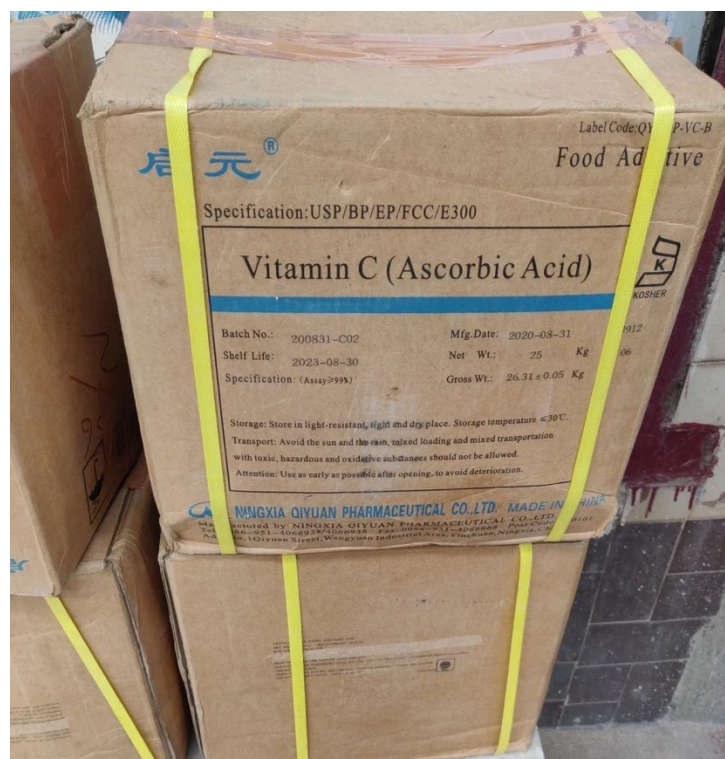


# What's Up Doc?

This month I thought we would have a look at some key products which can be offered to patients without any nutritional assessment or evaluation. Remember Food Research supplements are whole food without any excipients, synthetic or isolated ingredients. Based on your chiropractic treatment or observations, you may suggest these products to your patients. If you are too busy maybe your front desk or assistant can recommend. In all cases these products should work very quickly immediately showing your Patients the benefits and potency of whole food supplements.

## Vitamin-Mineral: 2 or 3 Per day

Some 70+% of the US population take a multivitamin, considering the nature of your holistic Patients it would be fair to assume the number of your Patients taking a multivitamin would be greater than this. If they are not currently purchasing their multivitamins from you it is likely coming from a big box store or supermarket. What we can guarantee is it is not 100% whole food. Do you know over 95% of all the vitamin C sold in the US is synthetic and comes from China? Vitamin-Mineral is a premier vegetarian formula providing a complete array of

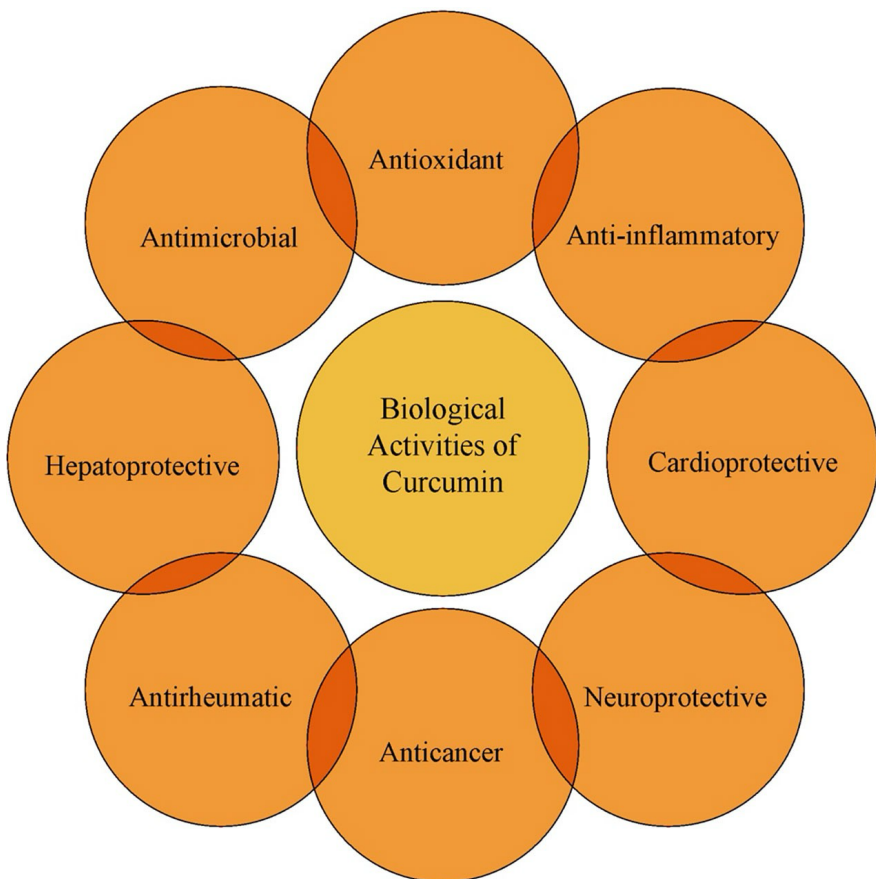


vitamins and minerals exclusively from food sources rather than from isolated USP nutrients or mined rocks found in almost all retail and professional supplement lines. The food mineral forms are easily digested and can be taken on an empty stomach without upset. Vitamin-Mineral contains naturally occurring, food source trace minerals, carbohydrates, lipids, proteins (including all ten essential amino acids), monosaccharides (including all considered essential), and superoxide dismutase. It includes all Vitamins A, C, D, E, K, B1, B2, B3, B6, B9, B12, B7, B5 and includes trace minerals iron, iodine, zinc. Two per day will fill any nutritional gaps your Patients may be unaware of from their diet. This leads to improvements in general health and less nagging sickness

## High Stress Adrenal 1 to 6 per day as needed

As September arrives, many adults experience heightened stress levels due to the transition from summer to the school year. Coordinating schedules for multiple children, including school hours, extracurricular activities, and transportation, can be overwhelming. The shift from relaxed summer schedules to structured school routines can be jarring for both children and parents. Children may struggle to return to earlier bedtimes. Many adults return to work after summer vacations, facing increased responsibilities and deadlines while trying to balance work with family needs. We are all familiar with the “soccer mom” High Stress Adrenal is the perfect pick me up for these patients you know them as soon as they walk into your office. High Stress Adrenal combines food source nutrients, including B and C Complex, zinc, glandulars, eleuthero and kelp to support the stress response. High Stress Adrenal is ideal for those patients suffering from fatigue, energy loss, inability to adapt to stressors and demands, mood changes, chronic immune challenges. They can expect to feel improvements in as little as 24 hours. Dose as needed.

## Turmeric Boswellia C. 2 to 6 per day as needed



Discussed in depth in last month's newsletter Turmeric is described as a promiscuous herb because of its beneficial impact on so many systems of the body. Its key role is anti-inflammatory. Simply recommend Turmeric Boswellia C to every Patient you see or recommend Bio-freeze to. Turmeric Boswellia C will relieve all inflammation including joints, rheumatic disorders and pulmonary diseases. It has been shown to outperform drugs such as sulfasalazine in randomized trials for ulcerative and chronic colitis. Inflammation is the curse of modern society and the leading cause of most of our ill health and chronic disease.

Think of Turmeric Boswellia C as health insurance in a bottle.

## Lith-Mag-Forte 1 per day.

A combination of Lithium Orotate, Magnesium, Lions Mane and Collinsonia Root I devoted a whole newsletter a couple of years ago detailing how many experts suggest Lithium orotate should be regarded as an essential mineral due to its benefits in the prevention of Alzheimers Disease. A study just published “Lithium deficiency and the onset of Alzheimers disease” on August 6<sup>th</sup> 2025 PMID: 40770094



*“Lithium, long prescribed for bipolar disorder and as an adjunct in depression, is essential for brain resilience, and new research suggests that deficiency of the mineral in neural tissue may contribute to Alzheimer’s disease (AD). For the first time, investigators found that lithium is sequestered by amyloid plaques in AD, depleting its availability in neural tissue. In addition, they found that a novel lithium-based compound engineered to bypass plaque binding reversed synaptic and cognitive deficits in mouse models and has the potential to restore memory. In addition, analyses of human brain tissue showed that loss of lithium was one of the earliest changes leading up to AD. In mice with lowered lithium levels, researchers found similar accelerated brain pathology and memory decline.”*

*“As a neuroscientist, I am excited about exploring the physiology of lithium in the brain. Our single nucleus RNA sequencing data suggests that there are significant effects of endogenous lithium on all brain cell types we examined,” Yankner said.*

*“I believe that future studies may uncover some very interesting biology,”*

In all studies 1mg of Lithium Orotate per day is the ideal preventive dose. This equals one capsule which also include Magnesium, Lions Mane and Collinsonia Root.

Here is a link to our previous Newsletter discussing Lith-Mag Forte copy and paste into your browser.

[https://www.dropbox.com/scl/fi/ysr6d01khje39yvphpjnu/What-sUpDoc\\_-Jan23.pdf?rlkey=7xpm48kiyyhogvhf6js4vduj4&st=d5an0e97&dl=0](https://www.dropbox.com/scl/fi/ysr6d01khje39yvphpjnu/What-sUpDoc_-Jan23.pdf?rlkey=7xpm48kiyyhogvhf6js4vduj4&st=d5an0e97&dl=0)



# PREMIER RESEARCH LABS

**Premier Ashwagandha 2 per day or as recommended.**



## INTRODUCING FERMENTED ASHWAGANDHA



The key constituents of Ashwagandha are associated with increased overall energy, improved sexual function, and greater longevity. Ashwagandha has the added benefit of being a mood-stabilizer and a mild sedative (the Latin name *somnifera* means *sleep inducer*). It offers a welcome balance between overall energetic support while calming the nervous system.

The PRL Ashwagandha is unique in its manufacturing process and its ingredients profile. Most competitive products focus on extracting the withanolides for some time regarded

as the active ingredients in Ashwagandha root, and indeed they are active ingredients but as is always the case not in isolation. Most recent research is focusing on the full spectrum of Ashwagandha ingredients this includes withanolides (there are 8 separate withanolides) but also alkaloids, flavonoids, amino acids, volatile oils and starch.

PRL starts with organic root and uses a fermenting process. Fermenting ashwagandha root maintains the full spectrum of active ingredients, aids absorption and digestion. Finally, by breaking down the cellulose in ashwagandha root this enhances the availability of active ingredients such as the withanolides and alkaloids.



## PRL. L-Theanine: 1 or 2 per day



Premier L-Theanine is an excellent adjunct product to Ashwagandha for those Patients looking for the cognitive and calming support including sleep.

L-Theanine is non-protein amino acid extracted from green tea leaves and has some 4000 years of use in Chinese medicine.

L-Theanine provides evidence-based, high-potency support for calm focus and balanced mental clarity. Each vegan-friendly capsule delivers 200 mg of L-theanine, a standardized and stabilized active constituent, carefully processed to ensure consistent efficacy. Backed by clinical research, this supplement promotes

relaxation, mental clarity, and focus without drowsiness or overstimulation.

L-theanine supports alpha brain wave activity, promoting a calm yet attentive mental state. By influencing neurotransmitters like glutamate, GABA, and serotonin, L-theanine helps maintain focus and clarity while managing stress. It also interacts with NMDA receptors to support calm focus without overstimulation.

# Aliveda Labs. Colicron.

We are having a huge amount of success with Colicron from Aliveda Labs since it launched. For those of you who haven't tried it yet here is an introduction and a breakdown of each of the ingredients included in the capsule including the 9 different strains of Probiotic.

Colicron™ is a unique microbiome solution from Europe where it used almost exclusively by Gastroenterologists. It has been clinically trialed as a treatment for Irritable Bowel Syndrome (IBS) the most common gastrointestinal issue in the modern world.

**This is only available to Practitioners and will not appear on Amazon or similar sites**

The two trials below specifically use Colicron™

<https://pubmed.ncbi.nlm.nih.gov/38186311/>

<https://pubmed.ncbi.nlm.nih.gov/38240683/>

**Colicron™** is a combination of 3 different species and 9 different strains of Probiotics each strain has been clinically researched. There are 5 Billion Colony Forming Units (CFU's) per strain giving a total of **45 Billion CFU's per capsule**.

## Probiotic Strains

**Lactobacillus acidophilus NCFM:** Adheres to intestinal epithelial cells, forming a protective barrier and competing with pathogens for adhesion sites. Increases the production of IgA antibodies. Alleviates diarrhea

**Bifidobacterium longum BB536:** Shown in studies to reduce symptoms of irritable bowel syndrome (IBS), such as bloating and abdominal pain. Ferments dietary fibers and produces short-chain fatty acids (SCFAs), which nourish colonocytes and maintain gut health and balance microbiome. Produces anti-inflammatory cytokines and enhances the gut-associated lymphoid tissue (GALT) response.

**Bifidobacterium lactis BB-12:** Colonizes the intestines, influencing the gut microbiota composition. Increases IgA production and the activity of natural killer (NK) cells to improve immune function. Improves the intestinal barrier and reduces symptoms of both constipation and diarrhea.

**Bifidobacterium breve M-16V:** Alleviates constipation. Improves digestion and is excellent for infants and children often used in baby formulas.

**Lactobacillus casei LC-G11:** Relieves gastrointestinal discomfort, and contributes to a balanced gut microbiome

**Lactobacillus paracasei Lpc-37:** strengthens the intestinal barrier, reducing gut permeability. Reduces bloating improves immune response.

**Lactobacillus plantarum GMNL-14:** Balances gut microbiome, reduces gas and bloating, reduces oxidative stress and inflammation in the gut, well documented benefits for IBS and similar conditions.

**Lactobacillus rhamnosus HN001:** Rebalances the gut microbiome, prevents antibiotic associated diarrhea and other forms of diarrhea. Enhances immune cells and antibodies to prevent infection.

**Streptococcus thermophilus Th-4:** Ideal for lactose intolerant patients, as it helps break down lactose in dairy products. Enhances gut microbiome and supports immune function

***Colicron is produced using a freeze dry process followed by a unique internal and external coating which is used to protect the probiotics. An external polysaccharide coating protects the probiotics from both heat and humidity changes in the environment. A second internal coating protects the Probiotics during transit through the GI Tract. In the gut the probiotics face harsh conditions from acid pH, digestive enzymes, and bile salts, the internal coating protects the Probiotics. When the probiotics reach the intestines, they reactivate themselves, proliferate, and adhere to the intestinal mucosa.***

Three key additional ingredients are included in the formula:-

**Palmitoylethanolamide(PEA)** A cannabimimetic mediator, naturally present in our body, which offers analgesic and anti-inflammatory properties in addition to regulating intestinal transit.

**UNDARIA (Wakami Edible Seaweed)** Brown seaweed used as a source of fucoxanthin. Fucoxanthin is hydrolyzed in the gastrointestinal tract to form fucoxanthinol. Fucoxanthinol binds to the NAAA enzyme, reducing its activity and its ability to degrade PEA.

**HERICIUM ERINACEUS (Lion's Mane Mushroom)** An edible and medicinal fungus which in addition to its the ability to modulate the immune system, stem inflammation and repair the gut is a prebiotic.

Simply sign into [www.alivedalabs.com](http://www.alivedalabs.com) to open an account

HCP cost \$22.50 per box (30 days' supply) Retail price \$45.00 - \$49.95

