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Study Questions Vitamin B-12 Recommended Intake



The recommended daily intake of vitamin B-12 should be more than doubled from the current level, according to the researchers of a new study.

The current recommended dietary allowance (RDA) of B-12 is 2.4 micrograms per day. However, the

researchers found that six micrograms of B-12 per day is needed to prevent signs of mild B-12 deficiency.

The study, published in the January issue of the *American Journal of Clinical Nutrition*, looked at the relationship between vitamin B-12 consumption and blood markers of mild B-12 deficiency in 98 postmenopausal women.

Vitamin B-12 is needed to maintain healthy nerve cells and red blood cells. Vitamin B-12 is found in animal products, including meat, fish, poultry, eggs and dairy.

A deficiency in the vitamin can cause symptoms ranging from mild to severe. Symptoms may include, fatigue, mild dizziness, nerve damage, anemia and dementia. Vegetarians and vegans are more likely to experience a deficiency since they do not eat animal products.

To learn more about vitamin B-12, including dosing, interactions and side effects, please visit, www.naturalstandard.com.

Reference: Bor MV, Lydeking-Olsen E, Moller J, Nexø E. A daily intake of approximately 6 {micro}g vitamin B-12 appears to saturate all the vitamin B-12-related variables in Danish postmenopausal women. *Am J Clin Nutr*. 2006 Jan;83 (1):52-8. [View Abstract](#).

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Exercise May Help Fight Depression



Researchers have found another reason for couch potatoes to get up and exercise. Not only is aerobic activity good for the heart, but it can also reduce depression, according to a new study.

Researchers at the University of Texas at Southwestern Medical Center tested the effectiveness of exercise in treating mild to moderate depression in adults aged 20-45 years. The depressive symptoms were



reduced nearly 50 percent in individuals who participated in 30-minute aerobic exercise sessions three to five times a week.

The study, conducted between July 1998 and October 2001, included 80 participants randomly placed into five groups. Two groups participated in moderately intense aerobics. One of those groups exercised three days a week while the other exercised five days. Another two groups participated in lower-intensity aerobics for three and five days per week.

The fifth group completed stretching flexibility exercises for 15 to 20 minutes three days per week.

Individuals who participated in moderately intense aerobics, such as exercising on a stationary bicycle or treadmill, experienced a reduction in depressive symptoms by an average of 47 percent after 12 weeks. Those in the low-intensity exercise groups showed a 30 percent reduction in symptoms, while those in the last group averaged a 29 percent decline.

The study was funded by the National Institute of Mental Health and by Technogym. The results were published in the January issue of the [American Journal of Preventive Medicine](#).

For more information on alternative therapies for depression, please visit [Natural Standard's Condition Center](#) at www.naturalstandard.com.

Reference: Dunn AL, Trivedi MH, Kampert JB, Clark CG, Chambliss HO. Exercise treatment for depression: efficacy and dose response. *Am J Prev Med.* 2005 Jan;28(1):1-8. [View Abstract](#).

Contraceptive Technology Conference

For the first time in its 18-year history, the Contraceptive Technology Conference is coming to Boston.



Lecturers will focus on ways to improve patient care. For instance, Dr. Robert Hatcher will offer 10 strategies to lower the cost of contraceptives while their speakers will discuss the future of healthcare technologies including emergency contraceptions and how they can be implemented.

Presenters will also discuss the latest research on the long-term effects of hormonal contraception, sexuality issues and new methods of contraception. In addition, the Centers for Disease Control and Prevention's (CDC) 2006 Sexual Transmitted Disease (STD) Treatment Guidelines will be highlighted at the conference.

Designed for MDs, NPs, CNMs, PAs, RNs, Pharmacists and health educators, the Contraceptive Technology Conference will feature an array of pre-conferences, which will include a luncheon presentation and 30 interactive concurrent sessions to choose from.

[Natural Standard](#) Co-founder, Catherine Ulbricht, PharmD will present a lecture titled, "Using Herbs and Supplements in Women's Health: An Evidence-Based Approach," on March 10, 2005 at 8:00 a.m. [Natural Standard](#) Editor Cathi Dennehy, PharmD, will be giving a similar lecture at the San Francisco Conference on March 19 – 22, 2006.

Attendees of the conference, which will take place March 8 – 11, 2006, will also receive the new, 18th edition of [Contraceptive Technology](#), compliments of Organon Pharmaceuticals USA, Inc. For more information on the conference, please visit <http://contemporaryforums.com/m713/bene.asp>. The deadline for online registration is March 5, 2006.

If you would like us to post your event(s) online, please e-mail: news@naturalstandard.com.

FDA Warns Against Brazilian Diet Pills



The U.S. Food and Drug Administration (FDA) warned consumers not to use two unapproved drugs that are currently sold as dietary



supplements for weight loss.

Emagrece Sim Dietary Supplement®, also known as the Brazilian Diet Pill, and Herbathin Dietary Supplement® may contain several ingredients found in prescription drugs that could cause serious side effects, including chlorthalidone HCl (the active ingredient in Librium®) and fluoxetine HCl (the active ingredient in Prozac®). In addition, both diet pills contain a stimulant called fenproporex, which is not approved for sale in the United States.

Consumers should not use either of the products, and they should be returned to the suppliers. [Click here](#) to read the full safety summary.

Complementary Healthcare Expo

Licensed practitioners and their suppliers are invited to attend the International Complementary and Natural Healthcare Conference and Expo (CAM Expo East) next month. The CAM Expo East conference program will feature the latest trends, research, clinical trials and protocols in the field of complementary and integrative healthcare.



The conference will take place March 3 – 5, 2006 in the Marriot Marquis hotel in New York City. Some of the keynote speakers will include Dr. Bernie Siegel, Clinical Assistant Professor of Surgery at Yale University Medical School, Dr. Wayne Jonas, Director of the Samueli Institute for Information Biology and Dr. Frank Lipman, Founder and Director of Eleven Eleven Wellness.

February 24, 2006 is the last day to register for the event. For more information, please e-mail info@camexpo.com or visit <http://www.camexpoeast.com/>.

If you would like us to post your event(s) online, please e-mail news@naturalstandard.com.

Tomato Extract may Lower Blood Pressure



A dietary supplement derived from tomatoes may help treat mild hypertension, according to the results of one small study.

Researchers in Israel found that a daily dose of tomato extract helped lower blood pressure in 31 men and women with moderately elevated blood pressure. On average, their systolic pressure, the top number in a blood-pressure reading, dropped 10 points, while their diastolic pressure, or bottom number, dropped four points.

The supplement, sold as Lyc-O-Mato®, is made with many of the same compounds found in tomatoes, including lycopene. Several studies suggest that lycopene, which is an antioxidant, may reduce the risk of heart disease.

The study, published in the [American Heart Journal](#), included adults ages 30-70 years with stage 1 hypertension, which occurs when the systolic blood pressure is between 140 and 159mmHG, and the diastolic pressure is between 90 and 99mmHG. Normal blood pressure is around 120/80, and anything between that and 140/90 is considered "prehypertension." (See chart.)

CLASSIFICATION OF BLOOD PRESSURE			
CATEGORY	SBP MMHG	and	DBP MMHG
Normal	<120	and	<80
Prehypertension	120-139	or	80-89
Hypertension Stage 1	140-159	or	90-99
Hypertension Stage 2	≥160	and	≥100

Key: SBP = systolic blood pressure DBP = diastolic blood pressure
Source: U.S. Department of Health and Human Services, Washington, DC.

Participants took a placebo (inactive) capsule for four weeks. Then they received a tomatoe extract capsules daily for eight weeks. Finally, they spent four more weeks taking placebo capsules. Researchers found that the antioxidant-rich tomato extract can effectively lower blood pressure in patients with stage-1 hypertension. However, more research is needed to determine the long-term benefits.

To learn more about alternative therapies for hypertension, please visit www.naturalstandard.com.

Reference: Engelhard YN, Gazer B, Paran E. Natural antioxidants from tomato extract reduce blood pressure in patients with grade-1 hypertension: a double-blind, placebo-controlled pilot study. *Am Heart J.* 2006 Jan;151(1):100. [View Abstract](#).

Diabetics Combine Complementary and Conventional Medicine



Many diabetics combine some form of alternative therapy, including acupuncture, massage or herbal supplements, with conventional medicine, according to a recent study.

Researchers at the Medical University of South Carolina at Charleston found that 48 percent of the 2,474 adult diabetics surveyed used some form of complementary and alternative medicine (CAM). The study, published in [Diabetes Care](#), found that the use of CAM did not prevent diabetics from seeking out

conventional therapy as well.

In contrast to the findings of previous studies, the researchers found a strong correlation between CAM usage and preventive treatment. To learn more about alternative therapies for diabetes, please visit www.naturalstandard.com.

Reference: Donald Garrow, MD and Leonard E. Egede, MD, MS. Association Between Complementary and Alternative Medicine Use, Preventive Care Practices, and Use of Conventional Medical Services Among Adults With Diabetes. *Diabetes Care* 29:15-19, 2006. [View Abstract](#).

Inside Natural Standard



Natural Standard Renews NACDS Membership: [Natural Standard](#) renewed its membership with The National Association of Chain Drug Stores (NACDS) for the second year. NACDS offers resources including information on community pharmacy and upcoming meetings.

Natural Standard Books Reviewed: [The Focus on Alternative and Complementary Therapies \(FACT\)](#) journal recently published a review of [Natural Standard's](#) two herbal supplement books. "Overall, this is an impressive collection of evidence on herbal and non-herbal dietary supplements," wrote MH Pittler. [Click here](#) to read the review.

Natural Standard Contributes to Mosby Book: Co-founder of [Natural Standard](#), Catherine Ulbricht, PharmD, and Editor Erica Seamon, PharmD, contributed to the recently released [Mosby's Drug Consult for Health Professions](#) book.

Co-Founder Speaks in Albany: Co-founder of [Natural Standard](#), Catherine Ulbricht, PharmD, spoke at the Alternative Medicine Conference at the [Albany College of Pharmacy](#) last month. On January 12, 2006, Ulbricht discussed the major issues surrounding herbal and dietary supplements. She highlighted scientific evidence supporting complementary and alternative therapies (CAM) as well as potential safety concerns.

Academic Rotations: [Natural Standard](#) serves as an official rotation site for ACP students and welcomes students from all disciplines. Please e-mail questions@naturalstandard.com for more information.

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