

Antioxidant Suggestions from Martin Pall, Ph.D.



Revised June, 2007

Down-regulation of the NO/ONOO⁻ Cycle

Martin Pall, Ph.D., School of Molecular Biosciences, Washington State University, has identified the NO/ONOO⁻ cycle – the stress-induced increase in the levels of nitric oxide and its oxidant product peroxynitrite, and the biochemical vicious cycle that keeps these levels chronically elevated – as a key mechanism underlying oxidative stress. Below are individual and full-spectrum antioxidant preparations that together may assist in down-regulating this NO/ONOO⁻ cycle mechanism. These suggestions are intended as nutritional support, not as a replacement for medical treatment of any condition.

CoQ-Gamma E with Tocotrienols & Carotenoids, #75930

Take 1 softgel daily, in the morning. Some individuals may increase to 1 softgel two times daily, morning and mid-day.

MVM-A #75940

Take 2 capsules, three times daily, with or following meals. Multivitamin/mineral with acetyl-L-carnitine and R-alpha-lipoic acid.

FlaviNOx™ #75780

Take 1 capsule, three times daily, spread out over the day. Take one capsule in the middle of the night if one wakes up. Flavonoids are rapidly absorbed and excreted, substantially elevating blood levels for roughly four hours. Divided dosages can significantly support antioxidant levels in the body for longer periods.

NAC Enhanced Antioxidant Formula, #75960

Take 1 tablet, three times daily, following or with meals. At this dose, the modest amount of N-acetyl-L-cysteine will help avoid possible excitotoxicity.

Super EPA Fish Oil Concentrate, #71250, #73870

Take 1 softgel, one or two times daily. Take the first dose with the CoQ-Gamma E with Tocotrienols & Carotenoids. Lowers induction of inducible nitric oxide synthase, and has anti-inflammatory properties.

FibroBoost™ #75910

This polyphenol/phlorotannin supplement may be used in addition to the five above formulas, or in place of FlaviNOx™. Take 1 capsule three times daily before meals.



NutriCology®, Inc.
2300 North Loop Road, Alameda, CA 94502
Phone: 800-545-9960 or 510-263-2000
Fax: 800-688-7426 or 510-263-2100
www.nutricology.com

THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE U.S. FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

Initially, it may be desirable to introduce these supplements one at a time, so if one produces a negative response, that component can be identified and discontinued for a period of time (or permanently). The initial regimen would change every three days, as follows:

- Start by taking 1 CoQ-Gamma E with Tocotrienols & Carotenoids, one time daily in the morning, for three days.
- Add 1 MVM-A, three times daily, for three days.
- Add 1 MVM-A, three times daily, for three days, to a total of six daily.
- Add 1 FlaviNOx™, three times daily, for three days.
- If FlaviNOx™ does not appear to be optimal, discontinue it and add 1 FibroBoost™, three times daily.
- Add 1 NAC Enhanced Antioxidant Formula, three times daily, for three days.
- Add 1 Super EPA Fish Oil Concentrate, one time daily, in the morning.
- Optional, for additional antioxidant support: After three more days, if FibroBoost™ was not added earlier, add 1 FibroBoost™, three times daily.

The rationale for these nutritional components and how they support antioxidant function is discussed in Dr. Pall's book, Explaining 'Unexplained Illnesses'.



NutriCology®, Inc.
2300 North Loop Road, Alameda, CA 94502
Phone: 800-545-9960 or 510-263-2000
Fax: 800-688-7426 or 510-263-2100
www.nutricology.com

THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE U.S. FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.