



News from the World of Nutritional Supplements for HIV, Hep C, and More

SUPPLEMENT

from New York Buyers' Club, A Nonprofit Co-Op

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WHAT'S IN YOUR MEDICINE CABINET?

AS COLD AND FLU SEASON SETS IN, DON'T FORGET THE SUPPLEMENTS!

Here are some recommended supplements great for cold and flu season that have been the subject of recent, good research.

Vitamin D. According to some recent thinking, the "cold and flu season" may actually be the "Vitamin D deficiency season." As the days grow shorter, people get less sunshine, leading to a decline in the body's levels of this vitamin, which is essential to good health in many more ways than we used to think. Taking



Vitamin D during the winter may therefore be one of the most effective ways to prevent colds and flu. Many researchers who've studied Vitamin D now recommend at least 1000 IU/day, but those with a known deficiency may be advised to supplement at even higher levels. There's a simple test available to check for Vitamin D deficiency – ask your doctor.

Cold Away. This blend of Chinese herbs from Health Concerns is designed to "clear external heat and alleviate symptoms of the common cold." A key component of this formula is the herb *andrographis*, which in several recent US studies was found to significantly decrease cold symptoms and the duration of a cold; it may also be useful for prevention. (NYBC stocks over 20 varieties of Traditional Chinese Medicine formulas, by the way.)



Vitamin C. Many good studies have shown a decrease in cold symptom duration, but no benefit for prevention. According to a guide to natural products published by the American Pharmacists' Association in 2006, taking between one and three grams of Vitamin C per day may decrease cold symptoms (sore

throat, fatigue, runny nose) by one to 1½ days. **N-acetylcysteine (NAC)** supports respiratory and immune system function. It has been studied extensively for chronic bronchitis. NAC is also the antidote for acetaminophen poisoning, now the leading cause of liver disease in



the US. (Acetaminophen's best-known tradename is Tylenol®, but it's also found in many other drugs, so it's become all too easy to overdose.)

One popular way to take NAC is to use **PharmaNAC**, notable for its careful quality control, pleasant "wildberry" flavor, and effervescent fizz!

Botanicals. In Traditional Chinese Medicine, **Astragalus** is used for chronic respiratory infections, for colds and flu (both prevention and treatment) and for stress and fatigue. It contains

complex sugar molecules called *polysaccharides*, which some studies show stimulate virus-fighting cells in the immune system. Researchers at the University of Texas and M.D. Anderson Cancer Center have turned up convincing evidence that astragalus boosts immune responses in lab animals, and in human cells in lab dishes.

Elderberry extract and **American ginseng** are two other botanicals that have been studied for cold and flu symptoms in recent North American research, with some promising results. Also, a study conducted by Israeli scientists showed that elderberry extract suppressed the growth of influenza viruses in lab dishes. The same research team reported that patients given the extract recovered from the flu faster. The perennially popular **echinacea**, however, has generally disappointed in cold prevention studies, but is still touted by some as beneficial at the onset of a cold.

Probiotics. They say the best defense is a good offense, so consider upping your intake of the beneficial bacteria found naturally in such things as kefir (the lightly fermented milk beverage) and yogurt: they boost the *flora* in your intestinal tract, which is where an estimated 80% your immune system resides.

NYBC stocks eight varieties of probiotic supplements, ranging from **Florastor** capsules, a favorite of international travelers, to the 40 billion beneficial bacteria-per-capsule **Ultra Jarro-Dophilus**, to **Green Vibrance**, a powder added to fruit juice or another beverage of choice (complimentary shaker cup included!).



AVAILABLE NOW @ WWW.NEWYORKBUYERSCLUB.ORG

Available in four dosages so you can custom-tailor your regimen, Jarrow Formulas' **Vitamin D3** comes in 400, 1000, 2500, and now 5000 IUs! All three contain 100 capsules of the fat-soluble vitamin in the form of *cholecalciferol*. \$3.50 - \$7.60.

Increasing your Vitamin C intake can work against colds; Source Naturals' **Chewable C** makes it easy with cherry-flavored chews. Each bottle: 250 500mg tablets; \$16.50.

NYBC also stocks traditional Vitamin C tablets, such as Jarrow Formulas' **C1000 Ascorbic Acid plus Olea Fruit Extract** (250 tablets, \$16.50).

PharmaNAC, the "wildberry" flavored, effervescent, dissolve-in-water tablets, while slightly expensive, remain popular with many of our members due to their efficacy. Each box, 20 wafers, 900mg NAC each: \$19; \$15 for NYBC members.

A major Chinese *qi* tonic, **astragalus** is used in many TCM formulas. It is a strong immune booster, and an "energy herb" as well. NYBC stocks Douglas Labs' **Astragalus Max-V** (60 550mg capsules, \$17.45; price is considerably lower for NYBC members). Read up on cautions on our website before taking astragalus.

Health Concerns' **Cold Away** is a powerful proprietary blend of twelve herbs. Be sure to use as directed, taking three tablets in between meals. Each bottle contains ninety 500mg tablets; \$8.40.

Jarrow Formulas' **Ultra Jarro-Dophilus** (60 vegetarian capsules; \$20.80) was designed to maintain, protect and restore intestinal flora. Each capsule contains an amazing 40 billion probiotic bacteria!

Need assistance ordering? Call us at 800-650-4983 (voicemail) or email us your questions: contact.nybc@newyorkbuyersclub.org

About New York Buyers' Club

New York Buyers' Club is a nonprofit co-op founded on the principle that everyone should have access to affordable, high-quality nutritional supplements, and the advice of a trusted friend on their best use.

On our website, you can easily become a member and access our stock of over 150 supplements, carefully selected for quality and value for those dealing with HIV, Hep C, and other chronic conditions.

Learn more and join today on our website: www.NewYorkBuyersClub.org

Our sliding-scale membership rates are extremely affordable – as low as \$5/year – as are our products. Plus, unlike online clearinghouses or chain stores, we offer individualized advice (via phone or email), drawing upon the decades of collective experience of our staff and members.