



## Weekly Practice Builder

In response to increasing demand from Practitioners, Biotics Research Corporation has developed the Weekly Practice Builder program to bring important, leading-edge information and literature to you, thereby helping facilitate the growth of your practice through improved patient outcomes. Biotics Research Corporation products are available exclusively through Healthcare Providers.

**Biotics Research Corporation • 6801 Biotics Research Drive • Rosenberg TX 77471  
(800) 231 - 5777 • Email: [biotics@bioticsresearch.com](mailto:biotics@bioticsresearch.com)**

### Our featured supplement of the week is **Neuro-5-HTP Plus™**

**Why do your patients need Neuro-5-HTP Plus™?** Stressful or fast-paced lifestyles, compounded by the grossly inferior Standard American Diet (SAD), have resulted in widespread neurotransmitter imbalances which may often manifest as altered mood, sleep disturbances, carbohydrate cravings or weight gain, focal or diffuse muscle pain, and headaches. Tryptophan assimilated into the body is metabolized to the amino acid 5-Hydroxytryptophan (5-HTP), which is the precursor to the synthesis of 5-hydroxytryptamine, which along with dopamine and norepinephrine, are the three main monoamine neurotransmitters. Commonly referred to as the "feel good" neurotransmitter, it has been established that higher serotonin levels reduce carbohydrate cravings and hunger levels in general. In several weight loss studies, it was noted that participants with 5-HTP supplementation were afforded weight loss in excess of one pound per week, with almost total elimination of the irritability and excess hunger that can plague dieters. Serotonin levels should be a consideration for those with depression, obesity, carbohydrate sensitivity, fibromyalgia, ADHD, migraine headaches, and insomnia.



**Why choose Neuro-5-HTP Plus™ from Biotics Research Corporation?** Neuro-5-HTP Plus™ combines 5-HTP along with 10 mg of B6 phosphate, 50 mg of niacinamide and 50 mg of the neurologically active amino acid L-theanine. These additional ingredients are present to facilitate the conversion of 5-HTP to serotonin, with L-theanine increasing alpha waves in the brain and impacting serotonin and/or dopamine neurotransmitters related to memory and learning. The most commonly reported side effect experienced with 5-HTP is nausea, and this can be avoided by initially using a lesser amount and slowly working up to the level desired. Additionally, 5-HTP is not recommended for use during pregnancy or lactation, and should be avoided by patients with cardiovascular disease or those taking certain medications, including MAO inhibitors, SSRIs and other serotonergic drugs. As always, you can count on Biotics Research Corporation to offer superior nutritional products supplying "The Best of Science and Nature".

### Studies You Should Know About

**Iron supplementation a boon to women soldiers.** A recent study of 219 women in an eight week basic combat training program found that the female soldiers receiving iron supplementation saw notable improvements in two-mile running tests and cognitive performance. The researchers noted that iron deficiency anemia is relatively common and leads to a reduction in the ability to perform work, and may result in "impaired aerobic adaptation and endurance capacity in women." McClung JP, Karl JP, Cable SJ, Williams KW, Nindl BC, Young AJ, and Lieberman HR. *Randomized, double-blind, placebo-controlled trial of iron supplementation in female soldiers during military training: effects on iron status, physical performance, and mood'. The American Journal of Clinical Nutrition. 2009;90:1-8.*

**Questions? Comments?**  
Biotics Research Corporation  
wants to hear from you!



**Email us at:**  
[biotics@bioticsresearch.com](mailto:biotics@bioticsresearch.com)



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These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.