



InterClinical
Laboratories

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Nutritional, Herbal and Natural Medicines Practitioner Education
Hair Tissue Mineral Analysis Pathology

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***Dunaliella salina* marine phytoplankton rich in beta carotene antioxidants delivers additional antioxidant protection for your skin this summer.**

The marine phytoplankton *Dunaliella salina* helps protect against free radical damage from UV radiation. *Dunaliella salina* naturally contains impressive levels of beta carotene. Carotenoids, responsible for the red, orange and yellow pigments naturally found in many foods and plants including *Dunaliella salina*, preferentially absorb UV light, thus showing phytoprotective properties. When you ingest foods or plants rich in beta carotene, those red and orange colours add to the pigmentation of the skin; delivering phytoprotective activity which provide an additional layer of UV protection against the sun.

The phytoprotective action of *Dunaliella salina* has been shown within the plant itself, and has been shown to

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demonstrate a similar activity on human skin. There is certain value in ingesting antioxidants throughout the year to deliver broad spectrum free radical scavenging effects for daily protection against stressors. Over the summer months however, it would be prudent to increase daily levels of beta-carotene to initiate an additional source of protection against the harmful effects of UV light on the skin and eyes, and thus fight against premature ageing.

Dunaliella salina contains one of the richest sources of mixed carotenoids in the world (specifically beta carotene), but also carries within it amino acid, lipids and fatty acids, chlorophyll, vitamins and minerals and many other trace nutrients. Research suggests that there is definitive potential benefits of supplementation of *Dunaliella salina* to protect against sun damage and phytosensitivity. Additional benefits of supplementing with *Dunaliella salina* include: promoting eye and skin health, support immune health and to promote overall health, vitality and wellbeing.

As summer heats up; so does the potential for sun damage and premature ageing. *Dunaliella salina* daily supplementation can provide additional armour along with daily sunscreen to amplify phytoprotection and help avoid UV radiation damage this summer. So to help improve your patients/clients protection this summer and beyond, consider recommending ALGOTENE- made from certified organically grown Australian whole dried *Dunaliella salina*.

Yours in good health

The Staff at InterClinical Laboratories

Clinical Update:

Supplementation with B-Carotene or a Similar Amount of Mixed Carotenoids Protects Humans from UV-induced Erythema.

Heinrich, Gartner, Wiebusch, Eichler.

Carotenoids are useful oral sun protectants, and supplementation with high doses of B-carotene protects against UV-induced erythema formation. The erythema-

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protective effect of B-carotene 24mg/ from an algae source (*Dunaliella salina*) to that of 24mg/day of a carotenoid mix (B-carotene, lutein and lycopene 8mg/day each). In a placebo-controlled parallel study design, in erythema induced rats. Results showed: intake of either B-carotene or a mixture of carotenoids similarly increased total carotenoids in skin from wk 0-12. The intensity of erythema 24h after irradiation was diminished in both groups that received carotenoids and was significantly lower than baseline after 12 wks of supplementation. Long term supplementation for 12 wks with 24mg/day of a carotenoid mix supplying similar amounts of B-carotene, lutein and lycopene ameliorates UV-induced erythema in humans; the effect is comparable to daily treatment with 24mg of B-carotene alone.

J.Nutr. 133: 98-101, 2013.

Comments:

Research shows clearly that daily intake of *Dunaliella salina* protects against UV induced sun damage, which begins after 24h after initial supplementation and continues through long term ingestion. It seems logical that throughout the summer months, people supplementing with beta-carotene from *Dunaliella salina* will benefit from additional antioxidant protection from premature ageing induced by UV radiation exposure.

Need more information?

Need help interpreting your patient's hair tissue mineral analysis report? Do you require further information on any of our nutritional, herbal and natural medicines? If so, please don't hesitate in contacting us. We have qualified practitioners ready to take your call.

You can call us anytime Monday to Friday, 9am-5pm AEDT.

Let us help you build your practice with better clinical outcomes.



InterClinical Laboratories

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