



InterClinical
Laboratories

eNews

PRACTITIONER ONLY NEWSLETTER

March 2014, Issue 34

InterClinical Laboratories eNews

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

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Vitamin E and Selenium: antioxidant protection to support healthy recovery.

When in the recovery phase of any illness, it is recommended to increase intake of antioxidant foods and supplements to support immune function for a speedy recovery. Vitamins such as Vitamin C and polyphenols that are rich in flavonoids like dark berries, Acai and red vegetables are popular for their role in immune system health and antioxidant protection against free radical damage. However, vitamin E and selenium are the quiet achievers, who, like their phenolic compatriots, deliver free radical scavenging action to encourage healing and vitality.

Vitamin E (d-alpha-tocopheryl) is a fat soluble vitamin with many biological functions including free radical scavenging and cellular signalling (involved in tissue repair and immunity). Interestingly, synthetic forms of vitamin E (dl- alpha- tocopheryl acetate) have differing biological action to natural vitamin E and is speculated to be hazardous to health, synthetic vitamin E should not be compared to natural vitamin E. The National Health and Research Council recommends an upper daily dose for Vitamin E as 450IU for adults and 250-300IU for teenagers. Food sources for Vitamin E include sunflower seeds, almonds, hazelnuts, peanuts, mango, spinach, broccoli and kiwi fruit.



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Selenium is an essential trace nutrient found in soil, water and some foods. In large amounts selenium is toxic, in trace amounts however selenium is necessary for cellular health, thyroid function and healthy immune response. The National Health and Research Council recommends an RDI of 60-70mcg per day for adults, and 50-60mcg for teenagers. Food sources for selenium include brazil nuts, tuna, brown rice, seafood and organ meats.

Ideally vitamin E and selenium are used together to deliver optimal cellular antioxidant protection. When in the recovery phase of illness, free radical scavenging nutrients can assist healthy immune response and promote and improve general well being.

This month InterClinical Laboratories is offering a 5+1 sale on Vitamin E with selenium, Vitamin C and Reparen 60 caps, for more details go to www.interclinical.com.au or call 02 9693 2888.

Yours in good health,
The Staff at InterClinical Laboratories



[InterClinical Laboratories Seminar Series 2014](#)

Family Health, Generations & Environmental Toxicity.

Identifying nutritional imbalances & heavy metals in patients & children for better clinical outcomes.

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Hair Tissue Mineral Analysis Seminar and Workshop

Adelaide: 31st May & 1st June

Brisbane: 14th & 15th June

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Melbourne: 21st & 22nd June

Perth: 19th & 20th July

Sydney: 26th & 27th July

Auckland: 6th & 7th September

Clinical Update

Coenzyme Q(10), vitamin E, selenium, and methionine in the treatment of chronic recurrent viral mucocutaneous infections.

De Luca, Kharaeva Z, Raskovic D.

Endogenously produced oxygen/nitrogen reactive species (ROS/RNS) are essential for antiviral immune defence, while their excess may aggravate skin inflammation. Here, we sought a nutritional approach capable of controlling ROS/RNS balance to accelerate recovery and inhibit recurrences of two mucocutaneous chronic DNA-virus infections.

Two controlled clinical trials evaluated the feasibility of ROS/RNS modulating nutraceutical dosages of coenzyme Q10, vitamin E and selenium and L-methionine associated with established therapies. In both trials, the nutraceutical induced significantly faster healing with reduced incidence of relapses as compared to control groups, which was confirmed by decreased viral load and increased antiviral cytokine and peroxynitrite plasma levels. Results document positive clinical outcomes of the selected nutraceuticals associated with conventional protocols in the management of relapsing infections.

Nutrition. 2012 May;28(5):509-14

Comments:

This 2 part controlled clinical study found that antioxidants coenzyme Q10, vitamin E and selenium with the sulphur bearing amino acid L-methionine highlighted the potential for healing by supporting a healthy immune response to viruses. Antioxidant supplementation are a positive inclusion for treating illness and negotiating recovery and health outcomes.

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

Servicing Practitioners and Their Needs

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