

SUPPLEMENT

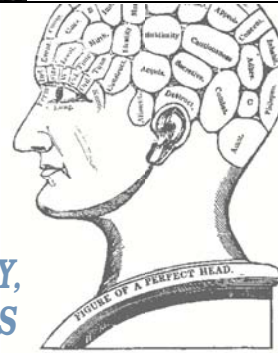
NEWSLETTER OF THE NEW YORK BUYERS' CLUB

Volume V, No. 19



Spring 2011

FOR YOUR PEACE OF MIND...



RECENT RESEARCH ON SUPPLEMENTS FOR MEMORY, COGNITION, AND OTHER NEUROLOGICAL FUNCTIONS

We at NYBC recently decided to delve into the fascinating—and sometimes quite startling—new research on supplements, brain function, and related neurological issues. In this department, there's special cause for concern for people with HIV. According to a Canadian study released in 2010, in a group of 1615 people receiving treatment for HIV during the decade 1998-2008, one fourth had neurological problems, including memory loss, cognitive impairment, and peripheral neuropathy. Of course being worried about brain function - and neurological function in general - is not unique to people with HIV.

the most valuable recent findings about supplements and brain or neurological function:

B vitamins can be considered a foundation because they are needed in so many processes essential to the brain's operation, from energy supply and healthy blood flow, to the forma-

tion of neurotransmitters (=chemical messengers of neurologic information from one cell to another). Furthermore, there is evidence that several groups of people, including those over 60 and those with HIV, have a greater risk for Vitamin B deficiencies. So supplementing with a B complex vitamin is a sensible start to cognitive health. More specifically, there is good research linking deficiency of vitamins B12 and B6 to mood disorders like

depression—and depression earlier in life is associated with higher risk of dementia in later life. Last, there is also some evidence that B vitamins may reduce stroke risk in older people.

According to a study released in 2010, in a group of 1615 people receiving treatment for HIV during the decade 1998-2008, one fourth had neurological problems including memory loss, cognitive impairment, and peripheral neuropathy.

Omega-3 fatty acids (fish oil) support cognitive health in a variety of ways. In 2008, UCLA researchers reported on a lab study showing that the omega-3 fatty acid DHA, together with exercise, improved cognitive function. This caught our attention, because there is wide agreement that regular exercise strongly supports brain function as we age, and here the suggestion is that omega-3 fatty acids multiply that known benefit. A diet rich in omega-3 fatty acids/fish oil has also been linked to lower risk of depression—another plus. And

still more: recent research found that omega-3 fatty acids block the development of retinopathy, a chief cause of blindness as we age. (The retina of the eye is actually part of the brain - it is full of nerve cells essential for vision.) All in all, the neurological benefits of omega-3 fatty acids seem both wide-ranging and quite convincing, so it's high on our recommended list.

IN THIS ISSUE:

**HIV & AGING:
POWER FOR PWAS**

**NEW @ NYBC:
NEW PRODUCTS ON OUR
SHELVES & ONLINE**

**NYBC ALTERNATIVES:
MIND POWER & MAC PACK**

**MEMBERS ONLY:
OFFERS NOW EXCLUSIVE
TO NYBC MEMBERS**

The amino acid **acetylcarnitine** has shown benefit for brain function in a number of studies with humans. In the last decade, acetylcarnitine has also been investigated for peripheral neuropathy in people with HIV. (Some recommend using it with evening primrose oil and Vitamin C.) A 2008 study found that acetylcarnitine influences a chemical process in the brain that triggers Alzheimer's, so researchers are continuing to puzzle out how this supplement produces its neurological benefits.

Antioxidants. There's much suggestive research about how antioxidants counter destructive oxidative processes in the brain, thus blocking memory loss and

(Continued pg.2)

PLEASE NOTE All articles in this issue of **SUPPLEMENT** are now archived on our easy-to-search blog:

www.newyorkbuyersclub.org/blog

Soon, all past articles will join them, creating a fantastic database of information for your health research!

As people age, they are more likely to experience memory loss or forms of dementia such as Alzheimer's. And the nerve condition called peripheral neuropathy (pain, tingling in the feet and hands) is found not just in people with HIV, but also among those with Type 2 diabetes, certain kinds of trauma or injury, or alcoholism.

Now, on to what we see as some of

use, energy levels and T-cell counts are improved in some. Typically used for detoxification or heavy metal detox.

Silybin Advanced (Enzymatic Therapy) Each bottle 60 capsules,

each capsule 120mg; \$16) This is a decidedly different form of milk thistle, the potent liver-strengthening herb, where the active ingredients are bound to two parts phosphatidyl-

Organic **Chlorella** (Jarrow) Each bottle 300 tablets, each tablet, 200 mg of 100% organic chlorella (from *Chlorella vulgaris*). The cell walls are broken down to permit easier digestion. Some anecdotal reports from the 90s suggest that after several months of



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choline (soy-derived), producing a little bubble of a healthy fat. This is basically for improved absorption, since the silymarin molecules are fat-soluble so they absorb much better carried by a bit of fat. Some drugs, like liposomal doxorubicin, use a similar technology.

More new products! see p.3



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FOR YOUR PEACE OF MIND

(Continued) cognitive decline. For example, a 2003 report found that the antioxidant combination **alpha lipoic acid** and **NAC** reversed memory loss in aged laboratory mice. And there's also been a lot of attention to the combination **acetylcarnitine** and **alpha lipoic acid** for memory impairment. Furthermore, other antioxidants such as **curcumin** are under study for their potential to fight the processes that lead to declining brain function.

Acetylcholine. The first neurotransmitter to be identified, **acetylcholine** is closely associated with memory, with lower levels linked to memory loss. NYBC currently stocks two combination supplements that support **acetylcholine** levels in the brain, while also providing other nutrients for neurological function: **Neuro Optimizer** (Jarrow), which includes **acetylcholine** enhancers, **acetylcarnitine**, and **alpha lipoic acid**; and **Think Clearly** (SuperNutrition), which includes **B vitamins**, as well as **acetylcholine** enhancers and a botanical traditionally used for cognitive support, **ginkgo biloba**.

Resveratrol. In the past decade, there has been intense scientific interest in this compound, most famously found in red wine. While some research ventures have hoped to find in **resveratrol** a life-extending supplement (a capacity demonstrated in animal studies), others have focused on its therapeutic value for conditions like diabetes or cognitive decline. For example, Cornell researchers

reported in 2009 that **resveratrol** reduced the kind of plaque formation in animal brains that causes Alzheimer's. And a year later another lab investigation, this one at Johns Hopkins, found that a moderate dose of the compound protected animal brains from stroke damage.

Ginkgo biloba, a botanical derived from Earth's most ancient tree species, has been widely used for cognitive function. In the late 1990s, two reviews of dozens of ginkgo studies concluded that it could improve symptoms of dementia. However, a long-term trial of ginkgo published in the *Journal of the American Medical Association* in 2008 found that the supplement did not prevent development of dementia in a group of more

A good B-Complex supplement and fish oil are foundations for maintaining good cognitive health.

than 3000 older people who had normal cognitive function at the start of the research. One possible conclusion: **ginkgo** may help symptoms of cognitive decline, but doesn't address underlying causes.

NYBC Recommends: A good **B-complex** supplement (like Jarrow's **B-Right**) and **fish oil** (like Jarrow's **Max DHA**) are foundations for maintaining cognitive health, especially important for people with HIV or people over 60. There is some evidence for **acetylcarnitine**, **alpha lipoic acid** and **acetylcholine** supplementation for memory impairment and possibly for cognitive decline. **Acetylcarnitine** and other supplements can be used to address peripheral neuropathy. And stay tuned for emerging research on preserving brain function with compounds like **resveratrol**, **NAC** and **curcumin**.



SOMETHING TO EASE YOUR MIND...AND WALLET

NYBC'S LOW-COST ALTERNATIVE TO THE "ULTRAMIND SOLUTION"

The *UltraMind Solution* by Dr. Mark Hyman is one of many recent books that attempt to translate the piles of research from the last few decades about nutrition and brain function into useful guidelines for improving and maintaining good mental functioning and psychological well-being.

The *UltraMind Solution* contends that changing your diet – your “nutritional intake” – can often make a huge difference with conditions like depression, memory impairment, or “brain fog.” Dr. Hyman's recommendations focus both on weeding out elements that harm the system (too much sugar, poorly-chosen carbs, alcohol, cigarettes), and sticking to a menu of what's good, especially what's good for brain function:

- 1 **Omega fatty acids**
Found in salmon, sardines, flaxseed
- 2 **Amino acid sources**
Good sources: nuts, lean meats
- 3 **High-quality carbs**
For example, beans, peas, and lentils
- 4 **Phyto-nutrients**
Plant foods containing antioxidants and other helpful substances, like blueberries, cilantro...

Finally, Dr. Hyman observes that, since more than 90% of Americans don't get adequate nutrients from food (a finding from an often-cited US government survey), many people realistically will need to supplement in several key categories: 1) a **multivitamin**; 2) **fish oil** (omega fatty acids); 3) **Calcium/Magnesium**; 3) **Vitamin D**; 4) **B complex vitamins**; 5) **probiotics** (for good absorption of nutrients).

And yes, you can even go to the “UltraMind” online store, where you can purchase a kit containing these

supplements. The problem is that, at \$120 for a month's supply, this package is way overpriced. But never fear—NYBC, as a nonprofit supplements co-op, can offer an alternative that's a close equivalent (even slightly better), at a cost of only \$80 (member price) for one month's supply (\$90 for non-members).

The UltraMind Alternative: NYBC's BrainPower Multi-Pak

Multivitamin: Added Protection without Iron (Douglas Labs); 180 tabs, a 30 day supply. A superior, highly bioavailable formula; \$19.25.



Calcium/Magnesium/Vit. D: Ultra Bone-Up (Jarrow) This product's main calcium comes from the bones of free-range Australian cows (the “microcrystalline hydroxyapatite” - MCHA - listed). 240 capsules; \$25.75.



Fish Oil: Max DHA (Jarrow Formulas) Purified by molecular distillation, which increases DHA content four-fold. 180 softgels; \$18.



B Vitamins: Methyl B-12 (other B vitamins are included in the Added Protection multi above) Each sublingual lozenge contains 1,000 mcg of this superior form of vitamin B12; \$8.75.



Probiotics: Ultra Jarrow-Dophilus (Jarrow) Each bottle, 60 vegetarian capsules.; \$20.80. Each capsule contains more than 40 billion beneficial intestinal organisms (at the time of manufacture). Probiotics are considered essential for people with malabsorption, antibiotic use, and general GI tract dysfunction so common in many diseases.



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NYBC'S MAC PACK & OPTI-MAC PACK: LOW-COST ALTERNATIVES TO K-PAX® SAVING SIGNIFICANTLY MAKES YOU SMARTER, NYBC SAYS

K-PAX®, the popular multi-supplement pack, was developed following Dr. Jon Kaiser's micronutrient study that found an increase in CD4 count among HIV+ individuals using a mix of a potent multivitamin and antioxidants.* At this point, the Medicaid or ADAP formularies of many states include K-PAX®—a validation by the healthcare system welcomed by those of us who have long maintained that supplements can help to address chronic illness. Unfortunately, many people do not have access to these programs and for them, cost can be an issue. (The retail price of the “Double-Strength” K-PAX® formula is about \$130/month, quite a sum for those on a budget.)

That's why NYBC designed the **MAC Pack** (for Multivitamin Antioxidant Combination), an alternative to the “Double-Strength” K-PAX® formula, based on products already available through our nonprofit co-

op. Unlike K-PAX®, the parts of the MAC Pack are delivered in their original bottles, so “some assembly is required” (one reason we also stock small ziplock baggies—great for travel, too!) While NYBC's MAC Pack is not a precise, 100% match of the K-PAX® formula, it provides a similarly comprehensive vitamin, mineral and antioxidant regimen—and at a much lower cost (about \$62/month).

In 2009, NYBC added to its MAC Pack offering by introducing the **Opti-MAC Pack**. This version of the MAC-Pack relies on SuperNutrition's OptiPack (iron free), which has higher amounts of B vitamins than Added Protection or Ultra Preventive Beta, and so represents a further economy in number of bottles (no P5P or B12 needed!) and in cost (about \$56/month). Compare your potential savings in the chart at right!

*At only
\$62/month,
our Mac Pack
costs less than
half of the
comparable
K-Pax®*

For more information on NYBC's MAC Pack or Opti-MAC Pack, or to place an order, please visit us at www.newyorkbuyersclub.org, or call us at 1-800-650-4983. Note: You can also order the components of the MAC-Pack or Opti-MAC Pack individually.

* *Micronutrient Supplementation Increases CD4 Count in HIV-infected Individuals on Highly Active Antiretroviral Therapy: A Prospective, Double-Blinded, Placebo-Controlled Trial.* Kaiser JK, et al. *JAIDS* 2006;42[5]: 523-528.

NYBC's MAC Pack Multivitamin Antioxidant Combination and Opti-MAC Pack

Supplement	Dosage	Cost (monthly)
NYBC ThiolNAC (Alpha-Lipoic Acid/NAC Combo)	3/day	\$14.00
Vitamin B6 (pyridoxal-5-phosphate/P5P)	3/day	\$10.00
Vitamin B12 (methylcobalamin)	2/day	\$3.75
Acetyl L-Carnitine	3/day	\$15.50
Added Protection or Ultra Preventive Beta (multivitamin)	6/day	\$19.25 ([†] \$17.00 for UPB)
NYBC's MAC Pack		\$62.00/month
Opti-Pack (No iron) Eliminates need for additional B vitamins; combine with ThiolNAC + Acetyl L-Carnitine		\$31.75
NYBC's Opti-MAC Pack		\$56.00/mo
K-PAX Double Strength Vitamin Packets		\$139.95/mo



NYBC'S MAC PACK ALL-STARS:

Acetyl L-Carnitine, Pyridoxal-5-phosphate (B6), Added Protection III, Methyl B12 (methylcobalamin), NYBC's ThiolNAC Ultra Antioxidant

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Quercetin 500 (Jarrow) 100 cap bottle, \$10.50; 200 cap bottle, \$18. Quercetin is an antioxidant, a particular kind which is known as a flavonol. It is found in various foods, such as onions, apples, red wine, grapefruit juice, orange juice, pomegranate juice, as well as white, green and black teas. It is

part of the rutin molecule and one of its biological activities is to inhibit the oxidation of the LDL (so-called “bad”) cholesterol. A recent study also suggested that it may help thwart the hepatitis C virus (— the reason why NYBC's treatment information director, George, is currently testing it!) An article in *Science Daily* reviews the research.

Green Vibrance (Vibrant Health) 30 day supply, \$38.50;



60 day supply, \$64.35. An excellent mix of probiotics, greens and grasses, enzymes, beta glucans, and other nutritious items. Green Vibrance has been highly recommended by NYBC members and received very favorable ratings from Greendrinkreviews.com. Flavor is good when juicing vegetables, as a smoothie, or mixed with a protein powder and fruit juice. (We have shaker cups with lids—just ask!)



BroccoMax (Jarrow) Each bottle, 60 capsules. Each capsule, 375mg broccoli seed extract; \$15.50. Cruciferous vegetables such as broccoli contain chemicals associated with antioxidant and cellular protection. *Sulforaphane glucosinolate* is extracted (without solvents) from broccoli seeds. It is metabolized to *sulforaphane* (isothiocyanate), which is a highly reactive antioxidant and a potent inducer of phase 2 detoxifying enzymes and protector of DNA.

NOW AVAILABLE @ WWW.NEWYORKBUYERSCLUB.ORG ...OR BY CALLING 800•650•4983

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AGING WITH HIV UNIQUE HEALTH CONCERNS CAN ARISE - EVEN WHEN MEDS KEEP THE VIRUS "UNDETECTABLE"

When effective antiretroviral therapy (ARV) came on the scene in the mid-90s, it brought up a new topic for people with HIV: growing old. By now it is generally agreed that ARV therapy offers the opportunity for a "normal" life span. Yet no one denies that unique health

concerns can arise for people with HIV as they age, even when the meds keep the virus "undetectable."

Start with the gut. In the gastrointestinal tract, HIV infection results in malabsorption (poor digestion of nutrients) while also damaging the gut lining and allowing inflammatory products to spill into the bloodstream, spreading both virus and inflammatory responses.

Then there's the lymph system and the immune system in general. Here, HIV damages lymph nodes and accelerates shrinking of the thymus gland, which you can think of as the training center for the immune system's T cells. Some types of T cells begin to disappear, while others behave abnormally in a 30-, 40-, or 50-something HIV+ individual, responding to disease more as one would expect in an 80- or 90-year old.

Still other types of HIV-motivated aging affect the heart, veins, and arteries (cardiovascular system), and the brain and nerves (central and peripheral nervous systems).

The effects of these changes may include: increased risk of heart attack and stroke, neuropathy, cognitive problems (like forgetfulness), bone, kidney and liver disease, and increased risk for certain kinds of cancer (non-Hodgkin's lymphoma, rectal and cervical cancer, and liver cancer).

Furthermore, while ARV drives down peripheral blood levels of HIV, it is accompanied by toxicities that do particular harm to the energy factories of cells, the mitochondria. Mitochon-

drial toxicity (which NYBC and its predecessor, DAAIR, have long been concerned with) underlies a number of clinical issues, including gut damage, muscle, liver and bone damage, as well as peripheral neuropathy and pancreatitis.

Add to that, infections may now cause bigger problems. This is starkly evident with the human papilloma viruses (HPV), leading culprits in rectal and cervical cancer. Similarly, pre-existing chronic hepatitis B or C infection makes the liver even more vulnerable, and can also increase risk of autoimmune disease, in which the body's defenses

attack its own tissues. The family of herpes viruses that can cause CMV or KS also contribute to the inflammatory milieu

TESTING TO STAY AHEAD OF PROBLEMS

Your blood work looks not only at the prime suspect, HIV, but also scans a whole array of markers, indicators of a range of potential problems. That's why we recommend you should always take home a copy for yourself. Often, physicians will see that some markers are out of normal range, but have limited tools in their drug arsenal to manage them; they may be ignored. Still, some obvious signs of trouble crop up with routine testing.

Bad cholesterol (LDL) that's high and good cholesterol (HDL) that's low, together with rising triglycerides, point to risks to the heart. High sensitivity C-reactive protein (hsCRP) is another, more recently developed, test for cardiovascular trouble in the making. Liver enzymes and markers of liver function such as ALT, AST and gamma-glutamyl transferase (GGT) may be elevated, indicating need for attention to that organ. CPK when elevated can indicate kidney damage, an effect that may arise from

tenofovir-containing regimens or from statin drugs. Elevated glucose suggests insulin resistance, a precursor to diabetes.

SOME GOOD NEWS— PLUS, WAYS TO KEEP THE NEWS GOOD

The good news is that not everyone suffers these problems. Indeed, some stay healthy or have only minor issues. But we don't advise resting on your laurels—any more than we suggest ignoring warning signs on the horizon.

One of the best ways to thwart HIV and medication side effects is to change your life: exercise, aerobic and resistance, not only sustains health but yields a stronger body to bear insults. You can also make better food choices, minimizing your intake of the toxic sludge peddled to us by Big Agribiz in the form of processed foods, fast foods, sodas and other products that aren't really food. It is up to us to live our lives the way we want and to make the best choices we can, moment to moment. (*Be here now, as the great meditators say!*)

And there are specific ways to combat the ravages of time, HIV, and meds. Start with the gut: along with good food and drink, a multivitamin is essential. Probiotics like *acidophilus*, *bifidus*, and *S. boulardii* have shown their benefits. Consider a small amount (1-3 g) of glutamine daily to help gut turnover. If needed, use digestive enzymes.

For the heart, muscles, lungs, liver—and to help cells themselves function well—evidence of the benefit of N-acetylcysteine (NAC) keeps growing. By replenishing the body's vital antioxidant glutathione, NAC offsets harm caused by all sorts of inflammation.

Do consult NYBC's past SUPPLEMENT features on liver and cardiovascular health. Many underlying issues around these organs can be addressed with alpha lipoic acid (as in our lipoic-NAC combo, Thiol-NAC), milk thistle, CoQ10, vitamin

D3, fish oil (as found in Max DHA or Pro-Omega), as well as niacin for reducing LDL and increasing HDL. Chinese herbal formulations may help with anemia, neutropenia and liver health. Extra vitamin C and fiber can reduce hsCRP levels (worth a try before the problematic and costly statins).

While some supplements are supported by robust amounts of data (fish oil, niacin, and to a certain extent, NAC), our understanding of the benefits of others is more limited. Still, these constituents, such as curcumin, green tea extracts, resveratrol, and other plant flavonoids, have intriguing clinical data for people with HIV, and deserve consideration (and further research!). As ever, we serve as our own experts in our individual studies to evaluate these supplements.



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NEWSLETTER OF THE NEW YORK BUYERS' CLUB

SUPPLEMENT: Newsletter of the New York Buyers' Club is published quarterly and features articles focusing on current items of interest in the world of health and nutraceuticals.

New York Buyers' Club is a non-profit organization with the goal of increasing awareness about and access to vital nutritional supplements, with a focus on the needs of those affected by HIV/AIDS, Hep C, and other conditions.

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POPULAR TCM FORMULAS NOW MEMBERS ONLY AT NEW YORK BUYERS CLUB!

New York Buyers' Club members continue to enjoy access to a good selection of Zhang traditional Chinese medicine herbals, at prices lower than elsewhere. But please note that **you now must sign in as an NYBC member on our website in order to purchase or even see these products!**

If you have any questions or would like more information on Zhang herbals, email us at: contact.nybc@newyorkbuyersclub.org, or call us toll-free at 800 650-4983.

Al#3 Capsules (Zhang) \$24.25 Each bottle, 50 capsules; each capsule, 100 mg of a proprietary extract of *Mucuna birdwoodiana*, *Tutcher* (stem), *Sargentodoxa cuneata* [Oliver] Rehder et Wilson (stem) and *Paederia scandens* [Lour.] Merr. var. *tomentosa* [Bl.] Hand.-Mazz. (stem). The *Mucuna* stem is part of the bean family and has been used to relax tendons and improve blood circulation. The *Sargentodoxa* stems, also known as ta-hsueh-teng or hung-teng, contain tannins. It is used to remove toxins, targeting the liver and large intestines. It may have some antibacterial effects. The last ingredient, *Paederia* stems, come from a vine that has a reputation for smelling like chicken...droppings. Also used to remove toxins and is commonly used in Chinese medicine for the common cold, cough, diarrhea due to "wind-dampness," heat stagnancy of undigested food, red dysentery and jaundice.

Allicin Garlic Extract - (Zhang/Tai He) \$28.00 Each bottle, 60 capsules. Each capsule 130 mg of a proprietary

extract of garlic bulb. Allicin is thought to possess the greatest activity of garlic's various components. The garlic used in the studies came in a 30 mg per ampule. Dr. Zhang who supplied the garlic for the Search Alliance trial and manufactures the product in China, suggests the following: For crypto and microsporidiosis, 2 weeks at three capsules taken 3 times per day has resolved these infections in a small group of patients in his practice. For bacterial infections susceptible to garlic, the treatment dose is two capsules 3 times per day. Dr. Zhang suggests one capsule per day as a preventative for crypto- and microsporidiosis. He has also had good results with fungal infections.

Artemisiae Capsules, Artemisiae 2 Capsules (Zhang) \$23.00, \$26.75 Each bottle, 30 capsules. Artemisia, also known as qinghao or sweet wormwood, has been used for a variety of ailments in traditions in China, Japan and India.

More recently, the artemisinin extract has been incorporated as a treatment of malaria. Artemisinin is an endoperoxide sesquiterpene lactone. There are some data to suggest it may have benefit in treating certain cancers. Others have isolated compounds that may exert protease inhibitor activity against HIV. However, there are no clinical data to support these observations so far and it is unclear what dosages would be needed to achieve these benefits. Each capsule contains 350 mg of a proprietary extract of *Artemisia annua* (entire plant), red-rooted sage root, and astragalus root.

The difference between the two? There is a higher concentration of the active ingredient *dihydroartemisinin* in the *Artemisiae 2* formulation.

Bitter Melon - BM Capsules (Tai He Company) \$14.50 Each bottle,

100 capsules. Each capsule, 500 mg, a proprietary extract of *Momordica charantia* (bitter melon fruit) and *Fagopyrum tataricum* fruit (bitter buckwheat). Test tube studies have shown antiviral and immune modulating effects. Highly concentrated to maximize the presence of all three active proteins. It also has a long tradition of use and data showing an effect on regulating blood sugar levels.

Coptis Capsules (Zhang) Each bottle, 90 capsules; each capsule, 100 mg of a proprietary extract of Chinese goldthread rhizome.



Chinese goldthread rhizome

GL-2 Capsules (Zhang) \$20.25 Each bottle, 60 capsules, each capsule, 500 mg of a proprietary blend of Chinese licorice root (gan-cao) and *Paeonia lactiflora* PALL. root (chi-shao). Glycyrrhizin is an extract of licorice and has been used extensively in Japan for years. It is used there to treat ulcers and other inflammatory disorders and is a therapy with a variety of effects. Several clinical studies in HIV+ people with hemophilia and others have been conducted indicating clinical stabilization of disease in recipients over 7 or more years of use. While T-cells don't increase, progression to AIDS is significantly slowed for some. Glycyrrhizin is also an excellent liver tonic and is used to treat not only viral hepatitis but other liver disorders. It also seems to help those with impaired kidney function. More information on our website.

Warning: Those with a history of high blood pressure or a heart condition should not take licorice extracts. It is also important while using these extracts to monitor your potassium level as well as blood pressure. Inform your health care provider if you plan on using these products. See **liver health** note in sidebox.

Hepa F. No.1A Capsules (Zhang) \$18.20 Each bottle, 90 capsules. This is a proprietary blend of baikal skullcap root, milk thistle seed, Schisandra fruit, capillary artemesia (entire plant), and san-gi ginseng root (*Panax pseudoginseng*). See **liver health** note in sidebox.

Hepa F. No.2 Capsules (Zhang) Hepa F. \$32.00 Each bottle, 180 capsules. Con-

tains a proprietary blend of Schisandra fruit, capillary artemesia (entire plant), alisma root, polyporus (entire plant), ginger root, cinnamon twig, bitter orange rind, Chinese licorice root (gan-cao) and atracylodes root. See SUPPLEMENT, See **liver health** note in sidebox.

HerbSom Capsules (Zhang) \$20.50 Each bottle, 60 capsules, each capsule, 300 mg of a proprietary extract of corydalis root, jujube seeds and schisandra fruit. Corydalis, known also as jin bu huan, is native to China and has some evidence suggesting it can help people suffering from insomnia.

HH Capsules (Zhang) \$22.00 Each bottle, 45 capsules, each capsule, 250 mg of a proprietary extract of the entire plant, *Houttuynia cordata* Thunb. Used as part of a Lyme Disease treatment protocol. See **Lyme Disease** note in sidebox. In traditional medicine, the leaves are often used as a tea. The plant is considered an invasive species in some parts of the U.S.!

HH2 Capsules (Zhang) \$24.50 Each bottle, 45 capsules, each capsule, 300 mg of a proprietary extract of the entire plant, *Houttuynia cordata* Thunb. In traditional medicine, the leaves are often used as a tea. Also used as part of a Lyme Disease treatment protocol See **Lyme Disease** note in sidebox.

R-5081 Capsules (Zhang) \$25.00 Each bottle, 45 capsules, each capsule, 700 mg of a proprietary blend of *Smilax glabra* root, Baikal skullcap root, Chinese goldthread rhizome, dandelion (entire plant), Japanese honeysuckle flower, *Polygoni cuspidati* rhizome and Chinese licorice root. Used as part of a Lyme Disease treatment protocol; see **Lyme Disease** note in sidebox.

ALSO AVAILABLE FROM NYBC:

These traditional herbal formulas are available from our online store, www.nybcsecure.org:

Health Concerns: Clear Heat, Cold Away, Calm Spirit, Cordyceps PS, CordySeng, Ecliptex, Enhance, and Hepatoplex One & Two, Marrow Plus, Nine Flavor Tea, Quiet Digestion, Three Immortals

Pacific Biologics: Gastro Regulator (formerly DigestEase), Hepato Detox, Hepato-C, Body Specific Kidney

SUPPLEMENT YOUR KNOWLEDGE ON THE 'NET

An online guide to using Zhang herbals for **Lyme Disease** can be found at: www.Steveclarknd.com/lymedisease.htm.

Zhang's **Allicin**, an extract of garlic, was featured in the story "The Power of Garlic," found in the Spring 2010 issue of SUPPLEMENT; **Hepa f. No.1A** Capsules and **Hepa f. No.2** Capsules are discussed in our guide to **liver health**, included in the Summer 2010 issue.

For access to all issues of SUPPLEMENT, go to: NewYorkBuyersClub.org/SUPPLEMENT