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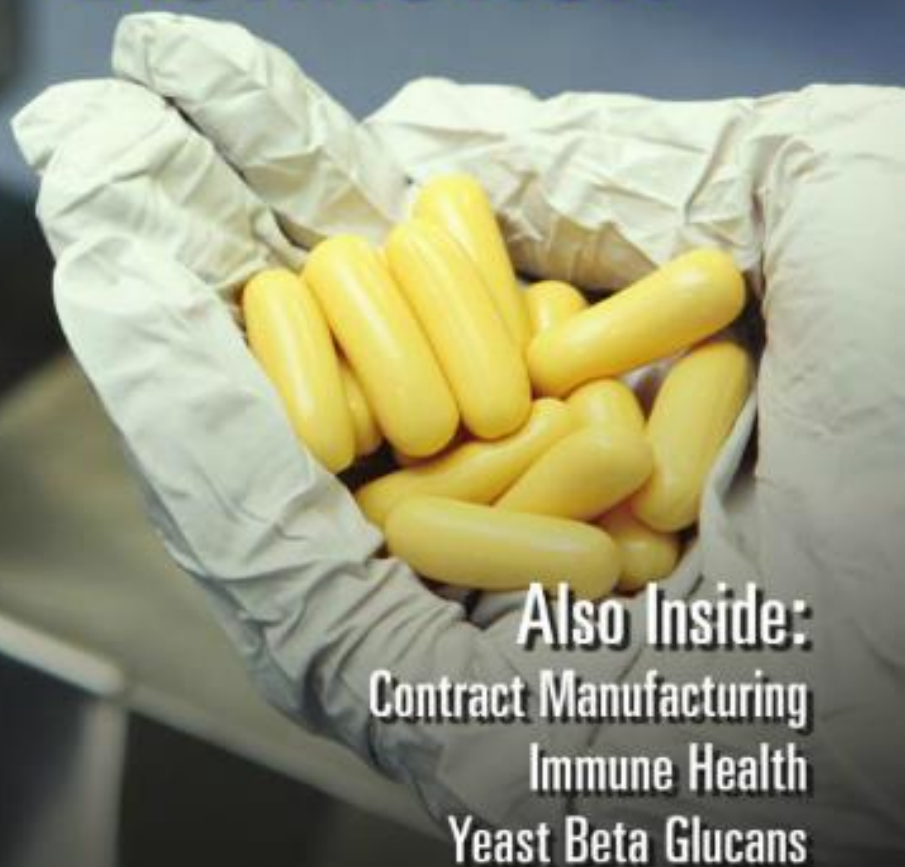
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PRODUCT QUALITY: A MEASURABLE DISTINCTION



Also Inside:

Contract Manufacturing

Immune Health

Yeast Beta Glucans

Curcumin C3 Complex With Bioperine Shows Protective Role in Lipid Profile Modification in Type 2 Diabetes

A study that further consolidates the ameliorating role that Sabinsa's C3 Complex/BioPerine combination plays in the context of diabetes has just been published in *Complementary Therapies in Medicine*. The study demonstrated the protective role the C3 Complex/BioPerine combo play in maintaining HDL functionality, reducing non-HDL-C and for the first time in curcumin research, improve-

ments in Lp(a) [Lipoprotein(a)], a structural component of LDL.

The results of a 12-week randomized double-blind placebo-controlled trial on subjects with type-2 diabetes showed promising outcome of using a combination of Sabinsa's proprietary branded ingredients Curcumin C3 Complex (1,000 mg/day) and BioPerine (10 mg/day). Fifty subjects in the active group and an equivalent number in the

placebo group successfully completed the trial. The analysis of the results showed that the Curcumin C3 Complex/BioPerine combination reduced the atherogenic lipid indices including non-HDL-cholesterol and Lp(a) while showing an increase in HDL-levels and improving HDL-functionality.

For more information, visit www.sabinsa.com.

Nutrition 21 Presents Studies on Velositol at ISSN, Gains GRAS Status

James Komorowski, MS, CNS, vice president of scientific and regulatory affairs at Nutrition 21, presented the results of three preclinical studies on New York-based Nutrition 21's patented amylopectin and chromium combination ingredient, Velositol, at the ISSN (International Society of Sports Nutrition) this summer in Phoenix, AZ. The study results presented showed the positive effects of Velositol on increasing muscle protein synthesis when combined with branched-chain amino acids (BCAA), pea protein and increasing doses of whey protein.

In a previous human study, published in *Journal of the International Society of Sports Nutrition*, Velositol was shown to double the muscle

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protein synthesis (MPS) rate by 48 percent from baseline when combined with whey protein (6 grams), as compared to a 24 percent increase from baseline shown with whey protein alone. The purpose of the three additional preclinical studies presented at ISSN was to evaluate and examine further effects of Velositol when added to a different protein source (other than whey protein), such as BCAAs, pea protein and increasing doses of whey protein. The study results were also used to determine if the Velositol

benefits seen in the clinical study could also apply to higher doses of whey protein and potentially raise the "ceiling effect" seen in MPS with increasing doses of protein.

Velositol has also attained GRAS (generally recognized as safe) status after an extensive and rigorous review of the scientific dossier and safety data conducted by Intertek Health Sciences, Inc. Velositol was determined to be GRAS at the recommended serving of 2 grams per day in protein drinks (including ready-to-drink and powder), meal replacement bars, energy and protein bars; with the consideration that these products can be taken up to three times a day.

For more information, visit www.nutrition21.com.

Study Shows Capsicum Extract Helps Increase Metabolic Rate

As we age, managing healthy weight may become more difficult due to a slowing metabolism, however, help may come from a fiery source—the capsicum pepper. A recent paper, "Capsaicinoids Enhance Metabolic Rate in Normal Healthy Individuals Using a Novel Metabolic Tracker Breezing Device—An Open Label Placebo Controlled Acute Study," published in the journal *Obesity Open Access* discussed the findings of the Metabolic Rate (MR) Study, which demonstrated that an extract from red hot peppers boosted metabolic rate (Chen, et al., 2017).

The MR Study was a placebo-con-



trolled, crossover open label study with 40 healthy adults examining the effects of either 2 mg capsaicinoids from 100 mg of Capsimax or placebo on resting energy expenditure, heart rate and blood pressure. Resting

energy expenditure is the amount of energy required by the body during resting conditions and accounts up to 60 percent of the calories you burn each day, and so increasing this amount can aid in managing weight. The study showed that supplementing with this low dose of Capsimax increased metabolic rate, which calculated to an equivalent to burning an extra 116 calories per day. Moreover, though resting energy expenditure varies with each individual, this increase would yield almost 1 lb. of fat lost over 30 days.

For more information, visit www.omniactives.com.