

# Possibilities

NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 ♦ www.willardswater.com ♦ May, 2008

## Possible Help in Cutting Heart Failure Risk

Canadian researchers have found curcumin (the natural pigment that gives the spice turmeric its yellow color) may protect against heart failure. When it was given to mice with enlarged hearts (hypertrophy), heart function was restored and scar formation reduced. The researchers reported their findings in the February 2008 edition of the *Journal of Clinical Investigation*.

Lead researcher Peter Liu, scientific director at the Canadian Institutes of Health Research — Institute of Circulatory and Respiratory Health, said curcumin may be a safe and effective means of preventing heart failure in the future. He added that whether young or old, male or female, the larger your heart, the higher your risk for developing heart attacks or heart failure.

Curcumin has been under the scientific spotlight in recent years with studies investigating its potential benefits for reducing cholesterol levels, improving cardiovascular health, and fighting cancer.

Some experts recommend consumers wishing to make use of curcumin's properties consume it in supplement form rather than eating more curries, which are rather high in fat in their Western form. Liu said that "curcumin's ability to shut off one of the major switches right at the chromosome source where the enlargement and scarring genes are being turned on is impressive", but he cautioned that moderation is important. He said "the benefi-

cial effects of curcumin are not strengthened by eating more of it." Researchers said they were not suggesting people begin taking curcumin routinely until clinical trials are done. They said people could take action instead to lower blood pressure, reduce cholesterol, exercise and eat healthfully.

Editor: If you choose to take curcumin before more clinical trials, we offer straight curcumin in Items JF-8 and JF-9. However, we also offer **Item J-135, Ener-Cell** which looks to us like a better & better "buy". Here's why: two capsules a day provide:

- ♦ 600 mg Alpha-lipoic acid (*energy metabolism; super antioxidant*);
- ♦ 200 mg L-carnitine (*heart, mental function, more*);
- ♦ 100 mg CoQ-10 (*energy production; heart health, more*), and
- ♦ 300 mg Curcumin (*few key benefits noted in this article*)

You might want to add additional L-carnitine and/or Curcumin to your regimen, however not necessarily. This comes from the Daily firm and given the high quality of their items (*always VERY fresh ingredients, easily-dissolved capsules; AND the product WILL contain what it says it does, unlike many "brands"*) and the amounts of such KEY items, we see this as one of the best buys for one's health, given the broad range of health benefits now established for these four nutrients. Ener-Cell is just \$24.95/bottle; the total cost of a bottle of each of the 4 ingredients in Ener-Cell is \$75.35. See what we mean? ♦

## Extend Lifespan Over 30%?

Until quite recently, there wasn't much talk about prebiotics. Lots of talk and research on probiotics, but little at all on prebiotics.

Turns out those prebiotics might be pretty important. An animal study conducted in France found that lifelong supplementation with the prebiotics inulin and oligofructose may extend lifespan by over 30%.

Both male and female rats fed the prebiotic-containing food diet also had a lower body weight, cholesterol and plasma tiacylglycerolaemia compared to rats fed the control diet. The study was published in the *British Journal of Nutrition*.

Though it is going to be difficult to repeat the study in humans since lifelong compliance to the supplements may be "troublesome", the researchers said, they also said news of the benefits concerning body weight and blood lipid levels may have significant potential in the fight

against obesity and obesity-related disorders.

Prebiotics boost the growth of beneficial probiotic bacteria in the gut. The researchers said the study evidence suggest that prebiotics could be even more useful than the probiotic bacteria they feed.

As we said, until very recently, little was said about prebiotics. We have only one prebiotic product in our line, and that was added very recently. It is called **L-Salivarius** and is **Item No. J-61**. It also contains probiotics, so it is a convenient way in which to get both pre- and probiotics.

The study information also pointed out that considerable research has already focused on some prebiotics in bone health and colorectal cancer, and the science is "now expanding in ever-increasing circles to cover potential benefits for the immune system, weight management, and intestinal health. ♦

## Substance Abuse, Delinquency & \_\_\_\_\_

The U.S. Multimodal Treatment Study of Children found children who use the commonly-prescribed-drug Ritalin for Attention Deficit Hyperactivity Disorder (ADHD) could be at higher risk of delinquency and substance abuse. The study found that drugs such as Ritalin can initially help sufferers, but the benefit of prolonged use is in doubt. Additionally, the study found that the more days on the prescribed medication, the more serious delinquency became. Of the 500 children with ADHD which the study followed for 3 years until they were 12, researchers found 27% were at a greater risk of committing crimes, compared to 7% among "normative" children. Substance use also increased to 17% in ADHD children on the drug—almost double the normal rate.

Doctors suggest children should take a break from the drug after 3 years.

Editor: we don't know why the "break" is suggested after 3 years, since the study found the "damage" by then. ♦

# Low Levels of This Vitamin Linked to Physical Decline in Older People

Low concentrations of Vitamin E have been linked to the decline of physical function in older people. The information comes out of research conducted by Benedetta Barali, R.D., Ph.D., of Yale University School of Medicine. She and colleagues were trying to find out more about the potential harmful effects of poor nutrition in older adults.

They conducted a study of 698 community-living people 65 years old and older in Tuscany, Italy. The participants were chosen randomly from a population registry.

Each participant was given an exam to measure nutritional status and physical function at the start of the study, to establish a baseline for each person. From November 2001 to March 2003 follow-up assessments were done. The researchers measured for several micronutrients including serum folate and vitamins B6, B12, D and E. The only one associated with a decline in physical function was vitamin E. They also found that for those older than 81, low concentrations of vitamin E was the strongest determinant in physical decline.

“The hypothesis that antioxidants (such as vitamin E) play a role in the decline in physical function and disability is supported by our previous findings,” wrote the authors. “Other studies

suggesting that oxidative stress is involved in muscle fatigue and that antioxidants play a preventive role in muscle damage by reducing oxidative injury.”

The researchers said three mechanisms could explain the effects: increased oxidative stress leading to muscle or DNA damage; exacerbation of atherosclerosis or other pathological conditions, and development of neurodegenerative disorders.

Study participants were not taking vitamin E supplements, and the researchers recommended that people try to meet the need for vitamin E through diet sources such as almonds, tomato sauce and sunflower seeds.

For those who can't get enough vitamin E from the above food sources, (or who may not like such foods, or be allergic to them), we do offer a high quality Vitamin E supplement. It is Item No. J-14.

Editor: We can't help but comment on the fact that many natural health experts over the years have pointed to Real Willard Water's superior antioxidant abilities as one reason for many of its reported benefits. This study on vitamin E certainly, once again, points out some of the benefits of a good antioxidant. So, if RWW performs as well as some say in this area it certainly doesn't hurt!

# Another Vitamin's Benefits...

Not getting enough Vitamin D may increase your risk of peripheral arterial disease (PAD) — a condition where the arteries in the legs are narrowed or clogged with fatty deposits, reducing blood flow to the legs.

Researchers from Albert Einstein College of Medicine in New York City analyzed data from a national survey that measured vitamin D levels and screened for PAD in almost 5,000 adults.

Results of that study show higher levels of vitamin D were linked to a lower prevalence of PAD. In participants with the highest levels of the vitamin, only 3.7% had PAD. And in those with the lowest levels, 8.1% had the condition. Those in the lowest vitamin D group had a **64% higher** prevalence of PAD compared to those with the highest levels.

Researchers say this does not necessarily mean vitamin D has a protective effect, although that is one theory. It is also possible higher vitamin D levels may be a result of healthy practices such as eating a healthier diet or being more physically active, which could be related to sun exposure (another way, of course, to get vitamin D).

Our **Vitamin D** is **Item No. J-24** and is only \$6.95 for a bottle of 100 capsules.

## Trivia & Tidbits . . .

1. On what TV show did Johnny Carson first team up with Ed McMahon?
2. Which record-setting aviation mechanic was the godfather of Robert Cummings, the actor?
3. What holiday has historically seen the most collect calls in the U.S.?
4. What is a pulicologist's area of expertise?
5. In what country did the French Poodle originate?
6. Where on the human is the muscle called the corrugator?
7. How much syrup does the average maple tree yield/season?
8. What is an ermine called in the off-season when not white?

AND THE ANSWER IS...

1. On the daytime quiz how *Who Do You Trust*, in 1958.
2. Orville Wright.
3. Father's Day.
4. Fleas.
5. In Germany where it was known as the pudel which means "to splash in water".
6. On the forehead, used to contract the forehead & pull the eyebrows together.
7. 1 to 1-1/4 quarts.
8. The short-tailed weasel, also known as a stoat.



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## PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

# Asking the Right Question...

A couple of things came up recently (totally unrelated to each other) in which it was obvious that it was all just a matter of “asking the right question”.

First one came up when Kolleen (my wife) was talking to Dr. Bruce MacFarland (the formulator of the fine Radiance line of skin care items we carry that have Real Willard Water in them as an ingredient — Items R-101, R-102, R-103, and R-104).

Kolleen was discussing the Skin Restorer Moisturizer (R-101) and the Overnight Conditioning Cream (R-102) with him. Specifically, she was talking about the question that often comes up here — which is better for what? Kolleen has always used the Moisturizer under her make-up and loves it. She says she’s just never gotten in the habit of using the Overnight Cream because she’s just “not good at doing anything right before I go to bed!” I guess by then she’s usually tired enough to just forget about any such details.

Anyway, when she asked Dr. MacFarland about it, he said there’s no reason why you can’t use the Overnight Cream during the day, under make-up, or without make-up. If you don’t use make-up, you could even apply it up to three times a day, if you were having more serious problems with wrinkles, etc.

Or, you could apply it under make-up during the day, and then apply it again, after removing your make-up, before you go to bed. The multiple applications certainly won’t hurt anything, and would only be suggested for more problem skin.

And, once you’d done multiple applications for about 6 months, Dr. MacFarland said the person could return to just using it as “normally done”.

And, speaking of reducing the amount used, he also said that after about six months of using the Eye Gel (R-103), you can reduce the amount of it you use, even though you continue to

use it daily.

Kolleen has now started using the Overnight Cream on her face, under her make-up, every day. But she says she still isn’t thinking about re-applying it before she goes to bed. However, she does say she REALLY likes it. She has been a BIG fan of the Moisturizer, but thinks she may like this even better under her make-up... says it feels even creamier, somehow. She’s only been doing it a few days at this writing, and she doesn’t really have any real problems, so nothing dramatic to report, except to tell everyone that it does indeed work well under make-up, and according to Kolleen, it feels great!

The other “Right Question” I was thinking of when I started this was regarding the situation when someone you know and care about is facing some serious health challenge that you think could be helped with a natural product, but the person just isn’t open to any such thing.

We often get calls from customers who are really frustrated, and even feeling guilty, because they can’t convince a friend or relative to try some option other than what the mainstream medical people are offering... even when the mainstream medical people admit nothing they have will resolve or reverse the problem.

First off, let me emphasize that I certainly understand where such people are coming from and empathize with them. I’ve been there myself. So has Kolleen. So have most people interested in natural health, I would guess.

But, both Kolleen and I have come to believe that the first thing you need to find out is just how much confidence the person has in their regular doctor(s)... and in the treatment they are using. Next, you need to find out if they have any confidence at all in the natural approach to health.

You see, it seems to us that a person really does need to have some sort of

faith or confidence in what they are doing. Believing in something that is totally ineffective probably won’t make it work, but believing strongly that it WON’T work, may well prevent even an effective treatment from working, at least some of the time.

So, we think it’s important not to introduce doubt into a person’s mindset if they have confidence in what they are doing and believe in it. And that’s doubly true, if what you are going to offer as an alternative will likely NOT be acceptable to them. In a situation like that, you might just succeed in planting those destructive seeds of doubt in their mind, without getting them to try anything else, which would seem to be the worst of all outcomes.

There ARE, of course, times when you do find someone who is open to trying something new, and the story has a happy ending, with the person getting better by going with that new alternative idea/treatment. I guess you just have to “ask for guidance” and then hope you get some clear indication (to you) of which way to go.

All of this may not be very helpful, but it does seem to be welcomed by the people we’ve expressed these thoughts to before, so it seemed it might be worthwhile passing along here. It’s tough to feel responsible for someone else’s health. But if that person feels strongly that way, it may mean you don’t have to feel so compelled to change their mind... in some situations, it might actually not be a good idea. Just a thought.

Kolleen said she realized several years ago that if she had a health problem and anyone tried to tell her to go for some invasive mainstream treatment before trying a natural approach, it would be as pointless as her trying to convince people who only follow mainstream approaches to abandon that for the natural approach...made it easier for her to “hold her tongue” at times, she said. Maybe it can help the rest of us, too! ♦



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### **“IT WASN’T MUD; HE’D BEEN SHOT!”**

“I’d gone to the bank and P.O. while the 3 one-year-old kittens and their mother played in the forest behind the house. I sat in the solarium to write

letters when I got home, and I could hear Cloud kitty snoring away and making dreaming sounds under my camping chair...the other kittens came in and were so dirty from playing outside and acted oddly but I thought they were playing...I patted Cloud kitty and found he was covered in mud or maybe stain or paint. I let him sleep in the sun and planned to get that mud off of him once it dried...when I came to do that he screamed when I picked him up. I called the vet, who was just leaving but referred me to another vet who takes emergencies...the vet met me outside the clinic when we got there and took Cloud from me...turned out he’d been shot! Somewhere between 50-75 pellets showed up on his X-ray. (The little white specks on the x-ray to the left are

the pellets.) Amazingly, it was the vet who said not to put him down—it was too early, she said. But, nobody knew if he’d actually recover. With visits from his brother Spotty, and some salmon from home and Willard Water to drink, along with some other special nutrients I give them, he did recover. What astonished the vet was that NONE of the barrage of pellets had hit any vital organs—nor did any hit his head or brain, and the ones in his neck failed to sever any arteries or veins, in his neck or anywhere else.

“Equally miraculously, when I found out who had shot Cloud, I ended up going to the Chief of Police who was the only official not contacted by neighbors before about this man in our neighborhood, and the Chief of Police has seemingly brought an end to the man’s menacing around the neighborhood.

“So God and His angels were not only watching out for Cloud and protecting him, but it seems He used this to bring an end to the dangers the disturbed man had been bringing to our neighborhood. God does work in mysterious ways!” S.R.

*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. . .**



**1st in 25 Years!** — C.B. (MN) certainly loves the **Chinota Gel!** She told us it is the first product for pain relief that has worked for her in 25 years! She uses it for muscle pain and joint osteoarthritis, and we’re guessing she’s tried quite a few over all those years. **Chinota Gel** is the first one to ever give her relief!

**Cat with Kidney Failure** — L.W. (MI) tells us that her cat with kidney failure is doing MUCH better with **Real Willard Water**. Much more perky, and no more trouble eliminating. When she called she hadn’t had any blood tests done to confirm the improvement, because she saw no reason to stress the cat by doing so, when she could SEE the improvement.

**Learned the Hard Way** — That’s what “C.T.” (OH) experienced. She e-mailed us that she’d stopped drinking the **Real Willard Water** to try to save money. Her back was injured two years ago she said, and some friends from church had gotten her started on the water. She’d thought it was good enough (because it had gotten so good while she was using the water) that when she ran out she’d decided to just go without, to save the money. “Now I’m in pain and sorry I didn’t spend the money...” she added that her friends from church had given her some to hold her over until she got the order she’d just placed. At least now, she says, she knows the Real Willard Water really did make a difference! We understand... and it IS reassuring when we find out—even the hard way—that something really works! ♦



# More Product Highlights & Updates from Charlie

## Heartburn, Acid Reflux, Indigestion, Constipation & Diarrhea; Better Memory & Mental Function; More!

70 Million is a BIG number. 70 million people all doing the same thing every day in the U.S., is a very big deal.

I guess given the “popularity” of the topic... the number and frequency of requests for information on “anything you know of that could help this problem”, it shouldn’t surprise me, but it did.

Every day in the U.S., 70 million people suffer from digestive problems like:

- ◆ Heartburn
- ◆ Acid reflux
- ◆ Indigestion
- ◆ Constipation and
- ◆ Diarrhea

Many of them turn to prescription medications to control the acid in their stomachs, but some doctors now say acid is not the problem. According to Mayer Eisenstein, M.D., medical director of Homefirst Health Services and host of the weekly XM satellite radio show The Dr. Mayer Eisenstein Radio Show, the problem is not the acid in our stomachs but that “we’re not digesting our food”.

Not surprisingly, Dr. Eisenstein says adding digestive enzymes and probiotics to our diets can help. He says the body has a limited supply of digestive enzymes and every 10 years, we lose about 13% of them. He also says Western diets typically consist of cooked and processed food, which can further deplete enzymes. Probiotics, or lactic acid bacteria, can help digest dairy products as well as nutrients like folic acid, riboflavin, and vitamin B12, he said.

Dr. Eisenstein’s other suggestions include the following to aid in digestion:

- ◆ Eat slower
- ◆ Cook foods less thoroughly
- ◆ Chew sugarless gum after a meal since it’s been shown to ease acid reflux
- ◆ Don’t drink fluids during a meal, which can wash food into the stomach before it’s broken down by the

enzymes in saliva.

Additionally, Dr. Eisenstein noted that proton pump inhibitors (Nexium, Prevacid, Prilosec)—a type of acid-reducing medication—are supposed to be prescribed for only two months, but he says, the average patient uses them for five years! Dr. Eisenstein says he never prescribes antacid drugs because they have been shown to increase the risk of developing pneumonia and, in people over 50, to increase the incidence of breaking a hip.

I just have to add a few thoughts to this. First off, all of us here heartily agree with Dr. Eisenstein regarding the merits of enzymes and probiotics. We offer **Item J-29 Vega-Zyme, J-33 Digestine, and J-60 Milk-Gest** in the enzyme category, and **Item J-61 L-Salivarius**, a prebiotic and probiotic) along with **JF-4 Jarro-Dophilus EPS** in the probiotic category.

But, what may be unknown to many more of our readers, is the fact that one of the most common user reports we get about why people come to love **Real Willard Water (“RWW”)**, is the improvements they have seen in all the digestive type problems we’ve been talking about...

- ◆ Heartburn
- ◆ Acid reflux
- ◆ Indigestion
- ◆ Constipation and
- ◆ Diarrhea

Perhaps RWW’s often-reported ability to improve digestion is at least a possible explanation for the oft-reported reduction or elimination of the above problems, if in fact not digesting one’s food properly IS the cause of the problem.

As we’ve said before, people often

“evidence” of the improved digestion can be seen by the greatly reduced numbers of corn kernels that show up in their stool...

become convinced of RWW’s effect in improving their own digestion when they notice that after becoming a regular user of RWW, when they eat corn they see very few kernels

of it in their stools, compared to the amount they’d always seen before starting on RWW. (Not very appetizing conversation, but interesting, and pretty convincing, “evidence”!)

And when I think about RWW’s apparent benefits with regard to indigestion, heartburn, acid reflux, etc., I’m always reminded of my friend Roger’s experience when he first started regularly using RWW.

He told me one day when picking up another bottle, that he couldn’t believe how much it had helped... for the first time in a LONG time, he didn’t need to keep stocked up on Roloids! But that wasn’t the end of the story... a few weeks later, he came back to get some more RWW—for himself and a friend. Turned out the friend was someone Roger would normally see most days, and whenever one of them was out of Roloids, they could rely on the other one to supply them until they replenished their own supply.

You can imagine Roger’s friend’s chagrin when he needed to borrow Roloids from Roger one day and Roger said he didn’t have any, because he wasn’t using them any longer! Roger said his friend didn’t even seem to believe him at first, but then when he heard WHY Roger wasn’t using Roloids any more, he asked Roger to get HIM some of that! Roger did, and it worked for his friend, too. Don’t you just love happy endings?

Speaking of positives, how about a way to improve your memory and mental function? →

I certainly was not surprised to see an article recently about the herb Ginkgo Biloba being found helpful in boosting memory, since it's become well-known in natural health circles, and even among some mainstream authorities, for just that benefit. The article was about a study reported in the journal *Neurology* in which it was found that taking the supplement could **reduce the risk of developing mild memory problems by 68%** in healthy older people with no memory problems.

However, the study authors had "warned" that in the study participants who had a "problem with compliance"—they didn't take the supplement!—it didn't show any benefit! The only thing surprising in that finding, in my opinion, is that the authors found it worth mentioning!

My wife, Kolleen, and I have taken Ginkgo for years, and could tell memory improvement from it. In fact, Kolleen could tell not only if I'd been taking it, but whether or not I'd been taking as much as she thought I needed, just by the "recall" I demonstrated in daily activities. Now, to be fair, neither of us have serious memory problems, but we do qualify as "seniors" and we certainly have noticed changes in our memories. And we noticed those memory issues decrease with our use of Ginkgo.

But, more recently, we've added Vinpocetine to our daily supplements. We added it to our line fairly recently, and we always try to use "new" products ourselves, to get a better handle on what we think of them. We are impressed with Vinpocetine! In fact, for us, we think the combination is even more effective than the Ginkgo by itself. Customers who have tried our Vinpocetine have been reordering at a steady pace, so we assume they are also pleased with its results.

Went looking for additional information on Vinpocetine and found some written by Ray Sahelian, M.D. who is someone who has certainly "been around" for some time and written about a lot of different supplements. Here's what he had to say about Vinpocetine:

"Vinpocetine is chemically related to, and derived from vincamine, an alkaloid found in the periwinkle plant. Vinpocetine was introduced into clinical

practice in Europe more than two decades ago for its role in cerebrovascular disorders and related symptoms. Experiments with vinpocetine indicate that it can dilate blood vessels, enhance circulation in the brain, improve oxygen utilization, make red blood cells more pliable, and inhibit aggregation of platelets. Vinpocetine even has antioxidant properties. Levels peak in the bloodstream within an hour and a half after ingestion. Vinpocetine easily crosses the blood-brain barrier.

**"Vinpocetine Research:** There have been quite a few studies with vinpocetine.

**"Dementia** — Researchers at the University of Surrey in Guildford, England administered vinpocetine to patients suffering from mild to moderate dementia (Hindmarch 1991). Two hundred and three patients included in a placebo-controlled, randomized double-blind trial received every day for sixteen weeks either 10 mg doses of vinpocetine three times a day, 20 mg doses of vinpocetine three times a day, or placebo three times a day. There were no clinically relevant side effects reported. Statistically significant cognitive improvements were found in favor of active treatment groups compared to placebo. The patients on 10 mg performed slightly better than those on 20 mg.

"In a double blind clinical trial, vinpocetine was shown to offer significant improvement in elderly patients with chronic cerebral dysfunction. Forty-two patients received 10 mg vinpocetine three times a day for thirty days, then 5 mg three times a day for sixty days. Matching placebo tablets were given to another forty patients for the ninety-day trial period. Patients on vinpocetine scored consistently better in all cognitive evaluations. No serious side effects were reported.

**"Memory** — Twelve healthy female volunteers received pre-treatments with vinpocetine 40 mg three times a day or placebo for two days according to a randomized, double-blind crossover design. On the third day of treatment and one hour following morning dosage, subjects completed a battery of psychological tests. Memory was significantly improved following treatment with vinpocetine when compared to placebo.

**"Alzheimer's** — vinpocetine not helpful. Fifteen Alzheimer patients were treated with increasing doses of vinpocetine (30, 45, and 60 mg per day) in an open-label pilot trial during a one-year period. The study was done at VA Medical Center, in San Diego, California. Vinpocetine failed to improve cognition at any dose tested. There were no significant side effects from the therapy.

**"Vinpocetine Availability** — Vinpocetine is sold in 5 and 10 mg capsules.

**"Vinpocetine Side Effects** — To avoid a vinpocetine side effect, always start with a low vinpocetine dose, such as half of a 5 mg capsule or tablet. High doses of vinpocetine can cause the side effect of dizziness, weakness, and uneasy feeling. Never take a 10 mg vinpocetine dosage unless you have first tried half of a 5 mg dose." That's the end of Dr. Sahelian's comments.

We offer **Vinpocetine** in Item No. **JF-3**. It's a 5 mg capsule and there are 100 capsules in a bottle.

In a related item, I saw an article recently about a study of centenarians in Italy (that's right—folks over 100 years old) who were given supplements of **L-carnitine**. It was found to **improve total muscle mass** in them, and also their **cognitive (mental) performance**.

Those researchers pointed out that L-Carnitine plays an important role in the production of cellular energy, and is also needed for the transport of long-chain fatty acids such as the essential omega-3 fatty acids across the membrane of the mitochondria, the cell's power stations. The study participants received either 2 grams (2,000 mg) of L-carnitine daily, or a placebo for 6 months. At the end of the study:

- ◆ Total muscle mass in the L-carnitine group increased by 3 kilograms more than the placebo group
- ◆ Fatigue, following a 6-minute walking test, decreased after L-carnitine supplementation
- ◆ Cognitive performance, using the 30-point Mini-Mental State Examination (MMSE) showed increases of 4.1 points for the L-carnitine group, compared to only 0.6 points on average for the placebo group.

And to think most people think of L-carnitine just for heart benefits. Our **L-Carnitine** is Item No. **J-74**. ♠