

Health Warning about so called 'healthy' products



You have the right to kNOw more!. Do yourself a favor and check your vitamin labels. Do they contain Magnesium Stearate or Stearic Acid? Studies by the University of Texas Health Science Center and the East Carolina University School of Medicine reveal that these toxic excipients cause a rapid collapse of T-cell membrane function and cell death; therefore suppressing the immune system. (Immunology, 1990, Jul.)

It is estimated that 90% of the vitamin and mineral products consumed today contain stearates. Stearates are used as binders in tablets and in the processing of gelatin capsules. Consumers often take handfuls of capsules and tablets to get vitamins, minerals and other key nutrients from supplements that contain stearates, and instead, in reality, get a powerful immune suppressive treatment.

PRL nutritional supplements are 100% free of toxic excipients, including magnesium stearate or stearic acid.

"The public must be more aware of nutritional products that initially bring a good vitamin or mineral but hurt you in other ways." (Dr. Eduardo Sanchez, Commissioner - Texas Department of Health, speaking before the Texas Strategic Health Partnership, University of Texas, Sept. 25, 2003)

Widespread Cheating

The FDA reports widespread cheating in the supplement industry.

At PR Labs we find that only careful testing of each batch and source of herbal ingredients will guarantee the most premium quality. Recently when the PRL laboratory tested one source of asparagus extract, we found 90% of it was hay! Just cheap hay! This supplier was trying to get our business, obviously, they did not!

Most retailers and distributors of vitamin supplements have no way to test their products to see if what is on the label is actually in the bottle. Therefore, they are not aware of the toxicity of the products they are selling and mistakenly claim 100% purity for their products.

Ask your retailers and distributors that are selling nutritional supplements to you to provide a written statement that guarantees their products are free of stearates,

palmitates, stearic acid, FD&C food colors (recently banned by the FDA), "natural flavors" (which is just a fancy name for MSG, a known neurotoxic), polyethylene glycol, acetate, titanium dioxide, sucrose, and other toxic excipients and potentially harmful manufacturing additives. In fact, ask them for full label disclosure listing every component used to produce each product!

You are taking these supplements thinking that they are beneficial to your health. It is your responsibility to make sure that they are.

Toxic Ingredients

"Excipients" in Vitamin Supplements

The International Pharmaceutical Council of the Americas states that "Excipients are substances other than the pharmacologically active ingredients which are included in the manufacturing process or are contained in a finished product. In many products, excipients make up the bulk of the total dosage form."

Czap, AL, The Townsend Letter For Doctors and Patients, July 1999, Vol.192; pg.117-119

"Additives in supplements cause allergic reactions, impede absorption, and have undesirable physiological effects. In many cases, an ingredient carries a negative connotation, so the manufacturer uses instead, an euphemistically derived alternative (such as "glaze" or "natural vegetable coating" for shellac).

Principal Excipient Functions:

- Binders
- Disintegrants
- Fillers
- Lubricants
- Flow Enhancers
- Compression Aids
- Colors
- Sweeteners
- Preservatives
- Suspending/dispersing agents
- Film formers
- Coatings and Glaze (Shellac)
- Flavors
- Printing Inks

Most Commonly Used Excipients:

- *Magnesium Stearate
- *Stearic Acid
- *Sodium Benzoate
- Potassium Benzote

Flavors or Natural Flavors
Silicon Dioxide
Titanium Dioxide
Colors
Lactose
Cellulose
Gelatin
Sodium Glycolate
Talc
Sucrose
Calcium Stearate
Palmitate
Hydroxy Propyl Methylcellulose
Ethylcellulose
Glaze
Shellac
Starch

Magnesium Stearate (aka Stearic Acid):

Poisonous Flowing Agents

Over 90% of the vitamin/mineral products consumed today

Contain magnesium stearate, also known as Stearic Acid.

“Stearic Acid inhibits T-cell dependent immune responses. Plasma membrane integrity is significantly impaired, leading to a loss of membrane potential and ultimately cell function and viability.”

Tebbey PW, Buttke TM, “Molecular Basis For The Immunosuppressive Action Of Stearic Acid on T cells”, Immunology, 1990 Jul; 379-86

“ When cells were exposed to stearic acids and palmitic acids, there was a dramatic loss of cell viability after 24 hours. Cell death was induced by stearic and palmitic acid.”

PMID: 12562519 (PubMed) Ulloth, JE, Casiano CA, De Leon M. Department of Microbiology and Immunology, East Carolina University School of Medicine.

“T-helper cells become the target of stearic acid.”

PMID: 6333387 (PubMed)

“Stearic Acid, Magnesium Stearate, Calcium Stearate, Palmitate, and Hydrogenated Vegetable Oils are lubricants which enable manufacturing equipment to run more efficiently but inhibit eventual dissolution of the nutrient. Stearic acid may prevent absorption by individuals with compromised digestive systems. Magnesium stearate and stearic acid also present the problem that delivery of the active ingredient may

be considerably further down the intestinal tract than the site originally intended. This may result in the nutrient being delivered away from its optimal absorption site. Not only can this impede absorption, in some cases it might be harmful to the liver.”

Czap, AL. Townsend Letter For Doctors and Patients, July 1999, Vol.192;

Pg. 117-119.

“The addition of palmitate or stearate to cultured cells led to activation of a death program with a morphology resembling that of apoptosis. Palmitates and stearates caused cardiac and other types of cells to undergo programmed cell death.”

Sparagna, GC, Hickson-Bick, DL, Department of Pathology and Medicine, University of Texas Health Science Center, Houston. American Journal of Medical Science, Jul 1999; pg. 15-21.

“Signs and Symptoms of Magnesium Stearate Poisoning:

Ingestion - Vomiting, Rinse mouth and rest.”

Pesticides Poisoning Database, www.pesticideinfo.org.

“Magnesium Stearate - Stearic Acid Material Safety Data Sheet:

Toxicity by ingestion - Give several glasses of water to drink to dilute, get medical advice. Skin Contact - Wash exposed area with soap and water, get medical advice.”

Mallinckrodt Chemicals, www.bulkpharm.mallinckrodt.com.

Consumers often take handfuls of capsules to get nutrients from supplements containing magnesium stearate or stearic acid and instead, get a powerful immuno suppressive treatment! Most retailers are not aware of this threat and mistakenly claim 100% purity for their products. Ask suppliers to provide a written statement that guarantees their supplements are free of stearates. In fact, ask for full label disclosure listing every compound used to produce each product, and eliminate those supplements that have potentially harmful additives.

Sodium Benzoate: A Poisonous Preservative - Sodium Benzoate is used as a preservatives in most of the liquid vitamin products sold in health food stores or by multi-level-marketing distributors. Usually these juice products have claims that they are the secret of peoples in a far away place who live to be 150 years old! These people did not live to be 150 drinking juices that have sodium benzoate in them!

What does a preservative do? It kills everything alive in the product so it can sit on a shelf in a warehouse or store for weeks or months without spoiling. If the preservative kills everything alive in the product, what do you think it does in your body?

First, a little history. Harvey W. Wiley, M.D., taught at Harvard in 1873, and Purdue after that. Dr. Wiley accepted the position of Chief Chemist in the U.S. Department of Agriculture in 1882. His main job was to assist Congress in their earliest questions regarding the safety of chemical preservatives in foods. He became known as the "Father of the Pure Food and Drug Act" when it became law in 1906. That act led to the creation of today's Food and Drug Administration. Dr. Wiley also oversaw the laboratories of Good Housekeeping Magazine where he established the Good Housekeeping Seal of Approval.

The important issues of the day were the use of bleached flour, saccharin and benzoate of soda (now known as sodium benzoate). In a letter addressed to President Coolidge he wrote regarding sodium benzoate: "The time has fully come for this monstrosity to disappear."

The Food and Drug Act had already been watered down by politicians afraid to upset big business enterprises using sodium benzoate as a preservative. Dr. Wiley went on to write to the President: "It is the crowning ambition of my career, before I die, to see these illegal restrictions, which now make a prisoner of the Food Law, removed, and the Law restored to the functional activity which Congress prescribed."

Dr. Wiley made it clear in his book, *A History of Crime Against the Food Law* (1929), that sodium benzoate was a food additive that was indeed harmful to health. Sodium benzoate should have been outlawed as a preservative at that time, but it is still used today. Why? Because vigorous protests from those engaged in adulterating foods were made to the Secretary of Agriculture, and sodium benzoate was allowed to continue to be used as a preservative.

Today, the FDA has a list known as GRAS: Generally Recognized As Safe. The FDA allows the addition of hundreds of chemicals to our food. Since the whole purpose of adding a preservative to a food is to make it unfit for insects or mold to eat, what makes us believe it is okay for humans to eat it?

Especially the one preservative, sodium benzoate, that Dr. Wiley worked so hard to get outlawed.

After Dr. Wiley failed to get Congress to act. He finally gave a simple solution to the sodium benzoate problem: Don't buy and use any food containing sodium benzoate. He suggested that we just read the label, and if it is a chemical, and you can't pronounce it, do not buy it and eat it. He expected that this voting with our dollars would get additive-laden foods off the shelves of stores. But that has not happened,

and now we have vitamin products being touted for your health that contain this poisonous chemical!

The Material Safety Data Sheet on sodium benzoate states:

Ingestion: If swallowed, call a physician immediately;

Induce vomiting.

Give oxygen or artificial respiration as needed.

The Chemical Analysis Data Sheet on sodium benzoate states:

Store away from food and beverages.

Yet today it is not kept away from food and beverages, it is found in most of them, including liquid vitamin supplements products that are supposed to “improve your health”. Take Dr. Wiley’s advice and read the labels before you and your family drink anything containing the poison of sodium benzoate.

The Truth About Vitamins In Supplements

By Robert J. Thiel, Ph.D, N.M.D.

For decades the “natural” health industry has been touting thousands of vitamin supplements. The truth is that most vitamins are made or processed with petroleum derivatives or hydrogenated sugars. Even though they are often called “natural”, most vitamins sold in health food stores are isolated substances which are crystalline in structure. Vitamins naturally in food are not crystalline and never isolated. Vitamins found in any real food are chemically and structurally different from those commonly found in “natural vitamin formulas”. Since they are different, medical practitioners should consider non-food vitamins (often called “natural” or USP or pharmaceutical grade) as vitamin imitations and not actually vitamins.

Synthetic vitamins were developed because they cost less. Manufacturers often call synthetic vitamins “vegetarian”, not because they are from plants, but because they are not from animals. (Food source vitamins will list the names of the plants the vitamins are derived from on the label.)

Food source vitamins are smaller in size for better bioavailability, in chemical forms that the body recognizes, and the absorption of vitamins relates not only to the nature of the nutrients, but also their interaction with each other.

Even before there were electron microscopes, Dr. Royal Lee knew that food vitamins were superior to synthetics. Dr. Lee, like Dr. Bernard Jensen, was opposed

to the use of isolated, synthetic nutrients. Dr. Lee specifically wrote,

“The synthetic product is always a simple chemical substance, while the pure food is a complex mixture of related and similar materials. The commercial promoters of cheap imitation products spend enough money to stop the leaking out of this information.”

Take Vitamin B for example. The body has a specific liver transport for the type of vitamin B found in food. It does not have this for the synthetic vitamin B forms. Therefore, no amount of synthetic vitamin B can ever equal food vitamin B. In fact, the body tries to rid itself of synthetic vitamin B as quickly as possible.

Certain forms of vitamin B synthetics have been shown to have almost no vitamin activity!

Look for vitamins that are 100% FOOD. The term “natural” does not mean pure food. Some companies try to confuse the consumer by using the term “food based”. “Food Based” vitamins are almost always USP vitamins mixed with a small amount of food that does not change the chemical form of the vitamin.

The truth is that only supplements composed of 100% FOOD can be counted on to perform the necessary functions in the body.