

# Health Tips

### 5-HTP

L-5-hydroxytryptophan (5-HTP) is a naturally occurring amino acid. It is converted to serotonin which is a brain neurohormone that is essential for the production of melatonin, appetite control, and mood regulation. Although serotonin is manufactured in the brain, around 90% of our serotonin supply is found in the digestive tract and in blood platelets. 5-HTP increases the production of serotonin and has been used to treat depression, curb appetite, and reduce carbohydrate cravings. Capsules are in 100mg and are recommended to be taken one to two times a day.

### L-Carnitine

L-Carnitine is found in the heart and skeletal muscles. It is essential for meeting tissue energy demands. It is required for the transport of fatty acids into the mitochondria during the breakdown of fats for the generation of metabolic energy. Production of L-Carnitine can be inadequate in patients with diabetes, kidney disease, liver dysfunction, hyperlipidemias, and cardiac problems. Capsules are in 500mg and are recommended to be taken twice a day with food.

### GastroThera™

GastroThera™ is a prebiotic supplement that provides support for the intestinal tract and assists with immune functioning. This dietary supplement contains glutamine, acacia, inulin, and glucosamine. It helps to create a supportive environment for the growth of beneficial *Lactobacillus (L.)* bacteria. GastroThera™ is good for patients with compromised immune functioning, colon disease, wound healing, and who are engaging in vigorous physical activity.

### TheraDophilus™

TheraDophilus™ is a high quality probiotic supplement. Each capsule contains three types of beneficial bacteria (*L. acidophilus*, *L. rhamnosus*, *B. longum*). These compatible strains work together to restore a healthy balance of lactic acid bacteria that can be diminished due to infections, medications, and stress. TheraDophilus™ is beneficial for any patient who has had antibiotic treatment and/or intestinal illnesses.

### Eicosamax®

Omega-3 EPA and DHA fatty acids found in cold water marine fish support many physiological processes related to immune function, regulation of inflammation, lipoprotein metabolism, brain function, and mood regulation. Eicosamax® is a high-potency fish oil supplement. The capsules are flavored with natural lemon and are known for their fresh, non-fishy taste. Each capsule contains 70% highly purified omega-3 fatty acids. This is significantly higher than the usual supplement that contains 18% EPA and 12% DHA. 1 to 6 capsules are recommended daily with food.

### CoEnzyme Q10

The heart muscle, periodontal tissues, immune system, liver, kidney, brain, and other vital organs need coenzyme Q10 to provide energy and protect against damage from free radicals. The amount of CoQ10 produced can be inadequate in patients with illness, aging, poor nutrient intake, and use of certain medications. This is a high-potency chewable tablet that is emulsified with vitamin E. Each one contains 150mg and is recommended to be taken one to two times a day.

### Glucosamine Sulfate

Glucosamine sulfate is a precursor for glycosaminoglycans which are a major component of joint cartilage. It is a natural substance found in and around the cells of cartilage. Glucosamine is an amino sugar that the body produces and distributes in cartilage and other connective tissue. Supplemental glucosamine may help to prevent cartilage degeneration and treat arthritis. It is recommended to take one capsule twice a day with food.

### TheraSleep™

TheraSleep™ is a supplement that is used for relief of occasional sleeplessness. It contains three different botanicals (hops, passionflower, and chamomile) and is recommended for nighttime use. 1 to 2 capsules are recommended one hour before bedtime.



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