

**Balancing      Body      Chemistry**

**3**  
**Essentials**

Multi-  
Vitamin/  
Mineral

Full Spectrum  
Antioxidants

Essential Fatty  
Acids

*To Maintain  
Optimum  
Health*

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## **Let's Begin with the Basics...**

If you are relatively symptom free, feel good every day, have plenty of energy and want to stay that way...you can by doing certain things. This also applies if you have had some health problems, have now re-gained your health, and want to maintain it.

First, realize that your health is your responsibility to maintain. If you allow your health to be damaged or destroyed, you have no guarantee that it can be regained. This is a serious issue because it is true that our health is our most valuable asset! If we are sick, infirm or impaired, our quality of life is diminished; the chances of improving our life reduced.

Second, realize that there are a few simple things you can do to maintain your health.

One thing we all need to do in today's culture if we want to continue to enjoy optimum health is take food supplements every day. Being moderate in your diet, moderate in alcohol consumption, getting regular exercise and not smoking is good advice for living today as well.

However, for most of us, no matter how good our diet is or we think it is, chances are great that it is not providing our bodies the nutrients they need to maintain optimum health. Research by Life Extension Foundation and others shows nutrient levels in our food today may be reduced by as much as 45% compared to those of 1965. If the nutrients our bodies need are not in the foods we eat in sufficient amounts to promote optimum, vibrant health, then the only way to get them is to supplement our diets with them!

## Multi-Vitamin/Mineral

### Iron & Copper Free Bio Multi Plus (Also available with iron and copper in Bio Multi Plus)

*An individualized nutritional supplement program  
to meet your body's specific needs.\**

Truly a unique multi-vitamin, multi-mineral supplement. This is the only multi on the market today containing Superoxide Dismutase, Catalase and Co Enzyme Q10, well-known anti-oxidant enzymes. This product also contains L-Lysine for its anti-viral effects, L-Methionine, and N-Acetyl Cysteine as mild detoxifiers. It also contains a full complement of micro minerals such as chromium, boron, lithium, rubidium, vanadium, etc. All fat-soluble vitamins are present as true emulsions. This increases absorption and bioavailability. All of this is contained in Biotics exclusive, phytochemically rich tableting base instead of crude filler. Use with **BioProtect** and an EFA source such as **Flax Seed Oil, Biomega 3, Mixed EFA's, Evening Primrose Oil, Sun Flax or Black Currant Seed Oil.**

*Dose: 1 tablet twice a day with meals.*

### MORE SPECIFIC MULTI-VITAMIN, MULTI-MINERAL FORMULAS:

**Bio-Glycozyme Forte.** For general fatigue, stress, highly refined diets and carbohydrate sensitivity. Clinical indicators; reactive hypoglycemia, adrenal insufficiency.

**Bio-Immunozyme Forte.** For those with suppressed immune system such as those who "come down" with everything going around.

**Bio-Cardiozyme Forte.** For high blood pressure, muscle weakness or family history of heart problems.

**Glucobalance.** For diabetics, Syndrome X. (Important! Diabetics must check blood sugar levels daily as this can affect insulin need!)

**Equi-Fem** (Iron free for post menopause). Supports female organ function.

**Nuclezyme Forte.** Excellent geriatric formula.

## Full Spectrum Antioxidants

### BioProtect

*A full spectrum anti-oxidant, anti-aging formula  
to insure perfect balance.*

In today's world, everyone needs BioProtect! As we go about our daily routine, we are exposed to many free radical generators without our knowledge (or consent). Free radicals are highly reactive molecules that can indiscriminately attack **any** innocent bystander molecule. They possess an unshared electron, a highly unstable condition. A free radical will tear an electron from another molecule to make up for its deficiency. Defense against free radicals is complicated by the fact that there are many types. Therefore, a full spectrum antioxidant is needed to provide complete protection. Because free radicals are both water soluble and fat soluble, and because they vary in their reactivity, no single antioxidant offers full protection (such as just vitamin C, just vitamin E, just zinc, etc).

In addition, there is a "pecking order" among antioxidants; some are more readily oxidized than others and will be consumed quickly unless replenished or recycled. BioProtect contains water soluble and fat soluble antioxidants as well as "preventive inhibitors" and "chain breaker" antioxidants. It is the premier, full spectrum antioxidant in the marketplace providing complete protection from free radical attack. Currently, the list of "free radical pathologies", those conditions directly related to oxidative damage, numbers over 100 chronic, degenerative conditions. These conditions are PREVENTABLE! Antioxidants are the key.

*Dose: 2 capsules daily.*

## Essential Fatty Acids

### Flax Seed Oil

*All the essential fats your body needs to produce hormones and other chemicals necessary for optimum health.*

Many of the health problems we face as Americans are directly related to the kind of fat we consume. Much has been written about the dangers of eating fat. However, the right kinds of fat are necessary components of a healthy diet.

Americans are commonly deficient in essential fatty acids for a variety of reasons. One of the main causes of this deficiency is the consumption of hydrogenated and partially hydrogenated oils. Although favored by food processing companies, these kind of fats, called "trans fats" can create health problems.

Another reason for essential fatty acid deficiency is the prevalence of low-fat diets. Americans are so afraid of fat that they will consume sugar and all manner of chemicals if the food promises to be low in fat. The problem isn't the *amount* of fat we eat; it is the *quality* of the fat we eat.

- Women with higher levels of trans fats in their cells are much more likely to develop breast cancer than those with low levels of these fats.
- High levels of trans fats create platelet aggregation, which is the beginning of the plaque associated with coronary heart disease.

*Eat foods that contain essential fatty acids:* Raw nuts and seeds (not roasted), eggs, butter, unprocessed oils (like virgin or extra virgin olive oil, safflower oil, walnut oil, etc) are good sources of essential fatty acids.

*Dose: 2 capsules with each meal or 1 tablespoon each meal if using liquid form.*

Other EFA products available from Biotics include **Biomega 3, Mixed EFA's, Evening Primrose Oil, Sun Flax, Black Currant Seed Oil.**

~Remember~

Sound, basic, nutritional supplementation should include the following:

**1) A full spectrum multi-vitamin, multi-mineral.** Biotics Research Corporation produces a line of top quality multi-vitamin, multi-mineral products.\* This provides you with a sound basic nutrition program that is individualized to your needs.

**2) A full spectrum Antioxidant.** Biotics produces the premier, full spectrum antioxidant in the marketplace today, **BioProtect**.

**3) Essential Fats.** Biotics certified organic **Flax Seed Oil** is a full spectrum essential fatty acid product containing Omega 3, 6 (and 9) families of the essential fatty acids.

Your doctor will also evaluate you for gastrointestinal dysfunction. This is rampant in new millennium America. Gastrointestinal dysfunction could be due to too much digestive acid or too little digestive acid. Contrary to popular belief, dysfunction due to too little digestive acid is much more common than too much. The result is poor digestion of nutrients. This is extremely important and must be corrected for your nutritional supplement program to be effective.

For more information contact:

*\*Biotics Research Corporation products  
are available solely through your health  
care professional. Not sold in stores.*