

Last week I told you about the first part of a newly published clinical study by Dr. Kevin Maki and colleagues from Provident Clinical Research in Glen Ellyn, Illinois and Kaiser Permanente in Oakland California (Int. J. Food Sci. Nutr., DOI: 10.3109/09637486.2010.5346146, 2011).

In the first half of the study they started with an overweight non-supplementing population with low HDL levels, high LDL levels and high triglyceride levels - all markers for what is known as metabolic syndrome.

They split the subjects into two groups and gave them two specially formulated versions of Shaklee's Vita-Lea - one with 1,200 IU of vitamin D3 and the other with no vitamin D. They then compared the increase in blood vitamin D levels in the two groups over the next 8 weeks.

As expected, there was no increase in blood vitamin D levels in the placebo group. However, there was a significant increase in blood vitamin D levels in the group receiving 1,200 IU of vitamin D3.

Thus, this study already showed what many other of Shaklee's clinical studies have shown in the past...

...namely that the nutrients in Vita-Lea (and their other products) are efficiently absorbed and get into your bloodstream where they can play their essential metabolic roles!

The study also showed that 1,200 IU of vitamin D3 was not sufficient to bring blood level of all participants up to the desirable range of 75 nmol/l or 30 ng/ml. As I told you last week Shaklee then introduced a vitamin D3 supplement (you know it as Vita-D3) - a decision based on actual clinical data rather than the fad of the day.

But, that was only part of the story. The rest of the story is even more significant.

The study was extended another 8 weeks, and the subjects taking the Vita-Lea plus D were switched to Vitalizer.

As most of you know, Vitalizer includes the Vita-Lea, but also provides 500 mg of omega-3 fatty acids, probiotics, higher levels of antioxidants (including full spectrum carotenoids) and higher levels of B vitamins.

At the end of just 8 weeks some remarkable changes were observed.

There was a statistically significant increase in HDL, and decreases in total cholesterol, non-HDL cholesterol and the total cholesterol/HDL ratio. There was also a decrease in triglyceride levels that was just below the statistical significant level.

In short the major parameters that define metabolic syndrome - and indicate increased risk of heart disease and diabetes - all improved dramatically. And in just 8 weeks! And it wasn't because the subjects lost weight. In fact, they continued to gain weight.

The authors of the study were surprised because they don't usually see that dramatic an effect with just 500 mg of omega-3 fatty acids alone. Obviously, some of the other components of Vitalizer must have had an effect as well. Once again, the whole was more effective than the individual components.

Obviously, Vitalizer works. But to help you understand the real significance of this study, let me put it into perspective.

Most of you probably already knew that the Landmark Study (Nutrition Journal, October 24, 2007) has already shown that people who used a variety of Shaklee supplements had remarkably better levels of HLD, LDL, total cholesterol, triglycerides and C-reactive protein - and were remarkably healthier - than people who just used multivitamins or no supplements at all.

And most of you probably already know that Vitalizer was designed to provide in a convenient form all of the major nutrients the Shaklee was using - except for those found in Cinch and Nutriferon.

Thus, it was logical that Vitalizer should provide the same benefits seen with the Shaklee group in the Landmark Study.

But there was no proof - until now! We can now say with confidence that Vitalizer works.

To Your Health!

Dr. Stephen G Chaney