



I Want To Know!

Questions And Answers On SAME, MCP And GMP's

Acronyms are becoming increasingly more widely used in the nutraceutical industry much like the pharmaceutical model. But what do they mean to the consumer? Here are a selection of a few;

Q What is SAME?

A SAME 400 is S-adenosyl-L-methionine (SAME), a key biological factor that drives a wide variety of essential biochemical reactions, including the methylation of DNA¹, catecholamine neurotransmitters² (brain messenger-molecules), phospholipids³, hormones⁴ and chondrocytes⁵ (cartilage-forming cells). Research suggests SAME's ability to support healthy mood function⁶ and to relieve symptoms and reduce functional impairment in osteoarthritis⁷. SAME 400 provides a full 400mg of true SAME ion per tablet with a minimum of 70% biologically active (S), S-diastereoisomer.

Q Is your SAME enteric coated and why doesn't AOR use blister packing?

A AOR has gone to great lengths to produce SAME that does NOT require enteric coating. Unlike some other products on the market, AOR uses a reliable material manufactured by a pharmaceutical company with known experience in producing/handling this material. SAME's bioavailability is absurdly low: even a small reduction due to poor material or poor tableting could lead to negligible absorption. In fact the main reason for enteric coating is to impart stability and overcome the hygroscopic nature of the material. AOR's material is more stable and less hygroscopic obviating any need for enteric coating and blister packaging. Furthermore, the misconception of the widely held notion that SAME is destroyed by stomach acids is reported to be not true^{8, 9, 10}.

Q Does AOR plan on producing a 200mg tablet?

A Repeated studies have shown that clinically relevant doses have to be used to obtain any benefit from SAME. These doses range from a minimum of 800mg to the more therapeutically effective 1200-1600mg per day⁹. A 400mg tablet offers the best option. AOR plans to offer a 400mg tablet that is scored to make it more convenient for consumers to split a tablet.

Q Why did AOR change their MCP?

A Modified Citrus Pectin (MCP) produced from grapefruit peel works by having a number of sugar residues called galactose which can potentially bind to the galectins-3 residues on abnormal cells and prevent such cells from sticking to healthy tissues and reducing metastases. MCP needs to be pH modified with low methoxy content and has to be of lower molecular weight around 10 kilo Daltons to be effective. After considerable research and effort AOR was finally able to produce a 10kD material. The slight odor is due to ethanol, the lone solvent used to extract MCP from grapefruit. Because MCP is a pectin (similar to the one used in jam making), to avoid forming clumps at the bottom of a glass it is best to slowly sprinkle the powder while at the same time mixing the beverage. Avoid adding the tablespoon of MCP powder all at once.

A Health Canada under the Natural Health Product Directorate (NHPD) introduced new regulations regarding manufacturing, importing and distribution of natural health products in January 2004¹¹.

This regulation has made Canadian regulatory standards the envy of the world and others are now modelling their standards after their Canadian counterparts.

Good Manufacturing Practices (GMP's) are a set of guidelines to ensure safe products of high quality are produced consistently and refers to the manufacture, labelling, quality control, personnel and distribution of finished products. GMP's are implemented through a series of Standard Operating Procedures (SOP's), step-by-step procedures for each and every operation known. It is not unusual for companies to have several hundred SOP's. SOP's minimize risk assessment. Similarly, quality assurance/quality control (QA/QC) are the foundation of every GMP. AOR meets and/or exceeds GMP requirements and has a site licence issued by NHPD as proof of compliance . AOR's products are prescribed by MD's and ND's as well as supported by progressive retailers because of AOR's commitment to innovative research and scientific integrity.

Q I have heard about GMP's. Does AOR comply with GMP's and what does it mean to a consumer?



References

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