



NUTRIEX®

Arthritis

An estimated 25% to 30% of 45 to 64-year-olds have osteoarthritis. Risk for developing arthritis can be substantially lowered by losing weight. (Thomas D. Rosenberg, MD)

Five studies of glucosamine, chondroitin, or both have shown that these nutrients can improve the long-term course of arthritis-prone patients. 13 critically analyzed studies show an average improvement in pain and function of 78% for chondroitin and 44% for glucosamine. (McAlindon et al., JAMA 283:1469-75, 2000)

Non-steroidal anti-inflammatory drugs (NSAID's) cause about 107,000 hospitalizations and 16,500 deaths each year. Significant cartilage loss after one year of use is another deleterious side effect. (Cannon et al., Arth Rheum 43:978-987, 2000)



Normal cartilage surface is smooth and friction-free.



This pre-arthritis defect will lead to arthritis and pain in approximately 10 years as full thickness cartilage is lost.

Nutriex ingredients that promote healthy cartilage and bone: glucosamine, chondroitin, ASU, flax seed oil, calcium, vitamin C, vitamin D, vitamin E, vitamin K, magnesium, zinc, copper, manganese, and boron.*

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

NUTRIEX® fast facts



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Breast Cancer

Fiber, indoles and flavonols (plant-based antioxidants), vitamins C and E, beta carotene and selenium are associated with a decreased risk of breast cancer.

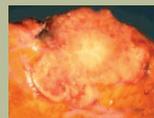
Toniolo, R. (2001) American Journal of Epid.

Suboptimal levels of folic acid and vitamins B6 and B12 increase the risk of breast cancer.

Fletcher, R.H. & Fairfield, K.M. (2002). Journal of the American Medical Assoc.

Increased intake of phytoestrogens (e.g. soy extract), dietary fiber, beta carotene, regular physical activity and normal body weight lower the risk of breast cancer.

Jonat, W. (2000) Med Klin 1:9 - 13



Breast cancer invades surrounding normal tissue.

For more information,
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www.nutriex.com
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Nutriex ingredients that promotes healthy breast tissue: vitamin A, vitamin C, vitamin E, folic acid, vitamins B6 and B12, selenium, alpha-carotene, beta-carotene, lycopene, lutein, zeaxanthin, soy and other plant-based antioxidants.*

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Cardiovascular Disease

Daily supplemental vitamin E reduced the risk of cardiovascular (CV) disease by about 40% in both 87,245 female nurses and 39,000 male physicians.

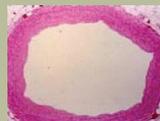
(N Engl J Med: Stampfer et al., 328(20):1444-9, 1993; Rimm et al., 328(20):1450-6, 1993)

Persons with low vitamin C blood levels have a 3.5 times greater risk for heart disease than those with high levels.

(Nyyssonen et al., Br Med J, 314(7081):634-8, 1997)

Folate supplementation can reduce the number of heart attacks by as many as 150,000 cases per year (USA).

(Pancharuniti et al., Am J Clin Nutr 59(4):940-8, 1994)



Cross section of a normal blood vessel.



Cardiovascular disease – note fatty deposit in vessel wall.

Nutriex ingredients that promote healthy cardiovascular function: folate, vitamin B6, vitamin C, vitamin E, coenzyme Q10, flaxseed oil, and grape seed extract.*

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Sports

Vitamin E supplementation reduces muscle soreness following workouts even in well- conditioned individuals.

(May 2002) Tufts University Health & Nutrition Letter

Antioxidant supplementation improves the training response time of unconditioned athletes (i.e. pre-season training).

Clarkson, P. (2000) Am J Clin Nutrition

Scientific studies demonstrate common iron deficiencies in both male and female athletes. Increased iron levels improve “energetic efficiency.”

Hinton et. al, (2000) J. Appl. Physiol.



Nutriex ingredients that optimize athletic performance: vitamin C, vitamin E, calcium, magnesium, glucosamine, chondroitin, ASU, omega 3's (flaxseed oil), alpha lipoic acid and plant-based antioxidants.*

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Periodontal

Low dietary calcium and vitamin C are linked to increased risk of periodontal (gum) disease.

Nishida et al. (2000). Aug;71(8):1215-23. Grossi, S., (1998). Assoc. For Dental Research

People with unhealthy gums have a mortality rate that is 23 to 46% higher than those with healthy gums.

DeStefano et al. (1993) BMJ Mar 13;306(6879):688-91

Adequate intake of folate, calcium and vitamins C, D, and E are important for periodontal health.

Boyd et al., (2003). Dent Clin North Am, Apr ;47(2):337-354. Boyd et. al., (2001) J Contemp Dent Pract, May15 ;2(2):36-45



Healthy Gums – Gums fit into a sharp tapered definition between the upper teeth and are a “coral pink” color



Diseased Gums (Periodontitis)
– Swelling, redness and recession are visible

Nutriex ingredients that promote healthy teeth and gums: calcium, vitamin C, vitamin D, zinc, copper, iron, thiamine, and vitamin A vitamin E and Folate.*

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Prostate Cancer

65% more prevalent in low consumers of selenium.

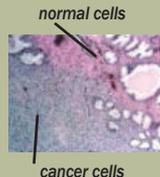
Yoshizawa et al., J Natl Cancer Inst 90(16):1219-24, 1998

Prostate cancer is 35% less common in high consumers of tomatoes (containing lycopene).

Giovanucci et al., J Natl Cancer Inst 87:1767-76, 1995

Uncommon in Asian males, who consume a traditional soybean-based diet.

Adlercreutz et al., Am J Clin Nutr 54:1093-1100, 1991



Densely packed cancer cells (lower left) are invading prostate ducts (upper right).

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Nutriex ingredients that promote healthy prostate function: lycopene, selenium, soy isoflavones, flaxseed oil, vitamin E, and vitamin D.*

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Macular Degeneration

Macular degeneration is the gradual breakdown of the central retina leading to poor eyesight and blindness (affects 25% of population by age 65).

Klein et al., *Ophthalmology*, 104(1):7-21, 1997

Experimental studies show that retinal injury from sunlight is due to oxidative damage and that antioxidant vitamins A, C and E are protective.

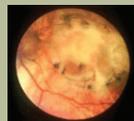
Beatty et al., *Surv of Ophthal* 45(2):115-134, 2000

Less risk for macular degeneration if your diet is rich in fresh vegetables and fruits like spinach (containing lutein and zeaxanthin).

Natl Cancer Inst 90(16):1219-24, 1998



The central macular zone of a normal retina in a 60-year-old



Irreversible age-related macular degeneration in a 65-year-old

Nutriex ingredients that promote healthy vision: lutein, zeaxanthin, zinc, selenium, beta carotene, vitamin C, vitamin E, vitamin B2, and alpha lipoic acid.*

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Bones & Joints

In November 2005 the National Institutes of Health completed the GAIT which showed glucosamine plus chondroitin (79.2%) relieved moderate to severe pain of osteoarthritis over celecoxib (69.4%).

Non-steroidal anti-inflammatory drugs (NSAID's) cause about 107,000 hospitalizations and 16,500 deaths each year. Significant cartilage loss after one year of use is another deleterious side effect.

Cannon et al., Arth Rheum (2002)

European studies on Avocado/Soy Unsuponifiable have shown that the supplement stimulates new cartilage tissue while inhibiting the breakdown of existing cartilage.

Scandinavian Journal of Rheumatology (2001), Arthritis and Rheumatism (2002)



Nutriex ingredients that can help optimize bone and joint health: vitamin C, vitamin E, calcium, magnesium, glucosamine, chondroitin, ASU, omega 3's (flaxseed oil), alpha lipoic acid and plant-based antioxidants.*

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NUTRIEX[®]

Omega 3 / Fish Oil

Dry Eye is a reduction in your eye's ability to produce sufficient natural tears. Insufficient tear production can lead to irritation, pain, and even scarring of the cornea.

Clegg et al., N Engl J Med 2006; 354(8):795-808

Omega-3 fatty acid consumption helps to reduce inflammation and increase tear secretion in the eye, effectively treating the cause, not just the symptoms of Dry Eye. Omega-3's are essential, which means that the body needs them, but cannot make them on its own. Instead, they must be consumed through food or supplements.

Fatty acids, or oils like Omega-3, are key to the body's natural maintenance of the cardiovascular system, skin, kidneys, and fetal development.



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*Contains essential fatty acids for healthy brain, heart and immune system.**

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