

# MARTIN PALL, PH.D.

## MARTIN PALL, PH.D.

Martin L. Pall, Ph.D., is Professor Emeritus of Biochemistry and Basic Medical Sciences at Washington State University in Pullman, where he taught medical biochemistry. His long term interests in biological regulatory mechanisms and in free radicals and reactive oxygen/nitrogen species have been key influences in leading him to his conceptual breakthrough in viewing multi-system health conditions.

## STEPHEN LEVINE, PH.D.

Stephen Levine, Ph.D., is the founder of Allergy Research Group and it's chief scientific advisor. Dr. Levine's great interest in free radical processes was marked by his groundbreaking textbook *Antioxidant Adaptation*, which he co-authored with Parris Kidd, Ph.D., in 1985.

## NEW MULTI-SYSTEM ANTIOXIDANT FORMULAS

"Dr. Pall explains the NO-ONOO - cycle ("no, oh no!") with exacting detail, and draws together the most recent data in molecular biology/biochemistry. Pall explains the very specific interaction of nitric oxide, superoxide and peroxynitrite, and the immensely important biochemical processes they are involved in." - Stephen Levine, Ph.D.



Recently, Dr. Pall and Dr. Levine have worked together to create some of the most advanced and comprehensive multi-system antioxidant formulas available today.

## NEW MULTI-SYSTEM ANTIOXIDANT FORMULAS!

### Antioxidant Suggestions from Dr. Martin Pall, Ph.D.

#### 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 anti-oxidant 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.

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'*.

Allergy Research Group®

Phone: 800-545-9960/510-263-2000 • Fax: 800-688-7426/510-263-2100

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



**CoQ-Gamma E  
with Tocotrienols & Carotenoids**

Item no. 75930

Available in bottles of 60 softgels

A unique softgel formulation containing high levels of CoQ10, carotenoids, gamma-tocopherols, and DeltaGold® tocotrienols.

**Suggested Use**

As a dietary supplement, 1 softgel one or two times daily, or as directed by a healthcare practitioner.

Serving Size: 1 Softgel	
Servings Per Container: 60	
<b>Amount Per Serving:</b>	
Vitamin A (as Beta-Carotene) . . . . .	3490 IU
Vitamin C (as Ascorbyl Palmitate) . . . . .	17 mg
Vitamin E (as D-alpha-Tocopherol) . . . . .	23 IU
Mixed Tocotrienols and Tocopherols . . . . .	10 mg
DeltaGold® Tocotrienols . . . . .	40 mg
Gamma-Tocopherol . . . . .	100 mg
Mixed Carotenoids . . . . .	3 mg
Lycopene . . . . .	3 mg
Lutein . . . . .	3 mg
Coenzyme Q10 . . . . .	75 mg
Alpha-Lipoic Acid (R-Form) . . . . .	9 mg
Other ingredients: Rice bran oil, gelatin, glycerin, water, yellow beeswax, soy lecithin, annatto extract.	

**FlaviNOx™**

*Hypoallergenic*

Item no. 75780

Available in bottles of 90 vegetarian capsules

A state-of-the-art combination of herbal extracts with standardized bioflavonoids, providing broad spectrum antioxidant support.\*

**Suggested Use**

As a dietary supplement, 1 or 2 capsules two or three times daily, or as directed by a healthcare practitioner.

Serving Size: 2 Capsules	
Servings Per Container: 45	
<b>Amount Per Serving:</b>	
Milk Thistle (Seed) Extract (Standardized to 80% Silymarin) . . . . .	160 mg
Bilberry (Berries) Extract (Standardized to 25% Anthocyanidins) . . . . .	200 mg
Ginkgo (Leaves) Extract (Standardized to 24% Flavoglycosides and 6% Terpene Lactones) . . . . .	80 mg
Grape Seed Extract (Standardized to 50% Polyphenols) . . . . .	200 mg
Green Tea Extract (Decaffeinated, Standardized to 35% EGCG) . . . . .	160 mg
Cranberry Juice (Berries) Extract . . . . .	200 mg
Hawthorn (50% as Berry and 50% as Leaves and Flowers) Extract (Standardized to 1.8% Vitexin-2-O"-Rhamnoside) . . . . .	200 mg
Other ingredients: Hydroxypropyl methylcellulose, cellulose, magnesium stearate, silicon dioxide.	

**FibroBoost™**

*Hypoallergenic*

Item no. 75910

Available in bottles of 75 vegetarian capsules

FibroBoost™ contains SEANOL-F, a patent-pending powerful extract from brown algae, rich in polyphenol/phlorotannin that have uniquely strong antioxidant properties. Phlorotannins support the cardiovascular system, brain, metabolism and general condition.\*

**Suggested Use**

As a dietary supplement, 1 capsule one to three times daily before meals, or as directed by a healthcare practitioner.

Serving Size: 3 Capsules	
Servings Per Container: 25	
<b>Amount Per Serving:</b>	
<i>Ecklonia cava</i> Extract (SEANOL-F) . . . . .	1200 mg
Other ingredients: Hydroxypropyl methylcellulose, cellulose, magnesium stearate.	

**MVM-A**

*Hypoallergenic*

Item no. 75940

Available in bottles of 180 vegetarian capsules

Multiple vitamin and mineral formula with additional nutrients featuring acetyl-L-carnitine for antioxidant support.\*

**Suggested Use**

As a dietary supplement, 2 capsules three times daily, or as directed by a healthcare practitioner.

Serving Size: 2 Capsules	
Servings Per Container: 90	
<b>Amount Per Serving:</b>	
Vitamin C (as Ascorbic Acid) . . . . .	67 mg
Vitamin D3 (as Cholecalciferol) . . . . .	267 IU
Vitamin K1 (as Phytanadione) . . . . .	25 mcg
Thiamine (as Thiamine HCl, TTFD) . . . . .	8 mg
Riboflavin (as Riboflavin, Riboflavin-5-Phosphate) . . . . .	10 mg
Niacin (as Niacinamide & Niacin) . . . . .	18 mg
Vitamin B6 (as Pyridoxine HCl, Pyridoxine-5-Phosphate) . . . . .	8 mg
Folic Acid . . . . .	400 mcg
Vitamin B12 (as Hydroxycobalamin) . . . . .	30 mcg
Biotin . . . . .	100 mcg
Pantothenic Acid (as Calcium Pantothenate) . . . . .	20 mg
Calcium (as Calcium Carbonate, Sulfate, Citrate) . . . . .	83 mg
Iodine (as Potassium Iodide) . . . . .	50 mcg
Magnesium (as Magnesium Sulfate, Malate, Glycinate) . . . . .	40 mg
Zinc (as Zinc Citrate) . . . . .	7 mg
Selenium (as Selenomethionine) . . . . .	67 mcg
Copper (as Copper Sulfate) . . . . .	0.4 mg
Manganese (as Manganese Sulfate) . . . . .	1.5 mg
Chromium (as Chromium Trichloride) . . . . .	50 mcg
Molybdenum (as Sodium Molybdate) . . . . .	30 mcg
Glycine (as Magnesium Glycinate) . . . . .	8 mg
Strontium (as Strontium Carbonate) . . . . .	7 mg
Taurine . . . . .	83 mg
Boron (as Boron Citrate) . . . . .	1 mg
Acetyl L-Carnitine . . . . .	100 mg
Lipoic Acid . . . . .	40 mg
Other ingredients: Hydroxypropyl methylcellulose, cellulose, magnesium stearate, silicon dioxide.	

**Super EPA**

*Fish Oil Concentrate*

Item no. 71250

Available in bottles of 60 softgels

Item no. 73870

Available in bottles of 200 softgels

**Suggested Use**

As a dietary supplement, 1 or 2 softgels two or three times daily with meals, or as directed by a healthcare practitioner.

Serving Size: 2 Softgels	
Servings Per Container: 30 (#71250) and 100 (#73870)	
<b>Amount Per Serving:</b>	
Calories . . . . .	20
Calories from Fat . . . . .	20
Total Fat . . . . .	2.4 g
Protein . . . . .	0.6 g
Vitamin E (as Mixed Tocopherols) . . . . .	10 IU
Fish Oil (from Sardine, Anchovy, Mackerel) . . . . .	2400 mg
Eicosapentaenoic Acid (EPA) . . . . .	720 mg
Docosahexaenoic Acid (DHA) . . . . .	480 mg
Other ingredients: Gelatin, glycerin, water.	

**NAC Enhanced Antioxidant Formula**

*Hypoallergenic*

Item no. 75960

Available in bottles of 90 tablets

Enhanced antioxidant formula containing amino acids, nucleic acid, and lipoic acid that acts as a powerful antioxidant and supports glutathione production.\*

**Suggested Use**

As a dietary supplement, 1 tablet three times daily, or as directed by a healthcare practitioner.

Serving Size: 1 Tablet	
Servings Per Container: 90	
<b>Amount Per Serving:</b>	
N-Acetyl-L-Cysteine . . . . .	200 mg
Trimethylglycine . . . . .	300 mg
Ribonucleic Acid . . . . .	120 mg
Alpha-Lipoic Acid . . . . .	100 mg
Other ingredients: Dicalcium phosphate, cellulose, silicon dioxide, magnesium stearate, natural vanilla flavor.	



\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.