

MYTH OR FACT?

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INACTIVE INGREDIENTS IN NUTRITIONAL SUPPLEMENTS

The law requires that active and inactive ingredients have to be listed in the supplement fact box contained on all products' labels. Inactive ingredients are necessary for the actual production process of supplements. In manufacturing nutritional products the emphasis should always be on purity and highest quality (pharmaceutical grade).

Lately on the internet statements have been circulated, making strong statements against some of these substances. The question remains the motives behind such launchings. These bogus studies and half-truths are highly unethical and confusing. Are some of the competitors trying to manipulate and frighten lay people?

Naturally, the biological medical industry is very concerned about this. Unfortunately it only takes one negative statement to outweigh a hundred positive statements. The following will help to clarify some of the concerns about inactive ingredients commonly used.

MAGNESIUM STEARATE, STERIC ACID

These are widely used as a lubricant for encapsulation, which is **100 percent natural, pesticide and herbicide free, derived from cotton seed or palm kernel oil**. This substance in a capsule varies from 0.9 up to 2 percent of the total weight. This natural ingredient and minute amount is absolutely harmless to our bodies. There is not one legitimate, scientific study world-wide that proved this ingredient to be harmful to the body.

TITANIUM DIOXIDE

Often used in tablets. Titanium Dioxide is a natural coloring agent also used in probiotics. In it's concentration, it is completely harmless.

MALTODEXTRIN

A sugar derivative from starch (gluten free) that provides nourishment for the good bacteria in probiotics. We are talking about minute

quantities in milligrams. But if one is still concerned, I recommend to never eat at a restaurant.

FOS

FOS stabilizes an inactive ingredient used in the manufacture of nutritional substances, such as encapsulations, tablets, etc.

FOS Question #1:

What is FOS?

Answer:

FOS stands for Fructooligosaccharides, which are sugar polymers commonly used in manufacturing of probiotics.

FOS Question #2:

I heard FOS is not good for humans. Is this true?

Answer:

It may be true exceeding 500mg at a time. Side effects such as bloating, copious amounts of gas, etc. may occur. However, these symptoms definitely do not occur in the minute quantities contained in nutritional supplements. FOS in probiotics are absolutely safe and non toxic to the body.

FOS Question #3:

How valid is the published article from SCD Research which states FOS and probiotics are incompatible.

Answer:

Biochemists agree that the **SCD Research Report is invalid**. FOS has been proven to support overall GI tract health through its ability to help increase microflora in the large intestine. It is also beneficial as a component for probiotic supplements with no associated health risks.

FINAL STATEMENT:

If one remains unconvinced, and are still paranoid about such substances, it is strongly recommended to never set foot in any restaurant.

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