

Complete Fibro-M

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Fibromyalgics have muscle and connective tissue pain that intensifies their sleep disturbances. The interrupted sleep decreases growth hormone (GH) production, which is responsible for repairing the microscopic tears in tissues that occur daily. Also, fibromyalgia (FM) patients have tighter muscles, making them more susceptible to tears and microtrauma injury. This results in a cycle of pain, inflammation, and sleeplessness. The conventional treatment of fibromyalgia involves prescribing sleeping pills to cover symptoms for a temporary time. The holistic approach, however, is to address the cause of the pain and support the health of the muscles and connective tissue.

*It is suggested that the support protocol for fibromyalgia also include **Complete Omega 3 Essentials** for support of conditions of pain, inflammation, fatigue, coagulation defects, etc.*

Complete Fibro-M Ingredients: Each 2 tablets contain:

Malic Acid 588mg, Magnesium (as Malate, citrate 118 mg, Calcium (as Citrate) 20mg, Zinc, as malate) 12mg, Grapeseed extract 8mg, Betaine HCL 13mg, Silymarin Extract (20% Silybin) 8mg, Bromelain 24mg, Papain 24mg, Trypsin (chymotrypsin) 4mg, Lipase 12mg, Amylase 16mg, Pancreatin 6x 44mg, Lecithin (Phosphatidylcholine 12mg) 26mg, L-Leucine 22mg, L-Valine 22mg, Glucosamine Sulfate 50mg, N-Acetyl Glucosamine 20mg, Ornithine Alpha Keto-glutarate 20mg

Recommendation: 2 tablets 3 x day or as directed
120 tablets; retail \$34.00

Malic Acid: Malic acid is a necessary intermediate factor for the Krebs' cycle, which fuels our energy production. Several studies have found that it can be helpful for fibromyalgic support. In one randomized, double blind, placebo controlled, crossover pilot study published in the Journal of Rheumatology, significant reductions in the severity of all three primary pain/tenderness measures were obtained. 1200 mg of malic acid daily achieved the desired results, and the study concluded that malic acid was safe and may be beneficial in the treatment of patients with FM (Russell IJ et al. Treatment of fibromyalgia syndrome with Super Malic: a randomized, double blind, placebo controlled, crossover pilot study. J Rheumatol. 1995 May;22(5):953-8.) Four pills daily supplies a little over 1200 mg of malic acid.

Magnesium (as Malate, citrate): Calcium and magnesium ions play a key role in the physiology of muscular contraction/relaxation, and also general muscle health. FM patients have low magnesium, which is needed for over 200 biochemical reactions in the body, including energy production and muscle tissue repair. Magnesium is especially effective in FM when it is chelated to a Krebs' cycle intermediate, such as malate or citrate.

Calcium (as Citrate): Chelated to citrate, a Krebs cycle intermediate, calcium provides double support for muscle homeostasis. There is evidence that an imbalance of calcium

and magnesium may be involved in the etiology of the fibromyalgia syndrome.

“Changes in calcium ions concentration may be involved in the pathogenesis of fibromyalgia. . . . The results obtained show that in fibromyalgia patients the intracellular calcium and magnesium concentration seems to be a peculiar characteristic of fibromyalgia patients and may be potentially responsible for muscular hypertonus”

Magaldi M, et al. Changes in intracellular calcium and magnesium ions in the physiopathology of the fibromyalgia syndrome *Minerva Med.* 2000 Jul-Aug;91(7-8):137-40.

Glucosamine Sulfate: Glucosamine is a well known nutrient and building block used for support of joint/connective tissue health. Glucosamine can be a beneficial support nutrient for fibromyalgia.

Zinc (as malate): Zinc stimulates the release of growth hormone, and is essential for all of the body's protein synthesis. It regulates the contraction of muscle, and has also been reported to accelerate healing time, and promote growth and mental alertness (Mindell, E, (RPh, PhD), *Earl Mindell's Vitamin Bible.* New York: Warner Books, 1991:94).

Grapeseed extract: Grapeseed extract contains proanthocyanidins, which are powerful bioflavonoids. Bioflavonoids are effective because they stabilize cell membranes, decrease the release of inflammation mediators, and decrease the contraction of smooth muscle (Murray M. *Enc of Nat Med.* Prima Publ. Rocklin, CA 1991 p.298). Bioflavonoids also improve capillary integrity and stabilize the collagen matrix by preventing free radical damage (Merck Index, 11th ed. 1989, Merck and Co. Inc., Rahway, NJ p.1243; Murray M. *Enc of Nat Med.* Prima Publ. Rocklin, CA 1991 p.330).

Betaine HCL: Many fibromyalgics have poor digestion and assimilation. Hcl assists in protein breakdown and functions as a signaling mechanism for pancreatic enzyme release and bile release from the gall bladder. Hcl provides the proper pH to discourage bacterial/parasitic invasion. Proper pH also allows for absorption and solubility of calcium.

Silymarin Extract (20% Silybin): Silymarin is a component of milk thistle, and is traditionally utilized to promote liver detoxification. Metals, environmental toxins, dysbiosis, food allergens, and other factors can present a toxic assault that overwhelms the detox paths, and allows deposits of toxins in tissues that cause pain, discomfort, and interference with normal muscle and tissue health.

Bromelain, Papain, Trypsin (chymotrypsin), Lipase, Amylase, Pancreatin: Proteolytic enzymes clear debris that can attract inflammation, while other enzymes (lipase and amylase) can be beneficial for digestive support of fats and starches. Lipase has been utilized in studies with “significant improvement”, including reduction of energy loss (*Arch Dis Child* 1993 68(2):227-30). Bromelain, found in pineapple, “has therapeutic effects in the treatment of inflammation and soft tissue injuries”, and was found to reduce skeletal muscle injury (*Med. Sci. Sports Ex.* 1992;24:20-5).

Lecithin (Phosphatidylcholine): Choline concentration in the bloodstream helps enable the brain to produce needed neurotransmitters for healthy brain/mental functioning. It converts to acetylcholine, which is supportive of good memory, helps people with Alzheimer's, and individuals subject to manic depression.

L-Leucine and L-Valine: The branched chain amino acids L-Leucine and L-Valine increase release of growth hormone (GH) naturally from the pituitary. GH administration was effective for relief of fibromyalgia in 18 randomized controlled trials (Systemic drug treatment for chronic musculoskeletal pain. Moulin DE. Clin J Pain. 2001 Dec;17(4 Suppl):S86-93.) The actual growth hormone poses risks from side effects to death, but natural supplementation does not cause side effects.

N-Acetyl Glucosamine: N-Acetyl Glucosamine (NAG) is a building block for extracellular tissue. It protects cells, and blocks the release of the leukocyte elastase enzyme (elastase is an enzyme which breaks down elastin connective tissue (Clin Exp Rheumatol. 1991 Jan-Feb; 9(1):17-21).

Ornithine Alpha Keto-glutarate: Supplementation of ornithine alpha ketoglutarate has been reported to stimulate the release of GH from the pituitary (Pearson, D and Shaw, S. *Life Extension*. New York: Warner Books, 1982:289-290).

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