

Possibilities

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Fighting Alzheimer's: Red Wine, Niacin & No Fast Food?

These could be three components in the fight against Alzheimer's. At least if three different studies are correct in their conclusions.

The first study we read about recently was on Nicotinamide. The body uses Niacin to make Nicotinamide.

University of California at Irvine researchers added high doses of nicotinamide to drinking water fed to mice to study its effects on memory. Some of the mice had Alzheimer's while other mice studied were healthy.

After a series of short and long term memory tests including water mazes and object-recognition tasks, researchers found that Alzheimer's mice who were treated with nicotinamide performed at the same level as healthy mice, while untreated Alzheimer's mice experienced memory loss. They also found nicotinamide slightly enhanced the cognitive abilities of healthy mice.

Nicotinamide works by lowering levels of a protein called phosphorylated tau that leads to the development of tangles, one of two brain lesions associated with Alzheimer's disease. The vitamin also was shown to strengthen the scaffolding along which information travels in the brain cells.

The same researchers who conducted this study in mice are now conducting a clinical trial to test the effects of nicotinamide in humans. Clinical trials have already shown the vitamin to be useful for people with diabetes complications and certain skin conditions.

Editor: Our Niacin comes from Daily Mfg and is Item J-116. We also offer Nicotinamide (another name for Nicotinamide) from Jarrow Formulas—it's Item No. J-117. Nicotinamide or Nicotinamide is Niacin that has already been converted to Nicotinamide/Nicotinamide, and therefore does not cause the "niacin flush" which can occur

when taking straight niacin, though usually doesn't if taken with food.

The next study we saw reviewed recently was conducted at UCLA. Previous research has linked red wine to protection from heart disease and certain types of cancer, and this study found how it may protect against Alzheimer's.

The study said compounds called polyphenols, which occur naturally in red wine, may block the formation of the toxic plaques thought to destroy the brain cells of Alzheimer's patients.

The researchers treated two types of proteins that contribute to the buildup of toxic brain plaques with a polyphenol compound extracted from grape seeds. They found the compound blocked toxic buildup of the proteins and also decreased the toxicity of existing plaques.

David Teplow, a professor of neurology at UCLA, was quoted as saying "Our work... suggests that administration of the compound to Alzheimer's patients might block the development of these toxic aggregates, prevent disease development and also ameliorate existing disease."

Editor: Our **Item No. PY-4 Grape Seed Extract** is a prime source of polyphenols. Also, the key ingredient in red wine said to benefit heart health and some cancers is **Resveratrol**. Our Resveratrol is **Item No. JF-2**.

Like us, you may not think the findings of the third study to be "surprising". That's the study that found when mice were fed junk food for nine months, they showed signs of developing the abnormal brain tangles strongly associated with Alzheimer's Disease, according to a Swedish researcher at Sweden's Karolinska Institute. Susanne Akterin, a researcher at the Institute's Alzheimer's Disease Research Center, said "On examining the brains of these mice, we found a chemical change not unlike that

found in the Alzheimer brain... We now suspect a high intake of fat and cholesterol in combination with genetic factors" can be a contributory factor in developing Alzheimer's. The mice in this study had an abnormal build-up of the protein tau (thought to be one of the causes of Alzheimer's) as well as signs that cholesterol in food reduced levels of another protein called Arc involved in memory storage, Akterin said.

As we said, most people probably won't be surprised to hear fast food may be unhealthy (!) but like us, may not have thought of it as a cause of Alzheimer's Disease. ♦



It's Here! Now you can more quickly and easily have that wonderful wake-up/dessert/whatever cup of your favorite organic, fair trade certified, shade grown coffee... because we now have it in **Ground** as well as the very popular **Whole Bean** version. Coffee purists may want to stick with the whole bean, since everyone agrees that will always give you the fullest, freshest, flavor. However, we've tried out the Ground version and found it to be very tasty, (certainly better tasting than any regular supermarket coffee, and for most people hard to tell apart from the whole bean version), and, as mentioned, very convenient. And yes, there have been studies pointing to some health benefits for coffee which we've reported previously.

Both versions are \$10.95 per pound, even though the Ground costs us more. If you're familiar with organic, gourmet coffee, you know that price is actually very reasonable. And these are also some of the very best tasting coffees we've found. To say nothing of being Organic AND Fair Trade Certified (the coffee grower is making enough to make a living) AND Shade Grown. Flavors: Columbian, Ethiopian, Blue Ox, or Decaf. ♦

Go Bananas! Go Nuts!

What do you think bananas have in common with corn, eggs, salmon and spinach? They all contain Vitamin B-6, which is said to be great for colon health. In fact, in on the largest studies to date on B-6 and colon health, people with the highest intake of the vitamin—from food or supplements—reduced their risk of colorectal cancer by 20% to 30%.

Researchers also say a healthy colon is just one reason to load up on B-6, saying the vitamin also might help stave off Parkinson's disease and depression.

So, go bananas! Also, if you want to use a B-6 supplement to make certain you're consistently getting enough of it (even on those days when "Yes, You Have No Bananas!"—sorry, couldn't resist!) we offer our **Activated B-6 in Item No. J-1**... "Activated" because it's converted to what your body has to convert "ordinary" B-6 supplements to, in order to use it.

Now, when it comes to "Going Nuts"... well, it turns out that's pretty healthy too. A study found that metabolic syndrome was reduced by 13.7% when people eating a Mediterranean diet added nuts to their regular routine diets. Metabolic Syndrome is a condition characterized by central obesity, hypertension, and disturbed glucose and insulin metabolism. The syndrome has been linked to increased risks of type 2 diabetes and cardiovascular disease. A Mediterranean diet is rich in cereals, wine, fruits, nuts, legumes and whole grains, fish and olive oil, and

low in dairy, meat, junk food and fat. The Mediterranean diet has been linked to longer life, less heart disease, and protection against some cancers.

In other "nut news", the people at RealAge.com say the following nuts are good for the following reasons:

- ◆ **Almonds**—Vitamin E. Vitamin E is depleted when under stress, so if stressed grab some almonds!
- ◆ **Macadamia Nuts**—monounsaturated fats (the good ones that fight bad LDL cholesterol) AND thiamin—a B vitamin that helps muscles, nerves and GI system.
- ◆ **Brazil Nuts**—one a day meets the body's need for selenium, according to this report. Also contain protein, zinc. One drawback: contains some saturated fat.
- ◆ **Hazelnuts**—mood-stabilizing tryptophan.
- ◆ **Peanuts**—okay they're really legumes, not nuts. Rich in folate, niacin and riboflavin, 3 key B vitamins, plus have as much protein ounce-for-ounce as beef, without the saturated fat.

We'll say it again, for your health's sake, go at least a little Nuts and a little Bananas! Or put some out on your holiday table for everyone's benefit! Or, if you want to get these good items from Supplements: **Vitamin E is Item No. J-14; Activated B-Complex is J-2; and Selenium is J-114**

Can you hear it?

Can you hear the chorus of researchers and studies listing benefits of the non-flashy-old stalwart Vitamin D? Here's a sampling of recent reports:

- ◆ American Academy of Dermatology is encouraging increased consumption of Vitamin D through food and supplements, since it says overexposure to the sun and tanning booths may cause skin cancer, but the growing body of evidence establishes the health needs for Vitamin D.
- ◆ Supplementing the diet of pregnant women with Vitamin D may protect the placenta from infection, per UCLA study.
- ◆ Lack of sufficient Vitamin D levels can cause bone and muscle weakness and may also affect heart health. Researchers say up to **half of adults and 30% of children** are deficient in Vitamin D due to use of sunscreens and lack of sunlight, which combined can reduce the body's production of it by 99%. Researchers say Vitamin D deficiency is an emerging cardiovascular risk factor.
- ◆ Research: too little Vitamin D & Parkinson's Disease may be linked. Editor: Our **Vitamin D³ is Item No. J-24**. Might surprise you to know that, given all of the above benefits of this often-ignored nutritional star, a month's supply is only \$6.95!

Trivia & Tidbits . . .

1. When a tennis ball is hit how long is it in contact with the racket?
2. Who kept Thomas Edison's dying breath in a bottle?
3. In what year was the first mutual fund introduced in the United States?
4. What does the Chinese phrase "gong hay fot choy" mean?
5. Per USDA guidelines what percentage of a meatball has to be meat?
6. What is the traditional food served at Wimbledon each year?
7. What was Teddy Roosevelt's horse at the Battle of San Juan Hill named?
8. Who designed Jackie Kennedy's pillbox hat worn at her husband's inaugural?

AND THE ANSWER IS...

1. 1/1000 of a second.
2. Henry Ford, it's now on display at the Ford Museum in Greenfield Village, Michigan.
3. 1924. It was the Massachusetts Investors Trust and had no set minimum investment.
4. "Wishing you a prosperous New Year".
5. At least 65 percent.
6. Strawberries and cream.
7. Texas.
8. Halston, whose full name is Roy Halston Frowick.



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Please Note: We are not health authorities of any kind. This newsletter represents our own views—presenting information we believe to be true and correct, but is "opinion", nonetheless. We also have a vested interest in most of these topics, so don't claim to be impartial. This newsletter, or anything else we publish, is no substitute for a competent health professional. User reports, though published here, don't prove anything—we pass them along because they certainly are of interest to others using the same products, or who have an interest in them.

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PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

Per Customer Favorites And Experts' Opinions...

What Are "BASIC & ESSENTIAL" Items ?

In these times of economic uncertainty and difficulties, we're asked even more often than usual what we consider to be the most basic and essential items for good health.

We've often answered that in terms of what we personally consider essential for ourselves. This time we took a look at what are clearly "customer favorites" in terms of not just sales volume, but re-order rates and customers' reports. Then we also took a look at many health experts' opinions on what "just about everyone should be taking" in terms of supplements. Here's our Basic & Essential List:

1. Real Willard's Water ("RWW") — Don't think there's a more versatile product in terms of the "known helpful characteristics" it has, or a more economical one. Since this helps to absorb more of the nutrients you need, and get rid of toxins, wastes, and even heavy metals, that you certainly don't need, and also works as one of the greatest antioxidants and scavenger of free radicals that anyone's ever found, it's no wonder it is reported to help so many different things. Those characteristics mean, to us, this product is great at helping the body to come into better nutritional balance, which can help a myriad of things.

But that's not all. It reduces inflammation (maybe that's why it helps pain and injuries and arthritis?). And it raises alkalinity which many natural health experts say is critical for good health—most people are too acid, but RWW helps them to become more alkaline, or at least less acidic.

Besides all this, it helps skin conditions—whether that's due to its ability to help exfoliate the skin (get rid of dead skin cells), or because of the nutritional balance it helps the body find, we really don't know. We just know we can't count how many reports we've received about RWW helping all different kinds of skin problems.

So, at about **31 cents to 60 cents a day** (based on **regular** price of Dark RWW purchased in 8-oz or gallon sizes, for an example) that's a pretty good buy for something that covers more bases than any other

health product we've ever seen.

2. Aqua Gel & Chinota Gel — the two gel products made from RWW provide all the known benefits of RWW for topical uses — reducing swelling; helping skin problems (burns, sunburns, acne, psoriasis, eczema, dermatitis, insect bites, etc. etc.); reducing pain, stiffness, etc., no wonder these are two of our very most popular items. Aqua Gel (Item AG-4) is also used on the hair (thicker and more manageable), and even on hemorrhoids (remember it reduces swelling), and any other bumps and bruises, or "owies" you can think of. In other words, Aqua Gel is a ready-for-topical use form of Real Willard's Water that won't evaporate or run-off as the liquid RWW will. Chinota Gel (HG-4 & HG-8) on the other hand, is designed specifically for pain, such as severe muscle spasms, arthritic pain, migraines, etc. etc. also in a gel, rather than liquid form.

3. Colostrum — Hard to describe how much people love this item! Many of us have found far fewer (some even say NO) colds and flu in the years we've been using it. Nature knows how to boost the immune system, that's all I can say, since this is Nature's way of protecting the newborn from infection, and boosting its immune system. We've also had lots of reports of it helping allergies and other immune system disorders. A staple in many people's arsenals of things they do to "stay well", and to get well, if they do get under the weather. Colostrum comes in various options: Items H-1 Alpha Whey, H-2 Alpha Whey PLUS, H-5 Colostrum Capsules and H-6 Bulk Powder.

4. Progesterone Cream — Many women have told us this product "changed their lives". According to the late John Lee, M.D., who publicized the benefits of progesterone in his three books on the subject, it's helpful for many things, including, but not limited to: Osteoporosis (preventing AND reversing); Irregular periods; PMS; Painful Periods and other Menstrual Problems; Menopausal Problems; Headaches; Depression; Weight problems in certain

cases; Fibrocystic breasts; much more.

It's also helpful for us men. Many men have found, as I have, that it reduces my trips to the bathroom in the middle of the night by a very significant amount.

5. - 9. Vitamin D; Omega-3; Probiotic; Resveratrol; Multiple Vitamin/Mineral; and B-Vitamins — how's that for a quick summary? These are so useful for so many things, and so often mentioned by natural health experts as some they consider "essential for just about everyone", that we feel everyone should try to include these in their arsenal, if possible. Since I'm running out of space, I'll just give you the Item Numbers for these products from us:

Vitamin D³ — Item No. J-24

Omega 3 — Item No. J-39 EPA (fish oil) or Item No. J-77 Flaxseed Oil Capsules

Probiotic — Items: J-31 Colon Aid; J-61 L-Salivarius; and JF-4 Jarro-Dophilus EPS

Resveratrol (key ingredient from red wine reported for health benefits and anti-aging) — Item JF-2

Multiple Vitamin/Mineral — Item J-56 Multi-Vim

B-Complex Vitamins — Activated form is Item J-2

If budgets just don't allow for all of the above, I always say I'd then be sure to drink a goodly amount of Real Willard's Water, since that helps the body to get all it possibly can out of the nutrients in the food you eat, and also out of the supplements you take. After that, I'd look (as the totally NON-professional, strictly LAYperson that I am) at my own particular situation—what foods I eat (ones I eat the most of may be supplying something others might have to get from supplements), what health problems run in my family, what problems I've had, my age and gender, etc. and pick out the ones most likely to make the biggest difference for me. Hope this list is helpful.

Before closing let me say my wife, Kolleen, and I, and everyone here, wishes you the best of holidays, and happiness and wellness in 2009 and well beyond! ♦

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the printed version.



THE BROKEN LAMP CAME ON! A CHRISTMAS STORY...

My mother had insisted on leaving that lamp right where it was, even though it hadn't worked in years. She'd had various lamp repair people look at it, and electricians, and none of them could make it work. None of them could find anything wrong with it, either.

Nor was there anything wrong with the outlet. Everything else worked from that outlet; and the lamp didn't work from any outlet. It had been a wedding gift to my mother from her parents. It quit working after her mother died—she'd had a stroke the day before Christmas Eve and died the day after Christmas, in 1956. ...Her mother died and the the lamp never came on again... as I said, it just quit working, for no reason at all.

We were sitting in the dining room visiting after supper, one evening shortly before Christmas in 1961. Suddenly, a look of astonishment came over my mother's face, and she pointed toward the lamp...it had come on,—by itself, nobody was even near it!

My mother's instant reaction was that the lamp coming on meant her father would be "okay" that Christmas. He had been devastated by his wife's death, and like many people who lose someone over the holidays, or who lose someone who always loved the holidays (like my grandmother had), Christmas had become an ordeal for him. In fact, he never spent Christmas with the family any more. He wanted nothing to do with Christmas. He just wanted to be by himself and drink throughout the holidays.

My mother was certain that the lamp coming on was a sign he was going to be okay with Christmas that year...I think it was the next morning that her father called to say he was giving her and each of her siblings \$500 as a Christmas gift that year. Those were the first Christmas gifts he'd decided to give since Grandma had died. And, yes, he said, he would like to "come down for Christmas this year". I still get tears in my eyes when I recall it, and marvel at how much help we get from "somewhere" even when it seems all hope (and joy) is lost. ♦ (Reprinted from 1997)

Editor: We invite you to send your own stories of unexplained help, Forks in the Road, or other inspiring stories, for this column.



E-Mails, Mailbag & Phone Calls. . .



Pressure Sores or

Bedsore — "J.J." told us her brother-in-law who is now deceased was bedridden for about two months before he passed away. As is often the case with bedridden patients, he developed pressure sores (also called bedsore). JJ told us her sister used Willard's Water on them... "the first one was on his right hip. Sis put WW on a piece of gauze to put on him and the angry red spots cleared to just barely visible...I wanted to let you know in the hope it will be helpful to many who are bedridden." We thank you, JJ, and we know anyone helped by this information will thank you also. Also, we've heard numerous such reports over the years, so this is not an isolated incident, which may help others in deciding whether or not to try WW.

Cats Prefer WW — M.Y. told us she gives her cat

Real Willard's Water (RWW)—he has the choice of RWW-treated water and non-treated water... "9 out of 10 times he chooses the RWW-treated water", and, she says, he's very healthy and hasn't had fleas in 3 years and is outside every day it isn't raining!

Hard to Believe — That's what we'd think if we hadn't heard such things before... "M.G." told us she was led to RWW via her boss's old mother who has been using it for many years—"she's 76 and looks 55. Her skin is beautiful and she's healthy as a horse! She says it all has to do with Willard's Water." So M.G. got some herself..."I have more energy than ever, my allergies are not as bad during season and I believe it helps me control my weight". We want to emphasize even though RWW has been said by some people to help them with weight control we do NOT see weight loss as a typical report. ♦



More Product Highlights & Updates from Charlie

73% of the Products Tested Failed... Some Bad News But Also Some GOOD News On That!

As we've mentioned before, there's a jeweler in our area with the slogan, "If you don't know jewelry, know your jeweler"... in other words, if you're not expert, better rely on someone you can trust.

When it comes to nutritional supplements, choosing among the myriad of options for any one type of supplement can be mind-numbing... there are various claims and incredible price differences, and who knows which one really is the best? For most people it comes down to finding one that gives results for them, in the case when there's a particular tangible benefit, but when something is being taken for the long-term benefit... because studies have shown long-term benefits on heart health, or cancer prevention, or fewer memory problems, etc., etc., it becomes much more difficult to choose one out of all the options.

We've learned over many years' experience now, that we can trust anything we get from Daily Mfg. They, in fact, supply us with the vast majority of all our supplement products. All the Item Numbers that start with just the letter "J", such as J-91 Glucosamine-Chondroitin, for example, as well as PY-4 Grapeseed, CS-8 and CS-32 Colloidal Silver, and H-5 Colostrum Capsules, all come from Daily's.

Daily Mfg. is a family-owned operation. Their last name is Daily, and since their family name goes on their products, they make certain each product that goes out their door meets their standards, including but not limited to:

1. It's a product that research has shown does have benefits—i.e. it's not just "the latest fad".

2. It contains what it says it contains. If it says there's 100 mg of a particular ingredient in each tablet or capsule, it actually contains that much. (You'd be amazed how many products DON'T contain the amounts they say they contain—results of actual third party testing later in this article.)

3. It does NOT contain some non-beneficial substance that's there just to "fool" any assay tests into thinking the key ingredient is in there, if it isn't. That's

another all too common "cost cutting" (we'd call it cheating!) technique of some less ethical firms.

4. The ingredients are fresh—not any stored for years that have long since lost their nutritional value.

I'll give you an example of Daily's conscientiousness. We've sold their Colloidal Silver for many years. One time, it was backordered by them—something nearly unheard of in dealing with them. We asked why it was on backorder. They told us that, as always, they'd had the most recent batch assayed (tested for actual ingredients). It assayed out at just barely under 20 parts per million (ppm), but is sold as 20 ppm so they threw it out.

Less conscientious manufacturers would likely have simply sold it since it was within the "legal requirements"... but it wasn't within the Daily's own standards. It wasn't what it said it was. And despite the fact that in all likelihood "nobody would ever know", they knew, and they wouldn't sell anything that didn't meet their standards. My wife, Kolleen, says that always reminds her of her "Grandpa Schmidt" who told her that one of his favorite quotes was "Many people do the right thing when they know they're being watched... character is what you do when you know nobody will ever know."

A second point I would make about Dailys is that in all these years we've NEVER had a product from Daily's returned because a customer was unhappy with its performance. In fact, the only return we can recall was some Colostrum Capsules that the person didn't like the smell of, adding that she got some at a health food store that didn't smell at all. Frankly, that would make us wonder if those non-smelling capsules had ANY colostrum in them "at all"!

All this brings me to a disturbing article we came across recently. It came from a firm called ConsumerLab.com that purchases products "from the marketplace", not supplied direct to them from the manufacturer, and tests them to see if they are

...of the supplements tested, "a whopping 73% failed" the tests...

what their label says they are. Like I said, the results are often disturbing. The test I'm talking about was on "Joint Supplements" (Glucosamine, Chondroitin, and MSM).

Quoting directly from ConsumerLab.com on that test: "Among the 20 human

and pet products that ConsumerLab.com selected and tested, eight, or 40% had some type of quality issue. There were no problems among glucosamine-only, MSM-only, or glucosamine-MSM products (that they tested). *All the problems were among products that claimed to contain Chondroitin, of which a whopping 73% failed.* (emphasis theirs). In fact, scarcely any Chondroitin (1% to 8% of the claimed amount) was found in three products and none could be detected at all in a fourth product. All products tested for lead contamination passed."

So, why is there such a problem with the quality of chondroitin products? Again, according to ConsumerLab.com, some manufacturers rely on tests that "can easily be tricked by other compounds that are not Chondroitin. Real Chondroitin is relatively expensive. An ingredient supplier might sell lower priced "chondroitin" to which compounds have been added to fool these tests. A manufacturer looking to cut corners might buy lower cost material "certified" with a non-specific test and, as a result, end up making products with no or little Chondroitin. ConsumerLab.com evaluated Chondroitin products using a more specific, validated method known as the "enzymatic HPLC method". For each product that failed to contain its listed Chondroitin, re-testing was performed in a second independent laboratory for confirmation."

The human-use Chondroitin supplements that failed the testing follow, along with ConsumerLab's explanation of why:

- "1. **Karuna Chondroitin Sulfate** — It contained only 51.3% of its claimed chondroitin, although it claimed to be "manufactured under strict quality control to ensure the optimum in purity, potency and reliability".

"2. Nature's Plus Ultra Maximum Strength Chondroitin 600 100% Pure Chondroitin Sulfate A Supplement — Had NO detectable chondroitin, despite claiming to be "the highest quality CSA (Chondroitin sulfate A) supplement ever developed in a single tablet" and "delicately processed to maintain maximum nutritional integrity."

"3. Swanson Health Products Premium Brand, Glucosamine & Chondroitin — Contained only 8% of its claimed Chondroitin. The price of this product was conspicuously low — costing only 17 cents per day, while other combination products cost 50 cents to \$1.40 or more per day.

"4. Drinkables Liquid Joint Care; Maximum Strength; Citrus Flavor — Contained only 70% of claimed Chondroitin sulfate.

"5. Symtec Joint Movement Glucosamine with Chondroitin + MSM, Mixed berry flavor — Contained only 75% of claimed chondroitin sulfate.

"6. Weil Andrew Weil, M.D. Glucosamine & Chondroitin — contained the claimed ingredients but did not break apart properly, requiring more than one hour to fully disintegrate in solution instead of 30 to 45 minutes."

Two pet supplements failed the tests. ConsumerLab's report on them:

"1. Joint Max Regular Strength — contained only 21% of its claimed Chondroitin.

"2. Nutri Vet Nutritionals, Hip & Joint Soft Chews — contained less than 1% of its claimed Chondroitin and only 47.2% of its glucosamine."

ConsumerLab also reported on the actions that have been taken by the manufacturers of some of the products that failed their testing:

"Botanical Laboratories — Symtec Joint Movement Glucosamine with Chondroitin + MSM: Posted a news item which claims to 'strongly refute' Consumer Lab's (CL's) results and 'raise concerns' about CL's methodology. However, the item fails to provide any basis for these accusations and, ironically, positively references the NIH funded project which validated the method used by CL. The methods that Botanical Laboratories claims to use are both known to be non-specific and not appropriate for accurately determining the amount of Chondroitin in a product.

"Pet Health Solutions — Joint Max Regular Strength: Voluntarily recalled the

product from the market. It also informed CL that newer product, made in a different manufacturing facility, is available. It claims that the newer product has a standard screw top, allowing it to be distinguished from the product tested by CL which has a flip top. CL has not tested the new product.

"Swanson — Premium Brand, Glucosamine & Chondroitin: Posted a message to consumers stating, 'We guarantee that this product contains the label-claimed amount of Chondroitin as proven by third-party testing using the size-exclusion chromatography method.' However, this is a non-specific test for chondroitin and not an appropriate method for accurately determining the amount of Chondroitin in a product. In contrast, the enzymatic HPLC method used by ConsumerLab.com is a specific, validated method.

"Weil Nutritional Supplements — Weil Glucosamine & Chondroitin: Informed CL that it has changed manufacturers since this product was made. It claims that product made under new manufacturing has a nine digit lot code starting with the number '2'. The product tested by CL has a six digit lot code. CL has not tested the newer product."

All this, of course, leads back to the question of "how is a consumer to know which product to choose, or to trust". Again, we say, know who you're dealing with. If you find a source that never fails you on products you can actually TELL by use whether or not they work, that's a good sign—even on products that are used for long-term benefits that might not "tip you off" if they *weren't* working... since they're not likely to give you any tangible "see it with my own eyes" benefits.

And, unfortunately, it seems the old adages "You get what you pay for", and "If it seems too good to be true, it probably is" also apply here. As was implied by ConsumerLab's pointing out that the failed Swanson product only cost 17 cents per day, compared to 50 cents to \$1.40 or more per day for products that passed the test.

We DON'T believe you have to buy the most expensive product you can find, nor do we believe that would necessarily get you the best, or even one that would always "pass the test". For instance, our J-91 Glucosamine-Chondroitin product from Dailys that our customers have raved about for years, often noting it "works so much better than other brands of 'the same

thing' I've tried before"(!) runs about \$1 a day, at its regular price. That's in the mid-range of the products that passed. Which is another thing we've always liked about Dailys... we've developed total confidence in their quality, and have always found them to be competitively priced. That's a combination "you can't beat with a stick" as they'd say back on the farm!

We also want to emphasize that just because a firm was found by ConsumerLab to fail this particular test, it **doesn't** mean that all that firm's other products would be deficient. As ConsumerLab pointed out, the problem can be that a manufacturer has relied on an ingredient supplier that failed them.

Dailys have all ingredients they purchase and use in their products assayed by independent firms if they're from an ingredient supplier with whom they have little experience, so they don't know yet that they can trust them to provide ingredients in exactly the quality ordered. This addresses the ConsumerLab statement that some manufacturers simply get poor quality ingredients from their ingredient suppliers and therefore end up with deficient products as a result.

Some of the other reasons we've learned to trust products from Daily Mfg are mentioned in the beginning of this article.

Additionally, Dailys use all vegetarian capsules in all their encapsulated products, except the softgel capsules because vegetarian softgel capsules are not available. Dailys believe vegetarian capsules add to the quality of their products, so that's what they use, despite the fact that they are substantially costlier for them to use.

Again, remember that slogan: "If you don't know jewelry, know your jeweler", and just tweak it a little to fit the occasion, such as "if you don't know nutritional supplements, know (or know something about) your nutritional supplement provider".

In today's economy, very few people can afford to "throw money away" on deficient products.

And few people can afford to be sick—cheaper and a lot more pleasant to stay healthy.

We've always felt that's the biggest reason for paying attention to what one eats, and to the supplements they use to try to stay healthy. That certainly means making sure the supplements purchased and used are what they say they are. ♦