

AdvoCare BioTools™ for Health Professionals

This AdvoCare BioTools Health Professional Reference is an in-depth resource, providing information for you and your health practitioner.

It also shares more about AdvoCare, our elite Scientific & Medical Advisory Board, emerging science and product details. It's an easy reference for you and your care provider.

How to Use This Reference Document:

1. Print BioTools Health Professional Flier to have on hand.
2. Take a copy with you to your next appointment.
3. Present it as an easy, simple reference for your health practitioner.

Epigenomics in the News

In the cover story of its Jan. 6, 2010 edition, “Why Your DNA Isn’t Your Destiny,” Time Magazine details the discovery that environment and nutrition can regulate how we access our genetic code. As part of this discovery, a new frontier in the study of gene expression has emerged. This science is known as epigenomics.

While the widely known field of genomics is the study of our DNA code and mutations, epigenomics focuses on how our DNA code is utilized.

Articles on epigenomics and methylation are beginning to appear in various medical journals.

Dolinoy DC, Weidman, J.R., and Jirtle, R.L. Epigenetic gene regulation: Linking early developmental environment to adult disease. *Reprod. Toxicol.* 23: 297-307, 2007

Cloud, John. “Why Your DNA Isn’t Your Destiny.” Time Magazine Wednesday, Jan. 6, 2010. Web.

About AdvoCare BioTools™ Bundle

AdvoCare BioTools supplements are designed to address our understanding of epigenomics and are formulated with ingredients considered to support this emerging science.

- Part of a proactive approach to healthy aging
- A two-supplement system designed for Baby Boomers
- Features AdvoCare BioTune® and BioCharge®
- Ingredients associated with anti-inflammatory properties*

1. BioCharge®

Designed to: promote cellular and muscle repair and improve performance and recovery,* provide a caffeine-free source of energy.*

Key Ingredients

- Branch-chained amino acids (BCAAs)
- Taurine
- B vitamins
- Quercetin
- Cat’s Claw extract
- Green tea leaf extracts
- Grape seed extract

Nutraceutical Effects of Branched-Chain Amino Acids on Skeletal Muscle Yoshiharu Shimomura, Yuko Yamamoto, Gustavo Bajotto, Juichi Sato, Taro Murakami, Noriko Shimomura, Hisamine Kobayashi, and Kazunori Mawatari

J. Nutr. 136: 529S–532S, 2006

Pharmacology and therapeutic uses of cat’s claw. Erowele GI, Kalejaiye AO. *Am J Health-Sys-Pharm.* June 1, 2009;66: 992-995.

SUPPLEMENT FACTS		
Serving Size: 1 stick pack (0.18oz/5g) [makes 4 FL oz prepared] Servings Per Container: 30 stick packs per carton		
	Amt Per Serving	% DV
Vitamin B6	6mg	300%
Folic acid	400mcg	100%
Vitamin B12	250mcg	4200%
Pantothenic Acid	20mg	200%
L-Leucine	2g	*
Isoleucine	500mg	*
Valine	500mg	*
Taurine	500mg	*
Cat’s Claw extract (bark - <i>Uncaria tomentosa</i>)	100mg	*
Quercetin	100mg	*
Green tea extract (leaf - <i>Camellia sinensis</i>)	50mg	*
Grape seed extract (<i>Vitis vinifera</i>)	25mg	*

†Percent daily values (DV) are based on a 2000-calorie diet.
*Daily Value not established.

OTHER INGREDIENTS: CITRIC ACID, NATURAL AND ARTIFICIAL PEACH AND MIXED BERRY (STRAWBERRY, BLUEBERRY AND RASPBERRY) FLAVORS, SUCRALOSE, SILICON DIOXIDE.

P4870/00D0513

2. BioTune®

Designed to: promote internal balance and healthy aging.*

Key Ingredients

BioTune contains zinc and selenium and the following botanicals:

- Curcumin BCM-95® extract
- Amla extract
- Cat's claw extract
- Boswellia serrata extract
- Grape seed extract
- Quercetin
- Ellagic acid from pomegranate extract
- Green tea leaf extracts
- Alpha lipoic acid
- Resveratrol

A Pilot Cross-Over Study to Evaluate Human Oral Bioavailability of BCM-95® CG (Biocurcumax™), A Novel Bioenhanced Preparation of Curcumin B. Antony, B. Merina, V. S. Iyer, N. Judy, K. Lennertz and S. Joyal Arjuna Natural Extracts Ltd., R&D Laboratory, P.B No. 126, Bank Road Alwaye-683 101, India, Little Flower Hospital& Research Centre, Angamaly – 683 572, India, Life Extension Foundation, Florida, USA

Treating Osteoarthritis of the Knee with Boswellia serrata Extract, Kimmatkar N, Thawani V, Hingorani L, Khiyani R. Efficacy and tolerability of Boswellia serrata extract in treatment of osteoarthritis of knee—A randomized double blind placebo controlled trial. Phytomedicine 2003;10:3-7.

About AdvoCare

Since 1993, AdvoCare has offered nutritional supplements and vitamins of the highest quality developed through comprehensive research and backed by a Scientific & Medical Advisory Board.

Some AdvoCare Scientific & Medical Advisory Board Members include:



Stanley J. Dudrick, M.D., FACS - Chairman Emeritus, Department of Surgery and Director of Training Program in Surgery, St. Mary's Hospital/Yale Affiliate, Waterbury, Connecticut. Professor of Surgery, Yale University School of Medicine.



Carl I. Keen, Ph.D. - Distinguished Professor of Nutrition & Internal Medicine University of California, Davis. Mars Endowed Chair in Developmental Nutrition.



Kenneth Goldberg, M.D. - Founder, Male Health Center, first of its kind in United States, 1988. Board-certified Urologist in private practice in Dallas, TX.



Sidney Stohs, Ph.D., FACN, CNS, ATSF - Professor, Pharmacology and Toxicology. Dean Emeritus, School of Pharmacy and Health Professions. Creighton University Medical Center. Holder of the Gilbert F. Taffe Jr. Endowed Chair in Research.

SUPPLEMENT FACTS

Serving Size: 2 Capsules
Servings Per Container: 30

	Amt Per Serving	% DV
Zinc (as monomethionine) <i>OptiZinc</i> ®	5mg	33%
Selenium (as selenium amino acid chelate)	20mcg	29%
Curcumin (root - <i>Curcuma longa</i>) - BCM-95® extract	200mg	*
Amla extract (fruit - <i>Embolica Officinalis</i>)	200mg	*
Cat's claw extract (bark - <i>Uncaria tomentosa</i>)	200mg	*
<i>Boswellia serrata</i> extract (gum)	100mg	*
Grape seed extract (seed - <i>Vitis vinifera</i>)	100mg	*
Quercetin	100mg	*
Ellagic acid (from pomegranate extract) (fruit - <i>Punica granatum</i>)	80mg	*
Green tea extract (leaf - <i>Camellia sinensis</i>)	50mg	*
Alpha-lipoic acid	50mg	*
Resveratrol (root extract - <i>Polygonum cuspidatum</i>)	10mg	*

*Daily Value (DV) not established.

OTHER INGREDIENTS: GELATIN, RICE FLOUR, SILICON DIOXIDE, MAGNESIUM STEARATE (VEGETABLE SOURCE)

BCM-95® registered trademark Dolcas-Biotech LLC

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For more information www.advocare.com

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* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.