



Navigating the World of Supplements

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Agenda

- My Enlightened entry into the “World of Dietary Supplements”
- Quality & Formulation Concerns
- Benefits Of Diet & Prudent Supplementation to your Health
- Vitamin D
- Fish Oils
- Multi-Vitamins/Minerals:
 - General Health
 - Nutrient depletion
- Questions?



New World of Supplements

- Increasing # of Natural Medicine questions
- Inaugural Issue of Natural Pharmacy Magazine
 - Epiphany!!!!!!!!!!!!!!
 - Exposed me to multiple, credible resources supporting the use of supplements



New World of Supplements

- DSHEA- Dietary Health and Education Act of 1994:
 - Landmark legislation that granted the FDA authority to prohibit unsafe and mislabeled dietary supplements
 - Passage was due, in large part, to an enormous public outcry against the governmental efforts at that time to ban supplements
 - Full implementation of DSHEA has taken over a decade



New World of Supplements

- A major requirement of DSHEA is that labeling for supplements is restricted to describing how supplements support structure and functions:
 - Claims for treating and curing are limited to prescription medications and approved OTC items



Quality

- Distinction between Mainstream vs Health food Store/Professional Lines:
 - Active ingredients (i.e. Vitamin E)
 - Inactive ingredients-Multiple Dyes, Titanium Dioxide, Hydrogenated Oils
 - Hyper vs Hypoallergenic- Dairy, Wheat, Gluten, Soy, Yeast, GMO's



Quality

- Mainstream versus Health food store (cont'd):
 - Formulations:
 - Iron, Cal/Mag, B Vitamins
 - Potencies- i.e. Lutein (Eye Health)
 - Customer Support differences



Quality/Herbs

Economic Adulteration

- Herbs can support good health in a variety of areas including:
 - Reducing inflammation
 - Immune system support
 - Improved circulation
- It is important to ensure that the herbs you purchase have the proper potency and are void of unnecessary additives



Quality/Herbs

Economic Adulteration

- Examples of herbs that can be adulterated for economic purpose include:
 - Bilberry- 100:1 Extract Standardized to 25% Anthocyanins
 - Pomegranate-Tons to yield 40% Ellagic Acid which naturally occurs at 0.5%
 - Saw Palmetto-Short Harvest Crop- 85% to 90% Fatty Acids and Plant Sterols
 - Ginkgo-50:1 Extract Standardized to 24%and/or6% Marker Compounds



Quality/Herbs Economic Adulteration

- Good companies can provide certified analysis showing their products meet label claims



Diet/Lifestyle

- The Most Important Piece of Any Nutritional Strategy!!!!!!!!!!!!
- Two Excellent Books on this Subject:
 - 1-The China Study: The Most Comprehensive Study of Nutrition Ever Conducted by Colin Campbell:
“Eat a Whole Food, Plant Based Diet”
 - 2-In Defense of Food by Michael Pollan:
“Eat Food, Not Too Much, Mostly Plants”



Diet/Lifestyle

- Advantages of a plant based whole food diet::
 - Nutrient Density (hi nutrient/low calorie)
 - Fiber
 - Pro
 - f
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 - le results in a lower glycemic load, plus GI benefits
 - Hi Potassium to Low Sodium Ratio
 - Alkalinizing vs Acidifying to the Body
 - Phytochemicals – Gene Expression



Vitamin D “The Sunshine Vitamin”

- Sun+Skin=Vitamin D
- Vitamin D insufficiency or deficiency is associated with increased risk of mortality from all sources, mostly cardiovascular related
- Vitamin D Council is an excellent resource.

Their data shows:

- 75% of Caucasians have Vitamin D insufficiencies:
 - 25-35% are outright Vitamin D deficient
- 90% of Pigmented individuals are Vitamin D insufficient
- Obese individuals at greater risk



Vitamin D “The Sunshine Vitamin”

- Recommended dosages of Vitamin D:
 - 0-2 years of age: 400iu/day
 - Children: 1,000iu/day
 - Adults: 2,000iu/day
- Michael Holick recommends 2,700iu/day
- Vitamin D council recommends 5,000iu/day for 2-3 months, then get tested



Fish Oils (EPA+DHA)

- DHA/EPA facts:
 - 60% of your brain mass is fat:
 - Of that 25-35% is DHA
 - 50-60% of your retina is made up of DHA
 - DHA and EPA are also important in helping lower inflammation levels

Fish Oils (EPA+DHA)

- 84,000 deaths per year in U.S. attributed to low Dietary Omega-3 intake
- Framingham study indicated that individuals in the top quartile for DHA levels have a 47% decrease in Dementia
- Recommended dosage is 1,000 mg/day of DHA/EPA:
 - Average U.S. intake is 100-200 mg/day
 - 20% close to zero



Fish Oils (EPA+DHA)

- Barry Sears recommended dosages:
 - 2,500 mg/day no chronic disease
 - 5,000 mg/day type II Diabetes & Heart Disease
 - 7,000 mg/day chronic pain
 - 10,000 mg/day neurological disorders
- Quality fish oil manufacturers can certify the concentration and purity of their fish oil



Fish Oils (EPA+DHA)

- An excellent resource concerning the benefits of fish oil is the Omega-Research Group, www.omega-research.com

Multi Vitamins/Minerals

- Multi Vitamins are a good source of support for your cells but do not replace a healthy diet:
 - Debate continues on the true value of a multi vitamin



Multi Vitamins/Minerals

- Things to consider in a Multi Vitamin:
 - Natural versus synthetic:
 - Controversial as to whether one is better than another
 - Dosages required per day:
 - Single dose
 - Twice a day
 - Multiple times per day



Multi Vitamins/Minerals

- You should also try and personalize a multi to your needs:
 - Drug/nutrient depletions
 - High toxic load
 - Iron versus Iron free
 - Vegan/Gluten free
 - Caps versus tablets
 - Hypoallergenic



Nutrient Depletion

- Prescription medications and certain diseases can affect nutrient levels in your body:
 - This can often result in side effects
- Examples include:
 - Statins
 - Metformin
 - Proton Pump Inhibitors

Nutrient Depletion

- Cardiovascular Disease
 - Typical medications include statins and beta blockers
 - Many people taking these medications can feel muscle weakness and lethargy:
 - This may be a result of depletion of CoQ-10 in your body
 - CoQ-10 is necessary for energy production at the cellular level
 - Taking a CoQ-10 supplement may relieve symptoms:
 - Typical dosage is 100-300 mg per day



Nutrient Depletion

- Blood Sugar/Diabetes
 - A typical prescription medication for this condition is Metformin
 - Metformin can deplete B-12 in your system
 - B-12 is important for energy, heart health and mental acuity
 - B-12 should be taken with other B vitamins (including folic acid)
 - A multi vitamin generally does not provide enough B-12



Nutrient Depletion

- GERD (acid reflux):
 - Typical medications are proton pump inhibitors:
 - Prilosec, Nexium, Prevacid
 - Another prescription class are H2 receptor antagonists:
 - Tagamet, Pepcid, Zantac
 - Appropriate supplements to offset depletions from these medications include B-12, many minerals and protein
 - A typical side effect from taking these medications is interference with your normal digestive process and an imbalance of bacteria in your digestive tract
 - Probiotics should be considered to address the imbalance



Closing Thought

“You do not always get what you pay for, but you never get what you don’t pay for”

