

### High Dose Vitamin B<sub>12</sub> Supplementation Strategy



By Neil E. Levin, CCN,  
DANLA

Vitamin B<sub>12</sub> is an essential vitamin present primarily in animal foods. It occurs in various forms with the names sharing the same root: cobalamin. It is required for proper red blood cell formation, neurological and cognitive function, for maintaining brain cellular volume, optimal sleep cycles, and DNA synthesis, among other functions. B<sub>12</sub> deficiency can be provoked by such factors as low stomach acid, intrinsic factor insufficiency or other causes of food malabsorption and primarily affects the elderly with about 15% of the population over age 60 being deficient, though vegetarians and other subgroups can also be prone to deficiencies.<sup>1, 2, 3, 4, 5</sup>

While Vitamin B<sub>12</sub> in food requires stomach acid and gastric protease (pepsin) to liberate it from its protein matrix, supplemental free form B<sub>12</sub> as cyanocobalamin does not require this digestive process and thus is inherently more bioavailable. Free vitamin B<sub>12</sub> then combines with intrinsic factor, a glycoprotein secreted by the stomach's parietal cells, and the resulting complex undergoes active absorption within the distal ileum by receptor-mediated endocytosis. Approximately 56% of a vitamin B<sub>12</sub> oral dose is absorbed this way, but absorption decreases drastically when the capacity of intrinsic factor is exceeded (at 1-2 mcg of vitamin B<sub>12</sub>). Consequently, the oral *active absorption* of B<sub>12</sub> then peaks at around 3 mcg per meal in the presence of adequate intrinsic factor and normal functioning of the digestive apparatus.<sup>6, 7</sup>

In addition, supplemental free form B<sub>12</sub> such as cyanocobalamin can be absorbed directly. Although it has been demonstrated that only about 1% (perhaps up to 5%) of free form vitamin B<sub>12</sub> can be *passively* absorbed, using higher doses of this vitamin can have biological efficacy in humans and daily oral dosing at higher levels can be as or even more

effective than traditionally used injectable programs utilizing hydrocobalamin, or more frequently, cyanocobalamin. This implies that for every 100 mcg increase in B<sub>12</sub> supplementation, about 1 mcg actually gets (passively) absorbed and added to body pools, even if intrinsic factor is missing.<sup>1, 3</sup>

In dietary supplements, vitamin B<sub>12</sub> is usually present as cyanocobalamin, a form that the body readily converts to the active forms methylcobalamin (via methylation in the liver) and 5-deoxyadenosylcobalamin. Dietary supplements can also contain methylcobalamin and other forms of vitamin B<sub>12</sub>. But existing evidence does not suggest any differences among forms with respect to absorption or bioavailability. Crystalline cyanocobalamin given orally seems to be an effective treatment for B<sub>12</sub> deficiencies not related to pernicious anemia, which has additional causes.<sup>1, 2, 6</sup>

Vitamin B<sub>12</sub> status is typically assessed via serum or plasma levels. Values below approximately 170–250 pg/mL (120–180 picomol/L) for adults indicate a deficiency. But serum vitamin B<sub>12</sub> concentrations might not accurately reflect intracellular concentrations. An elevated serum homocysteine level (values >13 micromol/L) also suggests a possible B<sub>12</sub> deficiency but is also influenced by low vitamin B<sub>6</sub> or folate levels, among other factors. Elevated methylmalonic acid (MMA) levels (values >0.4 micromol/L) might be a more reliable indicator of vitamin B<sub>12</sub> status because they indicate a metabolic change that is highly specific to vitamin B<sub>12</sub> deficiency.<sup>1</sup>

Supplementation with high daily doses of oral cyanocobalamin (at least 1,000 mcg daily) has been as effective as the typical intermittent schemes of cobalamins administered by intramuscular injection in similar doses to correct vitamin B<sub>12</sub> deficiencies.<sup>7</sup> In 2005, a randomized, parallel-group, double-blind, dose-finding trial investigated lower daily oral doses of cyanocobalamin in older people with mild vitamin B<sub>12</sub> deficiency for 16 weeks. The researchers concluded that, using MMA levels as a measure of functional B<sub>12</sub> deficiency, "The lowest dose of oral cyanocobalamin required to normalize mild

vitamin B<sub>12</sub> deficiency is more than 200 times greater than the recommended dietary allowance, which is approximately 3 mcg daily." These researchers found that MMA levels were reduced by 33% with B<sub>12</sub> dosing of either 500 or 1,000 mcg daily.<sup>6</sup>

Scientific evidence shows that higher potencies of vitamin B<sub>12</sub> as cyanocobalamin, starting at 1,000 mcg daily and above, can have beneficial effects and be absorbed at a steady rate via oral supplementation. The Institute of Medicine (NIH) did not set a tolerable upper limit (UL) for B<sub>12</sub> because of its low potential for toxicity, reporting that "no adverse effects have been associated with excess vitamin B<sub>12</sub> intake from food and supplements in healthy individuals." The rapid correction of either overt or functional vitamin B<sub>12</sub> deficiencies (as determined by direct measurement or measurement of related metabolites, or preferably both) by means of daily oral cobalamin supplementation can help to restore health and balance in the patient. It is usually recommended to also supplement the B Complex vitamins at the same time as high dose B<sub>12</sub> supplementation, either with a B vitamin formula or with a multiple vitamin formula providing balanced B vitamins. In particular, folic acid, vitamin B<sub>6</sub>, and a methylation enhancer (methyl donor) such as S-Adenosyl-L-methionine may be synergistic with B<sub>12</sub> and enhance the control of another undesirable and normally temporary metabolite of L-methionine called homocysteine, which in elevated amounts is a risk factor for vascular and cognitive decline.<sup>8, 9, 10</sup> Because of methylcobalamin's well-known instability in water, the cyanocobalamin form is preferred in liquid applications.<sup>11</sup>

#### References:

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## ProtoZymes™

**NEW!**

90 Chewable Tablets



### Supplement Facts

Serving Size 2 Chewables Servings Per Container 45

	Amount Per Serving	% Daily Value
Total Carbohydrate	1 g	< 1%*
Sugars	< 1 g	†
<b>BioCore® Vegetarian Enzymes</b>	144 mg †	
Amylase (from <i>Aspergillus oryzae</i> )	3,500 DU	
Protease (from <i>Aspergillus oryzae</i> )	21,000 HUT	
Protease (from <i>Aspergillus oryzae</i> )	4,000 PC	
Lactase (from <i>Aspergillus oryzae</i> )	1,000 ALU	
Glucosylase (from <i>Aspergillus niger</i> )	5 AGU	
Protease (from <i>Aspergillus niger</i> )	50 SAPU	
Invertase (from <i>Saccharomyces cerevisiae</i> )	400 SU	
Lipase (from <i>Candida rugosa</i> , <i>Aspergillus niger</i> and <i>Rhizopus oryzae</i> )	500 FIP	
Malt Diastase (from barley)	1,500 DP	
Protease (from <i>Aspergillus oryzae</i> )	2 AP	

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

Other ingredients: Fructose, Maltodextrin, Natural Colors and Flavors (natural strawberry flavor, citric acid, beet powder, natural raspberry flavor) and Magnesium Stearate (vegetable source).

Contains no salt, wheat, soy, milk, egg, shellfish, or artificial colors or flavors.

ProtoZymes™ is a broad spectrum digestive enzyme formulation designed to support optimal breakdown and absorption of proteins, fats, and carbohydrates, including lactose, to ensure maximum nutritional value for you and your patients.\* Controlled laboratory studies show that these enzymes are not degraded by stomach acid and are effective throughout the entire pH range of the digestive system.\* ProtoZymes™ has been designed especially for children, but it can also be used by adults to enhance bioaccessibility of nutrients consumed in foods.\*

Code P2957 Size 90 Tabs

## Probiotic-4™

**NEW!**

90 Chewable Tablets



### Supplement Facts

Serving Size 1 Chewable Tablet

	Amount Per Serving	%Daily Value for Children Under 4 yrs.	%Daily Value for Children Over 4 yrs.
Calories	5		
Total Carbohydrate	1.4 g	†	< 1%*
Sugar Alcohol	1.2 g	†	†
Blend of 4 Strains of Probiotic Bacteria ( <i>Bifidobacterium lactis</i> , <i>Lactobacillus acidophilus</i> , <i>Lactobacillus salivarius</i> and <i>Lactobacillus plantarum</i> ) (from 2.5 Billion microorganisms at time of manufacture)*	750 Million Organisms**	†	†

\* Percent Daily Values are based on a 2,000 calorie diet. † Daily Value not established.

Other ingredients: Xylitol, Sorbitol, Cellulose, Stearic Acid (vegetable source), Natural Berry Flavors, Malic Acid, Beet Powder, Magnesium Stearate (vegetable source), Silica and FOS (Fructooligosaccharides).

Contains trace amounts of lactose (milk). Does not contain milk protein.

Contains no salt, wheat, soy, egg, shellfish or preservatives.

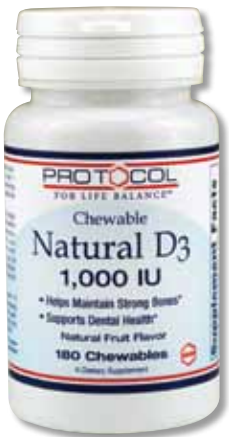
\*\*Stability tested for expected minimum potency through expiration date.

Chewable Probiotic-4™ is a great-tasting, chewable probiotic supplement sweetened with xylitol. The bacterial strains in this product have been scientifically tested and chosen for their ability to support healthy immune system and GI functions.\* These bacterial strains are particularly hardy and have been shown to adhere to the intestinal lining, thereby helping to maintain intestinal integrity.\* In addition, these probiotic bacteria can help to maintain a healthy level of oxalates in the gut.\* Chewable Probiotic-4™ can be used by both adults and children.

Code P2936 Size 90 Tabs

## Natural D<sub>3</sub> 1000 IU

180 Chewable Tablets



### Supplement Facts

Serving Size 1 Chewable Tablet

	Amount Per Serving	% Daily Value
Vitamin D <sub>3</sub> (as Cholecalciferol) (from Lanolin)	1,000 IU	250%

Other ingredients: Xylitol, Sorbitol, Cellulose, Natural Fruit Flavors (fruit punch, strawberry, raspberry), Beet Powder, Stearic Acid (vegetable source), Ascorbyl Palmitate, Citric Acid and Silica.

Contains no salt, yeast, wheat, gluten, soy, milk, egg or shellfish.

The major biologic function of vitamin D is to maintain healthy blood levels of calcium and phosphorus. Vitamin D supports bone health by promoting calcium absorption and bone mineralization.\* Vitamin D also plays an important role in healthy immune function, and helps to regulate cell growth and differentiation.\* These Lozenges are ideal for children or elderly patients.

Code P0357 Size 180 Tabs

## E.N.T. Biotic BLIS K12® Probiotic

60 Lozenges



### Supplement Facts

Serving Size 1 Lozenge

Amount Per Serving	
BLIS K12® <i>Streptococcus salivarius</i>	1 Billion cfu*

\* Daily Value not established.

Other ingredients: FOS (Fructooligosaccharides), Xylitol, Sorbitol, Cellulose, Silica, Stearic Acid (vegetable source), Natural Strawberry Flavor, Beet Powder and Natural Vanilla Flavor.

Contains milk derivative. Contains no salt, wheat, gluten, soy, egg, shellfish or preservatives.

BLIS K12® and the BLIS K12® logo are registered trademarks of BLIS Technologies.

E.N.T. Biotic™ is a probiotic lozenge containing the naturally occurring beneficial microorganism *Streptococcus salivarius* BLIS K12®. Non-clinical studies have demonstrated that *S. salivarius* can help to maintain balanced inflammatory responses and has been clinically shown to support oral and throat health.\* Although it is not an antibiotic, E.N.T. Biotic™ BLIS K12® successfully colonizes the oral cavity at the expense of other bacteria, promoting oral health.\* It also helps to reduce bad breath when used in conjunction with proper oral hygiene.\* Fructooligosaccharides (FOS) provide nutritional support for *S. salivarius*.

Code P2921 Size 60 Loz

# Product Order Form

phone: 877.776.8610  
fax: 800.886.1045

August 2010



Code	Products	Size
P0105	5-HTP 100 mg	90 Vcaps®
P0108	5-HTP 200 mg + Glycine, Taurine and Inositol	60 Vcaps®
P1811	A - Biotic™ Enteric Coated, Potent	60 Gels
P0076	Acetyl-L-Carnitine 500	100 Vcaps®
P3344	Adrenal Cortisol Support™	90 Vcaps®
P3032	AHCC® 500 mg	60 Vcaps®
P3282	Aller-All™ Seasonal Support	60 Tabs
P3036	Aloe Vera 5,000	100 Gels
P3042	Alpha Lipoic Acid 250 mg	90 Vcaps®
P3046	Alpha Lipoic Acid 600 mg Plus	60 Vcaps®
P0030	L-Arginine 500 mg	180 Caps
P2958	BioCore® Enhanced Enzymes	90 Vcaps®
P0471	Biotin 5000 mcg	90 Vcaps®
P1228	Bone Strength™	180 Caps
P1720	Borage/GLA 1050 mg	60 Gels
P3303	Brain Regain™	60 Vcaps®
P2943	Bromelain 2400 gdu/500 mg	90 Vcaps®
P3308	C.Away™	90 Vcaps®
P1268	Cal-Mag, Liquid, Lemon	16 oz
P1675	CardioTri-Plex™	120 Gels
P0072	L-Carnitine 500 mg Carnipure®	60 Caps
P3019	Celadrin® Joint Liposome Lotion	4 oz
P9470	Celadrin® Tabletop Display	12 Bottles
P1415	ChromeMate® 200 mcg	90 Caps
P1731	CLA Away™	90 Gels
P0405	CoEnzyme B Complex	60 Tabs
P3163	CoQ10 60 mg + Fish Oils	90 Gels
P3208	CoQ10 100 mg Softgels	90 Gels
P3196	CoQ10 200 mg Lozenges	60 Loz
P3198	CoQ10 400 mg Softgels	60 Gels
P3182	CoQ10 600 mg Softgels	60 Gels
P3186	CoQ10 Liquid 100 mg/tsp	4 oz
P4638	Curcumin 665 mg 95% Extract	60 Vcaps®
P3121	D-Flame™ Cox-2 Formula	90 Vcaps®
P2956	Dairy Digestion™	90 Vcaps®
P4704	EGCg 400 mg/50%	90 Vcaps®
P2921	E.N.T. Biotic™ Chewable Probiotic <b>NEW!</b>	60 Loz
P2963	Enzymes-HCl™	120 Caps
P5993	Fiber O-3™	16 oz
P1770	Flax Seed Oil 1000 mg Organic	120 Gels
P0498	Flush Free Niacin 500 mg	90 Vcaps®
P4683	Ginkgo Biloba 120 mg/24% Plus	100 Vcaps®
P3318	Glucose Balance™	90 Caps
P3170	Gluc/Chond/MSM Caps	90 Caps
P3172	Gluc/Chond/MSM Caps	180 Caps
P3243	Gluc/Chond 2 per day, Extra Strength	120 Tab
P3130	Gluc & MSM, Vegetarian 1000 mg	120 Vcaps®
P3175	Liquid Glucosamine, Chond, MSM	16 oz
P0094	L-Glutamine 1000 mg	120 Caps
P3274	Grape Seed OPC 250 mg Extract	90 Vcaps®
P3055	Immune Renew™ (Org. Mushrooms)	90 Vcaps®
P3134	Joint-UC™ Collagen	60 Vcaps®
P1625	Krill Oil, Neptune (NKO®) 500 mg	60 Gels
P2448	Liver Detox™	90 Caps
P3062	LYC-O-MATO® 20 mg Lycopene	60 Gels
P2811	D-Mannose Urinary 500 mg	90 Caps
P3258	Melatonin 3 mg Lozenge & B-6	120 Loz
P3326	MetaboEnergetics™	90 Caps
P0495	Methyl B-12 1,000 mcg	100 Loz
P0496	Methyl B-12 5,000 mcg + Folic Acid	60 Loz
P4739	Milk Thistle 300 mg/80% Plus	90 Vcaps®
P2120	MSM 1,000 mg	180 Caps
P0085	NAC N-acetyl cysteine 600 mg + Antioxidants	100 Caps
P3140	Nattokinase 100 mg/2000 FU units	60 Vcaps®
P0453	Nutri-Dose™ B-12 10,000 mcg <b>NEW!</b>	12: 15 mL
P3301	Ocu Support™ Clinical Strength	90 Caps
P1659	Omega-3 Lemon Liquid /Molec Distilled	7 oz
P1656	Omega-3/Enter 180/120 /Molec Distilled	90 Gels
P1657	Omega-3/Enter 180/120 /Molec Distilled	180 Gels
P1661	Ultra Omega-3 500/250/Molec Distilled	90 Gels

P1662	Ultra Omega-3 500/250/Molec Distilled	180 Gels
P3281	Ortho Detox™	90 Caps
P2912	Ortho Dophilus™ 8 Strains, 4 Billion	60 Vcaps®
P0950	Ortho-E™ NON-GMO	60 Gels
P3772	Ortho Liquid Multi™ - Iron Free/Xylitol	16 oz
P3788	Ortho Multi™ Greens	180 Vcaps®
P3878	Ortho Multi™ for Men Caps	90 Vcaps®
P3875	Ortho Multi™ for Men Tabs	90 Tabs
P3816	Ortho Multi™ Softgel w/ Flax 400 mg	90 Gels
P3798	Ortho Multi™ for Women Caps	120 Vcaps®
P3796	Ortho Multi™ for Women Tabs	90 Tabs
P3340	Ortho Prostate™	90 Gels
P3368	Ortho Thyroid™	90 Vcaps®
P1413	OsteoBoron® 3 mg, Natural Form/base	90 Vcaps®
P0487	Pantethine 300 mg Co-enzyme A	60 Gels
P4727	Peppermint Oil G.I.™ Enteric	90 Gels
P3345	PepZin G.I.® Soothe™	60 Tabs
P2385	Phosphatidyl Serine 100 mg & Ginkgo 60 mg	60 Gels
P2711	Phyto Fruit & Greens™ Powder, Gluten Free <b>NEW!</b>	10 oz
P3338	Probiotic-4™ Chewable <b>NEW!</b>	90 Loz
P3338	Progesterone Cream Pump - 20 mg	3 oz
P3348	Prostate-B™ <b>NEW!</b>	90 Gels
P5955	ProtoClear™ Berry Flavor	2.3 lbs
P5956	ProtoClear™ Info Card & Sample - Berry	25 g
P5957	ProtoClear™ Orange Flavor	2.3 lbs
P5958	ProtoClear™ Info Card & Sample - Orange	25 g
P5960	ProtoClear™ Vanilla Flavor	2.3 lbs
P5961	ProtoClear™ Info Card & Sample - Vanilla	25 g
8931	ProtoClear™ Premium Shaker Cup	12 oz
P2928	ProtoDophilus™ 50 Billion/Cap <b>NEW!</b>	50 Vcaps®
P5964	ProtoMeal™ Berry Flavor (Milk Free) <b>NEW!</b>	2.2 lbs
P5964S	ProtoMeal™ Berry-Sample (Milk Free) <b>NEW!</b>	25 g
P5963	ProtoMeal™ Chocolate Flavor (Whey) <b>NEW!</b>	2.2 lbs
P5963S	ProtoMeal™ Sample-Choc.(Whey) <b>NEW!</b>	25 g
P0716	ProtoSorb™ C 500	100 Vcaps®
P0726	ProtoSorb™ C 1000	100 Tabs
P2957	ProtoZymes™ <b>NEW!</b>	90 Loz
P3321	Red Yeast & CoQ10 30 mg, ALA	90 Vcaps®
P3500	Red Yeast Rice Extract 600	90 Vcaps®
P3353	Resveratrol 200 mg Extra Strength	60 Vcaps®
P2147	D-Ribose Powder, Bio Energy Pure	300 g
P0138	SAME 200 mg Enteric + B Complex	60 Tabs
P4756	Saw Prostetto™ 320 mg/85-95% Extract	90 Gels
P1485	Selenium 200 mcg, Yeast-Free	90 Vcaps®
P2954	Serrazimes® 33 mg/20,000 units	90 Vcaps®
P1905	Slimaluma® Plus	60 Vcaps®
P6957	Stevia Complete Packets	100/box
P6955	Stevia Non-Bitter Liquid, Sweet	2 fl oz
P6960	Stevia Non-Bitter Powder, Sweet	1 oz
P3507	Sytrinol® Cholesterol Formula	60 Vcaps®
P0142	Taurine 1000 mg Caps	100 Caps
P3145	Ubiquinol CoQH-CF™ 50 mg	60 Gels
P3142	Ubiquinol 100 mg <b>NEW!</b>	60 Gels
P3380	True Balance™ Multi	120 Caps
P0166	L-Tryptophan 500 mg	60 Vcaps®
P0167	L-Tryptophan 500 mg	120 Vcaps®
P0169	L-Tryptophan 1000 mg	60 Tabs
P3123	Vein Integrity™ with Trunorin®	90 Vcaps®
P2168	Virility For Men with LJ100®	60 Vcaps®
P0452	Vitamin B-12 Liquid Tri-Formula 5,000 mcg	4 oz
P0690	Vitamin C-1000 Cap+100 Bioflavonoids	120 Caps
P0357	Vitamin D-3 1,000 IU Chewable <b>NEW!</b>	180 Loz
P0365	Vitamin D-3 1,000 IU	120 Gels
P0367	Vitamin D-3 2,000 IU	120 Gels
P0372	Vitamin D-3 5000 IU	120 Gels
P0370	Vitamin D-3, Liquid 5000 IU	2 oz
P0374	Vitamin D-3 10,000 IU <b>NEW!</b>	90 Vcaps®
P0906	Vitamin E-400 20% Mixed + Selenium	120 Gels
P2172	Whey Protein Isolate, Pure <b>NEW!</b>	2 lbs
P1554	Zinc Glycinate, 30 mg Softgels	120 Gels

## Nutri-Dose™ B-12 10,000 mcg Shots

B Vitamins are essential components in most major metabolic reactions as they play an important role in energy production, including the metabolism of lipids, carbohydrates, and proteins. Vitamin B-12 facilitates energy production and is required for nucleic acid (DNA) synthesis, methionine synthesis from cysteine, and normal myelin synthesis in the nervous system. Along with Vitamin B<sub>6</sub> and folic acid, adequate levels of Vitamin B-12 are required to maintain healthy plasma homocysteine levels already in the normal range.\*

The elderly and strict vegetarians are often at risk for Vitamin B-12 deficiency, either due to low dietary intake or decreased absorption. B-12 10,000 mcg Nutri-Dose™ is a convenient and palatable liquid formulation that is absorbed quickly by the body, delivering rapid, energizing nutrition.\*

- \* **Convenient Vial Delivery System**
- \* **With Complete Liquid B-Complex**
- \* **Mixed Berry Flavor**
- \* **Vegetarian Formula**



**Code**      **Size**  
**P0453**    12:15 mL

<b>Supplement Facts</b>	
Serving Size 1 Tube (15 mL)	
Servings Per Container 12	
Amount Per Serving	
Calories	50
Total Carbohydrate	13 g
Sugars	3 g
Sugar Alcohol (as Xylitol)	2.5 g
Vitamin C (as Ascorbic Acid)	100 mg
Vitamin B <sub>1</sub> (from Thiamine HCl)	3 mg
Riboflavin (Vitamin B-2)	3.4 mg
Niacin (as Niacinamide) (Vitamin B-3)	50 mg
Vitamin B <sub>6</sub> (from Pyridoxine HCl)	10 mg
Folic Acid	400 mcg
<b>Vitamin B<sub>12</sub> (as Cyanocobalamin)</b>	<b>10 mg (10,000 mcg)</b>
Biotin	300 mcg
Pantothenic Acid (from Calcium Pantothenate)	50 mg
Choline (from Choline Bitartrate)	5 mg
Inositol	5 mg

Other ingredients: De-ionized Water, Vegetable Glycerine, Fructose, Xylitol, Natural Berry and Cherry Flavors, Malic Acid, Potassium Sorbate (as preservative) and Natural French Vanilla Flavor.

\*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.\*

# The Professional Educator

August 2010



**August Tradeshows**  
American Association of Naturopathic Physicians (AANP) 2010  
August 11-15  
Oregon Convention Center,  
Portland, OR  
Florida Chiropractic Association (FCA)  
National Convention 2010  
August 26-29  
Gaylord Palms Resort, Kissimmee, FL  
International and American Associations of Certified Nutritionists (IAACN) 2010  
August 19-21  
The Wynn Resort, Las Vegas, NV  
Palmer College Davenport  
August 12-14  
Davenport, IA

Save the Date... Upcoming NHRH Scientific Symposium  
The Natural Health Research Institute (NHRH) will hold a scientific symposium on Thursday, November 18, 2010 at Indian Lakes Resort in Bloomington, IL. The symposium theme is "Natural Products - Cost-Effectiveness and Safety of Dietary Supplements". Details will be announced soon at <http://www.naturalhealthresearch.org>

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