



Hours:
Monday-Friday 9:00 a.m.-8:00 p.m.
Saturday 9:30 a.m.-6:00 p.m.
Sunday 11:00 a.m.-4:00 p.m.

www.FountainofVitality.net

Our February 2008 Newsletter for Healthy Living

Joy!

St. John's wort improved symptoms of depression and ginkgo biloba reduced anxiety, in four new studies.

Doctors from the Depression Clinical and Research Program at Massachusetts General Hospital, Boston, believe there is a growing body of evidence that St. John's wort helps treat depression. In the first phase of a two-part study, researchers reporting in the journal *Bio Med Central Medicine* found that, of 332 men and women with mild to moderate major depression, **those who took 600 mg or 1,200 mg of St. John's wort per day had significantly fewer symptoms** compared to placebo after six weeks. While both St. John's wort groups improved, significantly more of those who had taken 1,200 mg of St. John's wort reported no symptoms (remission).

Because major depression can

linger, doctors invited those whose depression symptoms had improved at least 50% in the first phase of the study to take 600 mg or 1,200 mg of St. John's wort per day, or a placebo, for four more months. Those in the



St. John's wort groups continued to improve, while symptoms increased for placebo.

In another St. John's wort study reported in *Pharmacopsychiatry*, participants recovering from an

episode of moderate to severe depression took a daily dose of 900 mg or 1,800 mg of St. John's wort, or 20 mg or 40 mg of Paxil®, for 16 weeks. **St. John's wort was as effective as Paxil in preventing a relapse**, with no serious side effects.

In a **ginkgo biloba** study reported in the *Journal of Psychiatric Research*, 107 younger adults with acute and chronic anxiety disorders took 240 mg or 480 mg of ginkgo biloba extract per day, or a placebo, for four weeks. Compared to placebo, **both ginkgo biloba groups had significantly less anxiety**, and those who had taken the higher dose of ginkgo biloba had more relief than those who had taken the lower dose. Doctors noted that ginkgo biloba stabilizes mood in older adults, and wanted to test ginkgo biloba in younger adults.

Reference: *Psychiatric Clinics of North America*: 2007; Vol. 30, No. 1, 51-68.

Dear Customer: We are glad you shop with us, and hope you find this issue of our Newsletter informative. When you visit our store, please ask us for assistance with any products you would like to know more about.

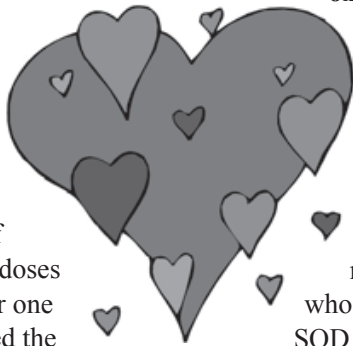
News & Research This Issue

- **St. John's wort** and **ginkgo biloba** improved mood.
- **CoQ10** improved blood vessels and **peak exercise capacity**.
- **Vitamin K** reduced **bone fractures** and risk of **heart disease**.
- **7-Keto** increased the body's ability to **burn calories**.
- **Lutein, zeaxanthin, zinc** cut **blindness risk**.
- **Vitamin D** decreased **hip fracture risk**.
- **Vitamin E** reduced risk of dangerous **blood clots**.

Stronger hearts

Coenzyme Q10 (CoQ10), a nutrient that occurs naturally in every cell in the body, **improved blood-vessel function and increased peak exercise capacity in those with heart disease**, in two new studies.

In a coronary artery disease (CAD) study, researchers recruited 33 men and five women, average age 55, with CAD, whose hearts pumped blood normally, and who took 300 mg of CoQ10 in three 100 mg doses per day, or a placebo, for one month. Doctors measured the activity of an important antioxidant enzyme (superoxide dismutase, or SOD) on blood vessel walls, which declines in CAD, and found



that those who had taken CoQ10 had a 29% increase in SOD activity, compared to 4% for placebo. Scientists also measured **the ability of the arteries to relax (dilate), the ability of the heart to deliver oxygen, and the capacity of the cells to absorb**

oxygen, and found that, in all three measures, those who had taken CoQ10 had significantly greater improvement compared to placebo. Doctors noted that participants who began with the lowest SOD activity improved remarkably.

In chronic heart failure (CHF), the heart is damaged and may not fill with or pump enough blood. In

this study, researchers recruited 20 men and three women, average age 59, with CHF, who participated in four, four-week double-blind phases taking: 1) 300 mg of CoQ10 in three 100 mg doses per day without exercise, 2) the same CoQ10 dose with supervised exercise training, 3) a placebo without exercise or, 4) a placebo with supervised exercise training. **Doctors measured the capacity of the cells to absorb oxygen and the ability of the arteries to dilate and found that, compared to placebo, the CoQ10 group increased by 9% and 38%**, respectively. Scientists also tracked an index that measures the ability of the left ventricle of the heart to pump blood, which improved 12%.

Reference: *European Heart Journal*; 2007; Vol. 28, No. 18, 2249-55.

Vitamin K for hearts and bones

Vitamin K **reduced bone fractures, protected bone health, and lowered risk for heart disease**, in three new studies.

of non-spinal fracture. The scientists also noted that all but one of 13 vitamin K clinical trials, including the seven fracture studies, found that **those who had taken vitamins K1**

knee increased. Researchers also analyzed the number of bone spurs and the distance between the joints, and found that as plasma levels of vitamin K1 decreased, the number of bone spurs increased, and the spaces between joints decreased.

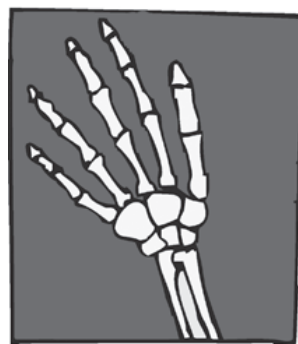
In a heart disease study, researchers analyzed 40,087 men who had participated in the Health

“As blood-plasma levels of vitamin K1 decreased, the spaces between joints decreased.”

In a review of bone-fracture studies published between 1945 and 2005, researchers reporting in the *Archives of Internal Medicine* identified seven randomized controlled trials where participants had taken vitamin K2 supplements for more than six months. Researchers combined the data and found that compared to placebo, **those who had taken vitamin K2 were 60% less likely to fracture the spine, 77% less likely to fracture the hip, and 81% less likely to have any type**

and K2 had less bone loss compared to placebo.

In an osteoarthritis study, researchers analyzed 314 men and 358 women, average age 65.6, in the Framingham Offspring Study, and found that as the **blood-plasma levels of vitamin K1 decreased, the levels of osteoarthritis in the hand and**



Professionals Follow-Up Study during the years 1986 to 2000 and observed 1,857 heart attacks and 617 strokes. The scientists found that **those who had consumed the least vitamin K1 had an average 19% greater risk of heart disease** than those who consumed higher levels.

Reference: *Nutrition, Metabolism & Cardiovascular Diseases*; 2007; Vol. 17, No. 1, 58-62.

Burning calories

7-Keto, a molecule that occurs naturally in the body and declines with age, **increased the ability of the body to burn calories in dieting men and women**, in a new study.

Researchers recruited 10 men and 30 women, average age 38.5, with average body mass index of 32 (obese), who maintained a diet with 800 fewer calories than his or her daily energy requirement, estimated by the doctors. The double-blind study included three seven-day phases during which participants took, respectively, 7-Keto, 7-Keto plus other nutrients, and placebo. Between each phase, participants took no supplements for seven days, for a total study period of five weeks.

At the start of the study, and

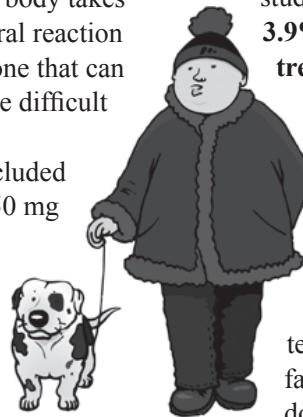
after each phase, scientists measured the **resting metabolic rate (RMR)**; the rate at which the body burns calories while at rest. The RMR declines when the body takes in fewer calories, a natural reaction to preserve energy, but one that can make losing weight more difficult for dieters.

The 7-Keto dose included 50 mg of 7-Keto plus 450 mg of rice powder per day. The 7-Keto combination included 50 mg of 7-Keto, 250 mg of **calcium citrate**, 150 mg of **green tea extract** standardized to include 50% epigallocatechin gallate (EGCG), the active ingredient in green tea, 50 mg of **ascorbic acid**, 100 mg of **chromium nicotinate**,

and 2.5 mg of **vitamin D3** per day. The placebo contained 500 mg of rice powder per day.

Compared to the start of the study, **RMR decreased 3.9% during the placebo treatment phase, RMR increased 1.4% during the 7-Keto phase, and RMR increased 3.4% during the 7-Keto combination phase.**

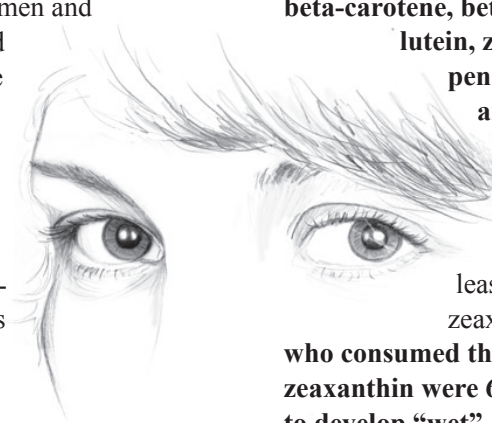
Doctors believe that 7-Keto raises body temperature and stimulates fat-burning enzymes, but does not raise heart rate, a common side effect of diet drugs. There were no reported side effects.



Reference: *The Journal of Nutritional Biochemistry*: 2007; Vol. 18, No. 9, 629-34.

Those whose diets contained the most lutein, zeaxanthin, and zinc had the least risk for going blind in the center of the field of vision, a condition known as age-related macular degeneration or AMD, according to a new study.

Researchers from the University of Sydney, in Sydney, Australia, followed 2,454 men and women who had entered the Blue Mountain Eye Study between 1992 and 1994 at the minimum age of 49. Doctors reexamined participants at five years, at 10 years, or at both times, taking photographs of the retina,



The eyes have it

and collecting data on risk factors including age, gender, and smoking. Scientists also measured nutrients in

in the eye. Those who consumed above-average amounts of lutein and zeaxanthin were 34% less likely to

“Those who consumed the most zinc were 44% less likely to have AMD.”

the diet including **alpha-carotene, beta-carotene, beta-cyptoxanthin, lutein, zeaxanthin, lycopene, vitamins A, C, and E, iron, and zinc.**

Compared to those who consumed the least lutein and zeaxanthin, **those who consumed the most lutein and zeaxanthin were 65% less likely to develop “wet” AMD**, where abnormal, leaky blood vessels form

develop early signs of AMD (reticular drusen), compared to those below average. Those who consumed the most zinc were 44% less likely to have any type of AMD compared to those who consumed less zinc.

Doctors noted that the results supported the Age-Related Eye Disease Study (AREDS), a large multi-center U.S. study funded by the National Eye Institute that followed 4,700 participants and found that antioxidants protect against AMD.

Reference: *Ophthalmology*: July, 2007.

Four Locations to Serve You:

368-B Springfield Avenue
Berkeley Heights, New Jersey 07922
(908) 464-3370

601 Route 206 Unit 32
Hillsborough, New Jersey 08844
(908) 874-3866

650 Shunpike Road
Chatham, New Jersey 07928
(973) 377-8663

100 Mountain Blvd, Extension
Warren, New Jersey 07059
(732) 469-0088

Standing up for vitamin D

Doctors gave 124 nursing home residents, average age 89, 200 IU, 400 IU, 600 IU, or 800 IU of vitamin D₂ per day for five months and found that 20% of those in the 800 IU group fell compared to 44% who took placebo. Also, **those who fell in the 800 IU vitamin D group fell 72% fewer times compared to placebo**, while those who fell in the other vitamin D groups fell about as often as placebo.

In the Women's Health Initiative Observational Study Cohort, researchers measured blood levels of 25-hydroxyvitamin D in 400 women who had hip fracture compared to other women without hip fracture over a seven-year period and found that **those with the lowest vitamin D levels had 77% more fracture risk** compared to those with higher levels of 25-hydroxyvitamin D, even after adjusting for other risk factors.



Reference: *Journal of the American Geriatrics Society*: 2007; Vol. 55, No. 2, 234-9.

This Month's HEALTHY Tip

Women who took vitamin E were less likely to form dangerous blood clots in the veins than were women who did not take vitamin E. Harvard University, Cambridge, Massachusetts, researchers followed 39,876 women who entered The Women's Health Study at minimum age 45 and who took 600 IU of natural source vitamin E or a placebo every other day for 10 years. **Women in the vitamin E group were 21% less likely to form the blood clots** (venous thromboembolism, or VTE) compared to placebo. A subgroup of women who had a history of VTE was 44% less likely to develop the clots, compared to women with no previous VTE, whose risk declined 18%. In VTE, blood clots that form in the veins can break away and lodge in the brain, heart, or lungs.

Reference: *Circulation*: 2007; Vol. 116, No. 13, 1497-503.

© 2008 RI

All articles in this newsletter are for the purpose of nutritional information only and should not be considered a substitute for professional medical advice.
