals, vaccinations, air pollution, and food and water contamination, to name a few. Because toxins are fat-soluble molecules, they have a tendency to bind to the fatty barriers of the cell membranes of the endothelial cells where they quickly dissolve and lodge into the fatty tissues of the body – the liver, kidneys, nerves, and brain. At this point, they are considered “neurotoxins”. Neurotoxins interfere with cellular communication and ultimately disrupt the body's ability to protect and heal itself.

More About Neurotoxins

When neurotoxins disrupt the endothelial cell membrane, inflammation results, along with hypercoagulation and impaired circulation. Neurotoxins and hypercoagulation have been linked to many multi-symptom syndromes that are difficult to diagnose and treat. Conditions such as Chronic Fatigue Syndrome, Fibromyalgia, Multiple Sclerosis, Rheumatoid Arthritis, Lyme's Disease, infertility, depression, heavy metal toxicity, multiple chemical sensitivity, optic neuritis, etc., have all been correlated with hypercoagulation.

More Virulent Pathogens

Due to the overuse of antibiotics, resistant strains of bacteria are emerging. Researchers are also discovering that stronger mutations of viruses, molds, and fungi are occurring at an alarming rate. Some of these pathogens directly attack the endothelial cells, which eventually causes the formation of more fibrin and results in hypercoagulation.

Most bacterial pathogens thrive in a low-oxygen environment. By triggering inflammation and other processes that interfere with circulation, these pathogens ensure their survival and if left unchecked, can lead to many disease processes. If the circulation is flowing like it should, the body can produce plasmin and other fibrolytic enzymes and send them to the rescue.

ring thrombolytic enzymes. According to experts in the field, a large segment of the population does not have the proper balance of thrombolytic enzymes, not only because the body doesn't produce enough of them, but also because of the various contributing factors shown on page 3.

During chronic illness, the body produces a large amount of fibrin very quickly. The fibrin is deposited on top of the affected cells and the pathogen causing the problem - bacteria, virus, fungus, etc. This seals off the pathogen, keeping the immune system from being able to get to it. In addition, the blood supply to the area is either shut down or greatly impaired. Thus, the pathogen is protected from immune cells and oxygen, allowing it to thrive. Some people simply lack the necessary enzymes to break down and remove fibrin efficiently on their own. This can lead to fibrin deposits that contain pathogens that just sit there. This can be very hard on the immune system. Deposits that form on muscle

tissue can become painful and inflamed causing symptoms of fibromyalgia. If fibrin deposits occur in the uterus, they can lead to chronic pelvic pain and even infertility. Fibrin deposits can occur anywhere in the body and be at the root of many health conditions.

Whether your body has the ability to deal with hypercoagulation efficiently or not may have a significant effect on whether you have the ability to fight off pathogens. This may explain why when people are exposed to the exact same pathogen - one person may become very ill and stay ill for a long time, while the other gets over it right away.

Researchers studying chronic illness discovered that people often started to feel better almost immediately after taking drugs for hypercoagulation (such as heparin and warfarin, etc.). As the researchers studied deeper, they discovered that these individuals actually had genetic defects that pre-

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Nattokinase to the Rescue

What Is Nattokinase?

Nattokinase is a fibrinolytic enzyme extracted from an ancient Japanese food called Natto. Natto is a fermented soy food that has a cheese-like taste and consistency, and has been consumed in Japan for approximately 2000 years for cardiovascular health. Natto is made by adding a beneficial bacteria called *Bacillus natto* to boiled soybeans.

The Discovery of Nattokinase

Nattokinase was discovered in 1980 by Dr. Hiroyuki Sumi. Dr. Sumi had been studying numerous foods searching for a natural compound that could help dissolve blood clots that caused heart attacks and strokes. After testing approximately 173 foods, he found that the traditional Japanese food Natto had the strongest thrombolytic activity. As he investigated Natto further, he discovered that it contained a very potent enzyme that not only had the ability to prevent fibrous clot formation, but also dissolve existing fibrous blood clots. He named his newly-discovered enzyme nattokinase.

Nattokinase: The Natural Solution

Japanese researchers have demonstrated that 100 grams of Natto (the food), has the same fibrinolytic activity as the therapeutic dose of urokinase. As mentioned earlier, the fibrinolytic action of urokinase lasts between 4 and 20 minutes, whereas nattokinase lasts from 7 to 8 hours! This is remarkable, considering it is a natural, food-based enzyme.

Most Powerful New Dietary Supplement

Nattokinase is one of the most powerful new dietary supplements to be introduced to the marketplace in recent years. Certain nattokinase researchers feel that nattokinase gets close to the root of the problems associated with impaired circulation.

Still Highly Consumed Food in Japan

Currently, the average consumption of Natto (the food) per person in Japan is 4 1/2 pounds per year. Natto has not been associated with any side effects, and very minimal reports of allergic reactions have been reported. It is considered a very safe and beneficial food.

New Research

Since the discovery of nattokinase in 1980, there has been additional research with exciting results. One such area that has been especially groundbreaking, is the research surrounding the role

that fibrin (the strands of protein that develop into clots) can play in diseases and conditions other than heart attacks and strokes.

Nattokinase for Senility?

It has been hypothesized by Japanese researchers that one of the major causes of senility may be impaired blood flow to the brain. Japanese researchers have commented on the potential use of nattokinase to prevent senility.

One Precaution: Vitamin K

Nattokinase is safe, effective and has no reported side-effects. There is however, one precaution for eating Natto or taking nattokinase: Individuals taking warfarin (Coumadin) should not take nattokinase unless the naturally-occurring Vitamin K has been removed, because vitamin K can seriously interfere with the action of warfarin. For this reason, high quality nattokinase supplements have had the Vitamin K completely removed. It is important to be aware of this when choosing a nattokinase supplement.

Individuals who are currently taking blood-thinning medications should consult with their doctor to introduce nattokinase. Nattokinase may normalize blood coagulability which may require adjustments in dosage of Coumadin, heparin, or any other medications that affect blood coagulation.

For more information about nattokinase, contact NutriCology at 1-800-545-9960

Nattokinase Case Histories from Dr. Martin Milner, N.D.

Case 1 – Intermittent Leg Muscle Cramps

Case 1 is a woman who had been experiencing severe intermittent pain in her calves and thighs, worse at night and with exertion. She experienced cramps and pains throughout the night disrupting her sleep for years. She tried many things that were unsuccessful in resolving her debilitating pain. She is an avid and conscientious consumer of health supplements, having taken for many years an array of nutrients, none of which improved her intermittent leg pain. She began taking nattokinase in July of 2002, taking 2 caps 2x daily on an empty stomach. Within two weeks she reported that the heaviness and achiness on exertion in her left leg had improved 50-70%. Her muscles in her calves began to reduce in achiness and within 1-2 weeks she was sleeping through the night with no pain. After taking nattokinase for over 6 months, she had experienced only two episodes of waking at night with leg pain. She has reported no side effects from the use of nattokinase. In addition, she had difficulty regulating her blood pressure within normal levels which has been helped significantly with nattokinase.

Case 2 – Persistent Headaches

Case 2 is a 64 year-old woman with persistent but minor headaches. She began taking the dietary supplement nattokinase 2 caps 2x daily upon rising and before bed in January of 2003. This reduced what she experienced from 2 to 3 times weekly to none for the first 30 days. When this problem occurred in late February of 2003 she developed her usual symptoms of some nausea and visual changes without other symptoms.

Case 3 – Lack of Energy, Muscle Pain & Weakness and Headaches

Case 3 is a woman with a long standing history of lack of energy, pain and weakness in her muscles, persistent leg cramps, varicose veins, thyroid problems, chronic migraines, GERD, colitis, mild osteoporosis, back pain, knee pain, obesity, high

blood pressure, aluminum and arsenic toxicity, severe adrenal insufficiency and food allergies. She has taken supplements extensively for many years. She began taking nattokinase in January 2003 2 caps 2x daily on an empty stomach, and then increased to 3 caps 2x daily in April 2003. After starting nattokinase her energy improved with acceptable resolution of her other minor pain conditions and improved varicose veins. This is extraordinary because she had tried so many other things with no response.

Case 4 – Shortness of Breath, Blood Pressure & Blood Sugar Concerns

Case 4 is a 49 year-old woman with lack of energy, shortness of breath and many symptoms of stress, including obesity, heart palpitations, blood pressure and blood sugar irregularities, and swelling in her feet. After taking nattokinase 2 caps 2x daily for 2.5 weeks, she was breathing much easier and she had much more energy. She can now walk around the block at a medium pace with no heavy breathing at all. She is also now able to grocery shop, and is even starting to walk longer distances wearing small ankle weights.

Case 5 – Impaired Circulation & Leg Fatigue

Case 5 is a 63 year-old man who reported a sensation of tightness in his legs and felt like he was standing for hours yet wasn't. He also reported a history of pain in right leg. He also was experiencing other symptoms of impaired circulation such as cold nose, numbness around his lips, cold upper extremities, intermittent cold tingling in his hands, face and feet. He then began nattokinase, 2 caps 2x daily and all of the above symptoms resolved after one week.

Martin Milner, N.D., is President and Medical Director of the Center for Natural Medicine in Portland, Oregon; Professor of Cardiovascular & Pulmonary Medicine, National College of Naturopathic Medicine; and Medical Director of the Heart & Lung Wellness Rotation & Residency Program in Portland, Oregon.

Circulation continued

disposed them to hypercoagulation. Soon after, more results began to emerge linking Chronic Fatigue Syndrome and Fibromyalgia to hypercoagulation.

The use of blood thinners - either drugs or natural (such as heparin, warfarin (Coumadin), aspirin, garlic, vitamin E, etc.) may provide temporary relief by increasing blood flow through blocked areas. However, this is only a quick-fix approach. To really address fibrin accumulation at its root,

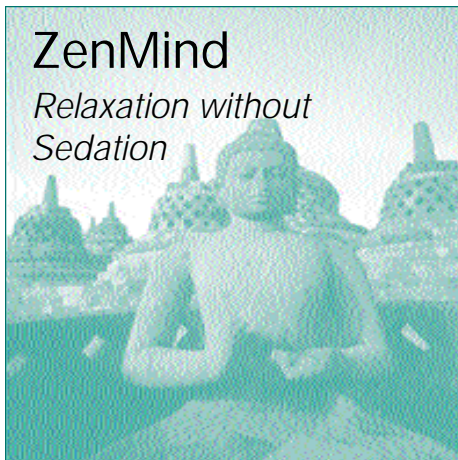
blood-thinning is not enough - these blockages must be dissolved, removed, and optimally, prevented. Injectable drugs such as urokinase, streptokinase, Activase, etc. are used for this purpose in hospitals for emergency situations, such as heart attacks and strokes. While these medications certainly do the job, they are extremely expensive and short-acting (4 to 20 minutes). Nattokinase offers great promise in the management and support of healthy blood circulation. ■

For more information about nattokinase, contact NutriCology at 1-800-545-9960

What's New at NutriCology?

ZenMind

Relaxation without Sedation

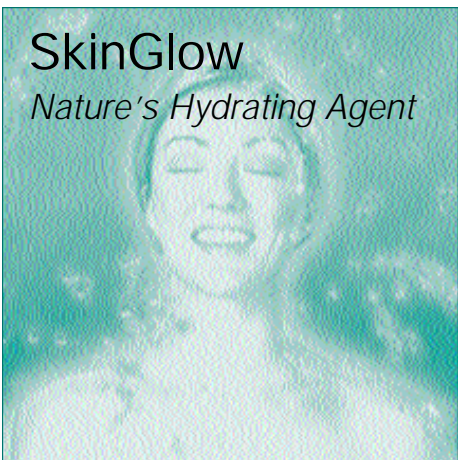


ZenMind is an accurate name for this product suggesting a state of mind that can be achieved in meditation. ZenMind is a unique formula that promotes relaxation without sedation. ZenMind contains gamma-aminobutyric acid (GABA) and L-theanine, an amino acid derived from green tea. Studies have shown that L-theanine increases alpha waves in the brain resulting in a state of alert relaxation. Animal studies suggest that L-theanine may also regulate the neurotransmitter serotonin. Interestingly, the small amount of caffeine found in green tea appears to be offset by the calming effects of L-theanine. Low levels of GABA in the brain have been known to adversely affect mood. Research also suggests that mood swings associated with PMS may be due to a reduced level of sensitivity of GABA receptors. Supplementing with ZenMind is a safe and natural way to support a balanced state of mind.*

Item #54700

SkinGlow

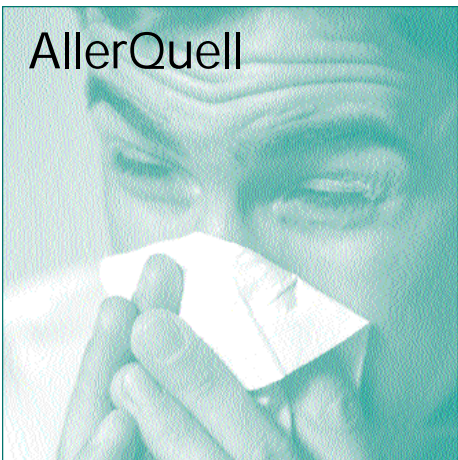
Nature's Hydrating Agent



SkinGlow is a highly bioavailable form of oral Hyaluronic acid ("HA"), which until now, has only been available in injectable and topical form. HA is part of a group of biologically active macromolecules known as glycosaminoglycans that has the unique ability to retain water. This is not to be confused with undesirable "water retention" - on the contrary, HA enhances the cellular hydration that is essential for life. While HA has a hydrating effect throughout the entire body, almost fifty percent of the body's HA is found in the skin. HA plays a crucial role in the transport of nutrients to the outer layers of the skin as well as the elimination of toxins from the outer skin cells. In addition, HA supports the life cycle of the skin cells, and assists the body in replacing dead skin cells more rapidly. HA is one of the best lubricants and shock absorbers found in nature, making it supportive to the lubrication and health of joints. While the body does produce HA on its own, levels decline with age. SkinGlow is a safe and natural way to support the body in maintaining HA levels.*

Item #54740

AllerQuell



AllerQuell is a unique combination of traditional herbs that support the body in underlying causes and imbalances. AllerQuell is designed to support the body by moderating the immune system and calming the nervous system with impressive results. The specific herbs contained in AllerQuell work in a number of ways to support the body by strengthening the mucous membranes; supporting the digestive system; supporting liver detoxification; and promoting cellular energy production. A number of doctors have been very impressed with the benefits of AllerQuell.*

"AllerQuell is a combination of herbs designed to balance and correct the underlying dysfunction in the body's energies that contribute to allergic symptoms."

Graeme Shaw, M.D.

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New!

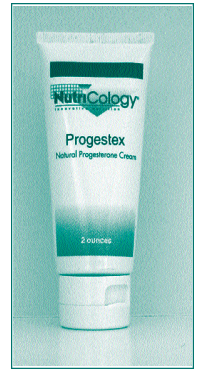
Hormone-Balancing Creams

Progestetex

Natural Progesterone Cream

We believe that Progestetex is one of the purest and most effective natural progesterone creams available. Unlike most commercial progesterone creams, it does not contain any "questionable" ingredients such as alcohol, methylparaben, propylparaben, PEG-8 stearate, and propylene glycol, to name a few. Progestetex is 100% fragrance free and absorbs into the skin quickly with no oily residue. The efficacy of progesterone creams can vary widely because of the differences in delivery systems. Progestetex has a unique liposome delivery system to ensure optimal efficacy and a slow, consistent release into the bloodstream from the fat cells, bypassing the metabolic process of the liver. Each application provides 20 mg of progesterone, which is the preferred dosage recommended by natural progesterone pioneer Dr. John Lee. The benefits of natural progesterone are widely known. With the ability to oppose excess estrogen or "estrogen dominance" in the body, natural progesterone can support breast and reproductive health, as well as minimize symptoms of PMS and menopause. Natural progesterone also stimulates the production of osteoblasts, cells responsible for the formation of bone, making natural progesterone an important player in osteoporosis prevention.*

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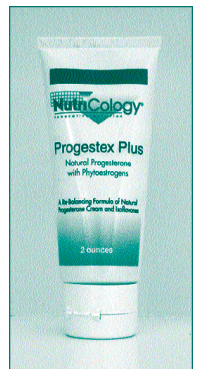


Progestetex Plus

Natural Progesterone with Phytoestrogens

For some women, progesterone support alone may not be enough, especially during menopause. Progestetex Plus offers the same superior quality progesterone cream as Progestetex with the addition of phytoestrogens. Phytoestrogens are plant-derived "phytochemicals" that mimic the activity of healthy estrogens in the body in a safe and positive way. Progestetex Plus offers the balancing effects needed for women in menopause without the risks that accompany conventional hormone replacement. Like Progestetex, Progestetex Plus does not contain any questionable ingredients, is 100% fragrance free, is absorbed rapidly without leaving an oily residue, and utilizes an advanced liposome delivery system for superior absorption providing 20 mg per application.*

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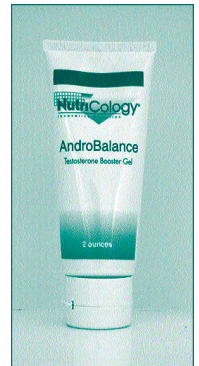


AndroBalance

Natural Testosterone Support

AndroBalance is a natural androstenedione-progesterone cream specifically designed for men to support healthy testosterone levels. Androstenedione is a male hormone produced by the adrenal glands and is a direct precursor to testosterone. As the body ages, hormone production begins to decline. Restoring testosterone levels can be a key factor in increasing libido, energy, stamina, muscle strength, lean body mass, bone density, cardiovascular health and skin elasticity. Unlike oral androstenedione, which can be potentially problematic, AndroBalance cream is generally safe and has been shown to boost testosterone levels up to 300% within seven days. In addition, the small amount of both natural progesterone and the bioflavonoid chrysin in AndroBalance can help balance and/or prevent conditions of "estrogen dominance" that may be present. AndroBalance does not contain any questionable ingredients, is 100% fragrance free, is absorbed rapidly without leaving an oily residue, and utilizes an advanced liposome delivery system for superior absorption providing 20 mg per application.*

Item #54900



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NutriCology Artemisinin: So Simple, So Inexpensive, So Effective.

NutriCology® has been the leading supplier of quality Artemisinin for over 10 years. Each batch is HPLC tested to ensure highest efficacy & purity.

What Doctors Are Saying

"I have been very impressed by the efforts of NutriCology to perform both purity analysis and activity analysis on it's artemisinin. For me, it was not even necessary, since I had already observed the awesome clinical efficacy of the product in patient after patient. I am grateful that this product is available and at a most reasonable price."

Robert Jay Rowen, M.D.
Editor-in-Chief, Second Opinion



"I am extremely satisfied with the superb quality of your product and the excellent clinical results we witness daily from it's use."

*High purity bulk raw material also available.

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