



InterClinical
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eNews

PRACTITIONER ONLY NEWSLETTER

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



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For seasonal spring time colds, consider antioxidants to encourage a healthy immune response.

This season has brought glorious but unusually warm weather. As a consequence we have recognised an influx of patients presenting with early spring time colds. Common symptoms recorded include sneezing, flare up of allergies and nasal congestion. To encourage a healthy transition through the seasons, consider dosing patients with both immune stimulating nutrients and herbs, and antioxidants to facilitate histamine metabolism and encourage gentle detoxification.

Vitamin C at 1-3gms day has shown to have varying benefits in treating the common cold. Studies have suggested. Zinc between 12-250mg day has been shown to assist immune response, particularly in elderly patients. Another ally in the immune arsenal are the versatile antioxidants Vitamin E, Selenium and beta carotene; all having potential in supporting immune response while delivering antioxidant protection. Clinical research recommends that



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100mcg of Se daily for 15 weeks increased selenium concentrations and improved immune function.

This month at InterClinical Laboratories we are offering a sale on our Vitamin E + Selenium and Sym-Pack (Our multinutrient formula for those with sympathetic dominant nervous system) and Iron Plus, to support energy, immune response and antioxidant protection for a healthy spring season.

Also, are you aware that InterClinical Laboratories now offer a discount on Hair Tissue Mineral Analysis testing to pensioners and kids (16 years and under)? Pensioners provide copy of pension card to receive discount.

Contact us for more information!

References:

Natural Standard. Monographs: Echinacea. Vitamin C. [Am J Clin Nutr](#). 2004 Jul;80(1):154-62. **An increase in selenium intake improves immune function and poliovirus handling in adults with marginal selenium status.** [Broome CS](#).

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Clinical Update:

Vitamin E Supplementation enhances cell-mediated immunity in healthy elderly subjects.

[Meydani SN](#)

The effect of Vitamin E supplementation on the immune response of healthy older adults was studied in a double-blind, placebo-controlled trial. Subjects (n=32) resided in a metabolic research unit and received placebo or Vitamin E 800mg for 30days. Alpha-tocopherol content of plasma and peripheral blood mononuclear cells (PBMC's), delayed-type hypersensitivity skin test (DTH), mitogen-stimulated lymphocyte proliferation, as well as interleukin (IL)-1, IL-2, prostaglandin(PG) E2, and serum lipid peroxides were evaluated before and after treatment. In the Vitamin E supplemented group 1) alpha-tocopherol content was significantly higher (p less than 0.0001) in plasma and PBMCs, 2) cumulative diameter and number of positive antigen responses in DTH

response was elevated (p less than 0.05), 3) IL-2 production and mitogenic response to optimal doses of concanavalin A were increased (p less than 0.001) were reduced. Short-term Vitamin E supplementation improves immune responsiveness in healthy elderly individuals; this effect appears to be mediated by a decrease in PGE2 and/or other lipid-peroxidation products.

Am J Clin Nutr 1990 Sept; 52(3): 557-63.

Comments: This study highlights the advantages of supplementing a patient with immune stimulating nutrients with dual antioxidant protection. Free radicals are produced by histamine metabolism and the stress caused by feeling unwell, to support both processes allows the patient multiple avenues of healing which may see a positive impact on health response.

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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+61 2 9693 2888 | lab@interclinical.com.au | www.interclinical.com.au