



# NANOCEUTICALS™ TODAY

ROYAL BODYCARE: PIONEERING NANOTECHNOLOGY IN NUTRITIONAL SCIENCE

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## RBC SUPPLEMENTS - A TREASURE CHEST OF "JEWELS"



We include many "jewels" in RBC formulas when scientific studies have shown them to be beneficial. One of those "jewels" is choline.

Choline is the precursor of acetylcholine which is necessary for nerve cells to communicate between the brain and muscles. A double-blind clinical study was conducted on 261 patients with mild to moderate dementia at the average age of 72. One half of the subjects took 400 mg of choline three times a day for six months. The other half took a placebo. Subjects who took choline improved mental cognition compared to those who didn't.\*

You get some choline in eggs and soy (Slim Shake), but many diets are low in choline. The Institute of Medicine recommends that we supplement 500 mg of choline per day, the same amount that is provided in Triple FX.

*\*These Statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*

## IS DHA BETTER FROM ALGAE OR FROM FISH OIL?

First, let's clarify this: DHA is often confused with DHEA, but they are entirely different. DHA is Omega-3 Fatty Acid. It constitutes almost 20% of your brain, and a large part of the retina of your eyes. DHA is also a vital nutrient in every cell in your body.

DHA is needed by people of all ages, but it is low in typical modern diets. Higher doses are needed by pregnant women to help support the rapid growth of the fetal brain and eyes, and after delivery for nursing mothers. DHA can be added to the baby's formula and, in later years, to the child's diet.

In the past, people ate fish or took fish oil capsules to supplement DHA in their diets. Finally however, a Canadian scientist, Dr. David Kyle developed a patented process to extract DHA from golden algae. He conducted numerous clinical studies at medical institutions that revealed the many benefits of DHA from algae. We worked with him to make it available to you as the product named IQ. Dr. Kyle spoke at several RBC meetings, and on conference calls. DHA from this vegetarian source is better because:

1. DHA from algae contains no heavy metals. Fish, shell fish, and fish oil often contain toxic metals including mercury; particularly Tuna, Pike, Mackerel, and Swordfish.
2. Algae make and maintain a consistently pure DHA. Fish don't make DHA. They consume it from sea plants, so the concentration of DHA in fish varies. Also the condition and purity of fish oil can deteriorate during the time fish are stored and processed.
3. Many people are allergic to fish protein, but not to algae.

Pure DHA, in 100 mg capsules, is available from RBC as IQ. We recommend at least 100 mg of DHA daily.

## Why Tyrosine?

Triple FX is more than just a pick-me-up. We included tyrosine in Triple FX because it has been shown to support improved performance in people under stress and fatigue.\* Tyrosine supplementation was studied for its effect on cognitive performance of a task by a group of 21 cadets during a difficult military combat training course. Ten subjects received five daily doses of a protein-rich drink containing 2 g of tyrosine and the other subjects received only a carbohydrate rich drink. The group that consumed the tyrosine-rich drink performed better on memory and on performing an assignment than the other group, suggesting that tyrosine may help to reduce the effects of stress and fatigue on task performance. Tyrosine is present in the protein in your diet (one egg contains 250 mg). You can add additional tyrosine to your diet with Slim Shake, Spirulina and Triple FX.