


**RED MARINE ALGAE PLUS™**




*Nature's Anti-viral Food*


*Finally*  
a natural alternative for:

- Herpes I (cold sores)
- Herpes II (genital herpes)
- Chronic Fatigue (Eisenstein Boes)
- Shingles
- Mononucleosis


Do you suffer from one of these embarrassing conditions?



Herpes labialis - Type I



Herpes simplex - Type II



Shingles-Varicella-Zoster

**The Facts:**

- Red marine algae has exhibited documented results in controlling and reducing Herpes II (HSV-2) and cold sores.
- R.M.A. contains sulfated polysaccharides that have been shown to support the immune system's antiviral response.\*

\* In vitro and in vivo studies.

**Take control of your health NOW!**

To order call 800-362-8482  
or send \$39.95 (incl. tax)  
**Organic By Nature**  
P.O. Box 32561  
Long Beach, CA 90832

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[www.seaorganics.com](http://www.seaorganics.com)

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## Consumer Guide

contradicted dozens of studies that have shown that vitamin C is beneficial in lowering the risk of cardiovascular disease, says Balz Frei, Ph.D., director of the Linus Pauling Institute at Oregon State University at Corvallis. Similarly, a human trial published last year found vitamin E ineffective, but four others found that the vitamin reduced the risk of heart attacks, points out vitamin E researcher Jialal.

### CONSIDER THIS

## Foods that Foil Antioxidants

MANY FOODS SUPPLY THE ANTIOXIDANTS and other nutrients your body needs. But these four can actually do more harm than good to your body's levels of free radical fighters.

**PASS ON FAT-FREE PRINGLES** The fat substitute olestra lends many low-cal snacks flavor and mouthfeel. However, it's made from indigestible sucrose and fatty acids that flush out fat-soluble nutrients like vitamins A, D, E, and K. Although its manufacturer adds extra amounts of these nutrients to make up for the loss, they don't replace carotenoids, an important family of antioxidants, which are also carried away. A study published in the *American Journal of Clinical Nutrition* in 1995 indicates that ingesting as little as 3 g of olestra can lower your free radical-fighting beta carotene level by up to 20 percent.

**WATCH OUT FOR WIENERS** You probably know that hot dogs fall short of most standards of nutrition. In fact, they have carcinogens that may sap your body of antioxidants. Franks contain the preservatives nitrates and nitrites, which have been linked to cancer. And cooking them on a charcoal grill increases their carcinogenic properties. The high heat morphs carbon and amino acids into polycyclic aromatic hydrocarbons and heterocyclic amines, both of which have been found to cause cancer in animals.

## Some Antioxidants Are Said to Be 50 Times Stronger than Vitamins E and C. Should I Use Them?

"Superantioxidant" claims are generally based on test tube experiments that show they are far better than other antioxidants in neutralizing specific types of free radicals. However, these claims have not been proven in humans. Additionally, vitamins E and C are essential nutrients, whereas flavonoids like grape seed's anthocyanins and turmeric's curcumin are not. In addition, "superantioxidants"



Grilled hot dogs reduce antioxidant levels.

**FORGO FRENCH FRIES** Heating oil to high temperatures for long periods of time loads it with free radicals, which means that deep-fried foods set back your antioxidant reserves. And experts say that a diet high in partially hydrogenated soybean and corn oils, which are typically used for deep frying, requires more vitamin E to prevent possible free radical damage from the fats.

**REALLOCATE THE ALL-BRAN** Fiber is not always good for you. According to Dina Khader, R.D., a registered dietitian in Mount Kisco, N.Y., if you eat a high-fiber cereal or take a fiber supplement (more than 3 or 4 g of fiber per serving or dose), it's best to take your antioxidants at a different time during the day. Fiber moves the nutrients through your system before they can be absorbed. Even better, aim to get most of your fiber from whole fruits and vegetables and unprocessed grains, which also provide valuable vitamins and phytochemicals.

—Julia Tolliver Maranan