Please Copy for Your Patients

# Nutrimere Supports Protein Metabolism and Cellular Activities by Providing Protein, Amino Acids, Trace Minerals, and Vitamins

Amino acids provide the building blocks from which healthy proteins and neurotransmitters are constructed in the body. Nutrimere supports the construction of proteins and neurotransmitters by supplying a broad spectrum of amino acids and proteins. Nutrimere contains conch (Strombus gigas), a shellfish that provides a variety of amino acids essential to the human body. Ingredients in Nutrimere help support cellular function by providing antioxidant protection. Beta carotene from carrots and methionine from conch are important antioxidants that help keep cells and tissues healthy. As a broad-spectrum source of amino acids and proteins, Nutrimere is an excellent foundation for the support of efficient protein metabolism and healthy cellular function.†



## Supports efficient protein metabolism and tissue maintenance

Lysine is an essential amino acid found in Nutrimere and is required for proper growth and bone development in children. It helps with calcium absorption and assists in the production of antibodies, hormones, and enzymes. Lysine participates in the formation of collagen, a crucial protein for the building and repairing of muscle tissue. Threonine, another essential amino acid in Nutrimere, is an important building block for proper protein function and tissue protection. Threonine, found in heart and skeletal muscle and in the central nervous system, is also essential for collagen and elastin formation.

#### Maintains healthy cellular function

Ingredients in Nutrimere help support cellular function by providing antioxidants from carrot root and conch. The mechanism that promotes healthy cellular function is thought to involve protection of DNA from harmful oxidative damage. Research suggests that some of the antioxidant activity found in carrots is due to lycopene, alpha and beta carotene, and lutein, all nutrients contained in carrots and found in Nutrimere. Beta carotene is the precursor to vitamin A which helps support reproductive health.†

Nutrimere is made from whole-food sources. Data suggests that many of the healthpromoting effects of carrot consumption are not found when isolated vitamin supplements are used in studies. Animal studies on promoting healthy liver function found health-promoting events associated with carrot intake, but not with supplementation with beta carotene. Researchers suggest that the production process for most isolated nutrient supplements removes the fiber and many of the synergistic vitamins, minerals, and phytochemicals found in whole foods like carrot. Amino acids, like threonine, enhance the immune system by supporting the process of antibody formation and help prevent buildup in the liver. Amino acids contained in Nutrimere help support vitamin and mineral metabolism.†



Introduced in: 1955 Content: 40 Capsules

#### Supplement Facts:

Serving Size: 2 capsules Servings per Container: 20

%DV Calories 4 Conch (Strombus gigas) 690 mg (Shellfish)



# Nutrimere<sup>®</sup>

# What Makes Nutrimere Unique

## **Unique Product Attributes**

#### Multiple nutrients from conch and carrots

- · Conch contains numerous amino acids to support protein metabolism and tissue
- Two capsules supply 690 mg conch (Strombus gigas) which provides an excellent foundation for the support of efficient protein metabolism
- · Carrot root provides naturally-occurring antioxidants, vitamins, and beta carotene
- Vitamins, minerals, and nutrients from conch and carrots work synergistically for maximum effect†

## Certified Organic Farming

A healthy ecosystem is created by using organic farming techniques, such as rotating crops, fertilizing the soil with nutrient-rich cover crops and by-products from our processing, practicing strict weed control standards, and continually monitoring the health of our plants

- · Assures the soil is laden with minerals and nutrients
- Ensures plants are nutritionally complete and free from synthetic pesticides

## **Unique Processing**

Upon harvesting, nutrient-rich plants are immediately washed and promptly processed

Preserves nutritional integrity

#### Exclusive low-temperature, high-vacuum drying technique

Preserves the enzymatic vitality and nutritional potential of ingredients

#### Not disassociated into isolated components

· The nutrients in Nutrimere are processed to remain intact, complete nutritional compounds

Degreed microbiologists and chemists in our on-site laboratories constantly conduct bacterial and analytical tests on raw materials, product batches, and finished products

Ensures consistent quality and safety

#### Vitamin and mineral analyses validate product content and specifications

· Assures high-quality essential nutrients are delivered

#### Whole Food Philosophy

Dr. Lee challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature-in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists-known and unknown-bioactivity is markedly enhanced over synthetic nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to a synthetic or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

Proprietary Blend: Conch (Strombus gigas) (shellfish) and carrot (root).

Other Ingredients: Gelatin, water, and colors. Suggested Use: Two capsules per meal, or as directed.

Sold to health care professionals.

Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. See the supplement facts for Nutrimere\*.

Abahusain M. A., et al. 1999. Retinol, alpha-tocopherol and carotenoids in diabetes. Eur J Clin Nutr 53(8): 630-635.

Abbey M., et al. 1995. Dietary supplementation with orange and carrot juice in cigarette smokers lowers oxidation products in copper-oxidized low-density lipoproteins. J Am Diet Asso: 95(6): 671-675.

Benevenga N.J., Gahl, M.J. 1993. Role of Protein Synthesis in Amino Acid Catabolism. J Nutr 123: 226-332.

Desobry S. A., et al. 1998. Preservation of beta-carotene from carrots. Crit Rev Food Sci Nutr 38(5): 381-396.

Duke J. 2000. Phytochemical and Ethnobotanical Database. USDA ¬ARS ¬ NGRI. Accessed online Feb 8 2000.

Evers A. M., et al. 1997. Soil forming and plant density effects on carrot yield and internal quality. Plant Foods Hum Nutr 51(4): 283-294. Flodin N. W. 1997. The Metabolic Roles, Pharmacology, and Toxicology of Lysine. J Am Coll Nutr 16(1): 7-21. Fukao A., et al. 1996. The independent association of smoking and drinking with serum beta-carotene levels among males in Miyagi, Japan. Int J Epidemiol 25(2): 300-306.

Studen C., et al. 1996. Does chronic supplementation of the diet with dietary fiber extracted from pea or carrot affect colonic motility in man? Br f. Natr 76:51-61.

Gustalsson K., ct al. 1995. Influence of processing and cooking of carrots in mixed meals on satiety, glucose and hormonal response. Int J Food Sci Natr 46(1): 3-12.

Harper A. E., Yoshimura N.N. 1993. Protein Quality, Amino Acid Balance, Utilization, and Evaluation of Diets Containing Amino Acids as Therapeutic

Agents. Nutrition 9(5): 460-469.

Imma R. Okada A. 1998. Amino Acid Metabolism in Pediatric Patients. Nutrition 14(1): 143-148.

Mero A. 1999. Leucine Supplementation and Intensive Training. Sports Med 27(6): 347-358.

Millward D.J., Rivers J.P.W. 1986. Protein and Amino Acid Requirements in the Adult Human. J Nutr 116: 2559-2561.

Pool-Zobel B.L., et al. 1997. Consumption of vegetables reduces genetic damage in humans: first results of a human intervention trial with carotenoid-rich foods. Carcinogenesis 18(9): 1847-1850.

Rock C.L., et al. 1998. Bioavailability of beta-carotene is lower in raw than in processed carrots and spinnch in women. J Nutr 128(5): 913-916.

ROCK CL., et al. 1999. Discovaniability of olea-carotenes is lower in raw than in processed carrots and spinoch in women. J Nutr 128(5): 913-916. Smith W, et al. 1999. Carrots, carotene and seeing in the dark. Aust N J Ophthalmod 127(3, 4): 200-203. Strauss R. S. 1999. Comparison of serum concentrations of alpha-tocopherol and beta-carotene in a cross-sectional sample of obese and nonobese children (NHANES III). National Health and Nutrition Examination Survey J Pediatr 134(2): 160-165. Waterlow J C. 1996. The Requirements of Adult Man for Amino Acids. Eur J Clin Mutr 50(suppl.). 1515-1579. Young V., Bier D. 1987. Amino Acid Requirements in the Adult Human: How well do we Know Them? J Nutr 117: 1484-1487.