

# And the Answer is...

## More Q&A on Supplements

by Margy Squires

**The happiest customer is an educated one** who knows what to expect and gets it. **'Let the buyer beware' doesn't apply to TyH.** Whether it's PubMed research, opinions from seasoned health experts or anecdotal findings from health care professionals (HCP) who learn first hand from their patients (like you!), TyH has the answers you're looking for. **Here are some of our frequently asked questions.** Maybe one of them is yours!

### What is GMP and why look for it on a label?

The Natural Products Association worked with the FDA to establish certain GMP or good manufacturing practices by which supplements are made, prepared and stored to ensure quality (purity, strength, and composition). GMP includes proper product labels. Laboratories that follow these practices are inspected and if certified become c-GMP. One important benefit of a GMP product is that it meets label claim which means you get what you pay for.



### What is the shelf life once opened?

Unopened a supplement will meet label potency claims to its "Best By" date. Once opened, exposure to humidity, heat, light and oxidation may affect that potency. Opt for taking a supplement in the time frame of suggested use. For example, if the serving size is 1 daily and there are 30 servings, that's 30 days. Make sure to store in a cool, dry place, to extend shelf life too.

### Can I take my supplements during a Clear & Replenish?

The *Clear & Replenish* is a GI detox program so it would depend if those supplements are absorbed via the GI tract. Since we have a history of your purchases, just ask when you order and we can be more specific. For FMSers, the question is can they stay on their Fibro-Care™ and the answer is yes!

### How do I know what supplements to take?

You cannot know everything about everything. Get as educated as you can and get help from the experts – your HCP, pharmacist and health company – to help you assess and meet your goals. One of the ways we help is with Get with the Program, designed to address many of the concerns of fibro and ME/CFS. Although we cannot make disease claims per the FDA, we'll do what we can to explain our products and what they do to help you in your supplement choices.



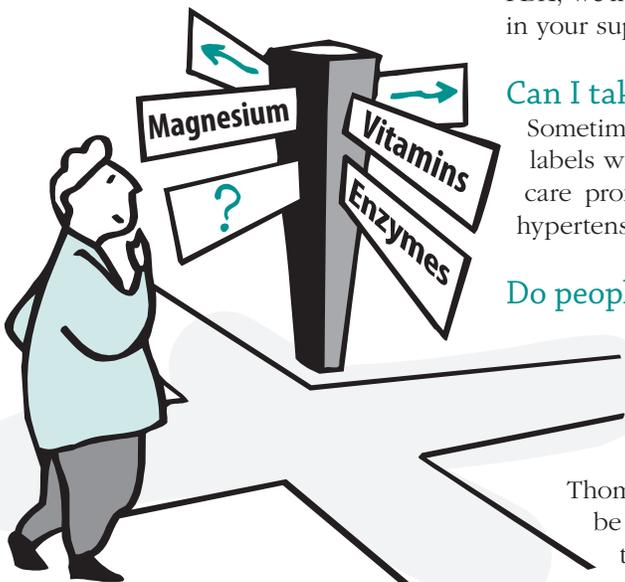
### Can I take supplements with prescriptions?

Sometimes you need to! One example is CoQ10 if you're on a statin. Many labels will also cite any cautions but we always recommend asking your health care professional, especially if you are taking blood thinners, insulin and/or hypertensive meds.

### Do people with fibromyalgia really need magnesium to be well?

The question might be, can anybody be well without magnesium? Due to its regulation of more than 300 enzymes, it's doubtful any part of your body can function without it. That's probably why it's low in FMS, ME/CFS, diabetes, heart and metabolic disease, hypertension.

Well, the list is too long to list here! Both Mark Pellegrino MD and Thomas Romano MD believe it helps FMS pain and energy and should be checked with an RBC magnesium test to make sure it is normal and treat accordingly.



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### Why does Dr. Pellegrino recommend protein?

Several reasons actually. One is that amino acids in the protein are building blocks for serotonin and dopamine found low in FMS and ME/CFS. The second is that there is a problem in FMS with sugar metabolism. A shift to “favor protein” and less carbs may help FMSers maintain a healthy weight or lose some if needed.

### What’s the best liver protector if I’m on meds?

Since the liver is the organ that synthesizes drugs, maintaining optimal function is wise. Most antioxidants help reduce oxidative stress and alpha lipoic acid (ALA) fits that role. ALA also helps fat and sugar metabolism, easing the liver’s workload, making it a good liver choice. ALA is so efficient, though, if you are on insulin or medications that requires a therapeutic level in your liver, check with your HCP first. You may be able to take ALA, just not at the same time as med doses.

### I eat yogurt; do I need acidophilus?

You might; some are full of sugar and no live acidophilus or probiotic strains to help replenish the GI flora. If you are not sure, taking Acidophilus ES™ before bed helps rebuild the GI tract while you sleep and helps promote elimination (BM) in the morning.



### Why would anyone need CoQ10?

Typically you make enough coenzyme Q10 (CoQ10) until the age of 40 or so when levels start declining. CoQ10 is fuel for mitochondria, energy factories in the cells which help keep them alive. The majority of CoQ10 is found in the heart to keep that muscle alive, too. According to biochemist Michael Smith MDsc, PhD, a standard dose might be 100 mg daily. Those on statins or with heart muscle issues may need more (300-400 mg daily). Research shows CoQ10 also helps neurodegenerative disorders like Parkinson’s and the energy needs of FMS, ME/CFS.

### Are capsules absorbed better than tablets?

According to biochemist Michael Smith MDsc, PhD, there might be a slight advantage for capsules to be absorbed quicker than tablets. So it’s a personal choice which you prefer to take.

### Which is better, fish oil or flax oil?

Flaxseed oil contains alpha linolenic acid which must be converted in the body to DHA. Omega-3 fish contain both DHA and EPA, known to support heart health and reduce inflammation. In a study of firefighters (Barcelo-Coblijn et al, *Amer J Cl Nutri*), flaxseed oil offered the same benefits so the choice is up to you.



### How long do I take a product to see if it “works”?

Supplement results may seem slower if you compare them to drugs; however, they are changing health on a cellular level and not just covering symptoms. Glucosamine sulfate helps increase joint mobility and reduce pain but only if taken at 1500 mg daily for at least 3 months. It can take



up to 3 months to change your cholesterol numbers and 8 months to restore a low RBC magnesium level. Know why you’re taking a supplement and what to expect. Then if you buy into the benefit, follow through with the commitment. That’s the only way to tell for sure.

### Why do some TyH articles suggest above what’s on product labels?

Often what researchers and/or doctors who treat disorders use are therapeutic or above label doses. Why? A deficiency state will need more to reach normal levels than someone who is taking a supplement to maintain well-being. You and your HCP can decide what is best for your individual needs.

### My healthcare provider says if I eat right, I don’t need supplements.

Does your HCP have fibro or any other medical conditions? There are known deficiencies in many disorders. For instance, magnesium is not only low in fibro but also in the big 3: heart disease, hypertension and diabetes. Plus, according to most government studies (like NHANES), Americans do not eat the recommended food groups every day. And compared to foods of 50 years ago, today’s foods are nutrient light. So if you’re relatively healthy, perhaps a comprehensive multi-vitamin is the very least you’ll need.



### What do I do with the freshness packet?

The packet helps control humidity and can be left in the bottle. Just don’t eat it! You can also use them in the Vitaminders, too!

### Why do supplements upset my stomach?

You may have individual GI issues that need to be addressed such as candida or low stomach acid. Perhaps you are taking products that are in forms which are hard for your body to digest. TyH products that are formulated to decrease that factor since we use ingredients that are bioavailable and GI friendly.

### When are supplements not advised?

Check the supplement label for any cautions that may be listed. Common yellow flags include cautions if you are pregnant, planning a pregnancy or nursing; pre or post surgery; if you are taking multiple medications. When in doubt, always follow your HCP’s advice in these situations.



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### Why do I need digestive enzymes?

Enzymes are catalysts for everything that happens in your body, including digestion, reducing protein to amino acids, carbs to sugar and so on. If your diet is highly refined, you miss the helpful enzymes in raw fruits and veggies. Enzyme activity also declines after age 40, making digestive enzymes a recommendation by naturopathic doctors, like advisor Carol Jamison NMD. Look for a product like Digesta-Care 8™ or ES™ that contain enzymes that break down fats, proteins, milk sugars, carbs and dairy for optimal digestion.



### What are systemic enzymes?

Not to be confused with digestive enzymes, systemic enzymes are active anywhere in the body.

One of their strongest benefits is fighting inflammation; the next is removing excess fibrin and scar tissue. Both benefits help to

1) speed recovery and healing; and 2) reduce damage in inflammatory related disorders such as arthritis and potentially to arteries in heart disease.

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- ◆ *CoQ10: Q&A: Statin Drugs*
- ◆ *Digestion 101: Q&A*
- ◆ *Enzymes: Q&A*
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