

Setria Glutathione, manufactured by Kyowa Hakko Bio Co. Ltd., is a clinically studied form of glutathione that, when taken orally, has been shown to replenish the body's reserves, which may be depleted as a result of poor lifestyle choices, stress or natural aging. Glutathione helps protect cells in the body from the damaging effects of oxidative stress and toxins. Setria Glutathione is manufactured through a patented fermentation and patent-pending for increasing natural killer (NK) cell activity, is pure, vegetarian and allergen-free.

Dr. Richie has studied glutathione for more than 25 years, and his body of research focuses primarily on fighting oxidative stress, which is a contributing factor to most fatal diseases. "It is well known in the science community that glutathione is one of the primary protective molecules in the body; however, whether or not glutathione levels could be supplemented by oral glutathione administration has been hotly debated, and clinical data has been lacking" says Richie. "Now, we have evidence to illustrate the potential benefit of glutathione supplementation on improved immune health, potentially decreased risk of cancer, and reduction of other diseases related to oxidative stress." —*Kyowa Hakko USA*, www.kyowa-usa.com

Combine Ribose, Caffeine

Although caffeine, ribose and glucose provide energy benefits, Bioenergy Life Science researchers may be the first to test these ingredients in a fatigue model. The goal is to assist product formulators by determining the best possible ingredient synergies.

"In previous studies, the effects of these ingredients were evaluated on people under normal conditions," explains Alex Xue, Ph.D., Bioenergy Life Science executive vice president and chief technology officer. "What made

this fatigue model experiment different was that it showed us what happens when you give caffeine and /or ribose to subjects who are already fatigued and have used up their energy reserves. That's relevant, because it is a more real-world example of how these products are used."

Scientists used a standard mice fatigue model, because research has shown that ribose and caffeine have similar impacts on mice and humans. For three days prior to the start of the experiment, mice swam to the point of exhaustion, so their energy reserves were low. Then they swam twice a day (morning, afternoon) for three days. On day four, they received their normal diet plus one of four treatments: glucose only, caffeine only, ribose only, and then a 50-50 combination of ribose and caffeine. Results showed that the ribose-caffeine combination boosted subsequent swim times by 150%.

Sodium, Heart Health

Sodium intake worldwide continues to be of concern and public health authorities believe it may be linked to cardiovascular disease risk. The American Heart Association addressed the issue last summer and hosted key thought leaders at a special conference. Conference proceedings were recently published in the May 2014 edition of *Circulation*. The group's top priorities are to increase consumer understanding about reduced sodium intake and to promote food technologies that reduce sodium. Tate & Lyle attended the event and showcased SODA-LO Salt Microspheres, which can reduce sodium by 25 to 50% in breads, salty snacks and other foods. SODA-LO is a patented technology transforming standard salt crystals into free-flowing, hollow salt microspheres that efficiently deliver salty taste by maximizing surface area relative to volume.

—*Tate & Lyle*, www.tateandlyle.com **NS**

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