

Q: I'm confused about **IP-6** dosages. The label on your **IP-6** capsules suggests three per day, which is 1500 mg; your **IP-6** powder bottles suggest one to two grams a day, which is about the same. But another company is suggesting that people take eight or more grams daily. Why do you suggest such a low dose?



A: We suggest a dose between one and two grams (such as 1500 mg) per day, with dosages up to twice this (4g daily) being reasonable if a qualified health professional recommends it. While **IP-6** is a remarkably safe nutrient and we know of no specific dangers associated with higher dosages, there is also no research to justify extremely high intakes. We base our suggested dose on the extensive studies on the use of **IP-6** as a cancer preventative and treatment in laboratory animals.

Animal studies have administered **IP-6** by dissolving it in the animals' drinking water, because it is ineffective if taken with food. But because **IP-6** is not tasty stuff, the animals will not drink the **IP-6** solution if the concentration is more than 1%, and the most common dose has been less than half of this (0.4%). At this concentration, and granted how much water the animals drink in a day, it ends up that lab animals administered **IP-6** this way end up consuming the equivalent (in a 150 pound human) of about 500 to 1000 mg per day in most studies, with the highest dose being equivalent to no more than 2500 mg daily.

Taking more than (say) twice this dose has no experimental justification of which we're aware. Companies suggesting higher intakes are engaging in either wild, groundless speculation ("If a little is good, then a whole bunch is *really* good!"), or an unethical method of boosting supplement sales.

However, there is another point to be made about **IP-6** dosing. Until recently, the label on our **IP-6** powder has been in error. The old label says that *one teaspoon* contains 1000 mg of **IP-6**, and suggests one to two *teaspoons* daily. This was a mistake. While we do recommend 1000 to 2000 mg of **IP-6** daily, one *teaspoon* of the powder actually contains **4000 mg** of **IP-6**.

The confusion arose because every bottle of our **IP-6** powder once came with a 1/4 teaspoon scoop, which provided 1000 mg of **IP-6**; at the time, the label read, "Take one to two *scoops* of **IP-6** powder daily." When we stopped including the scoop with the bottle, the label should have been changed to "1/4 *teaspoon*," rather than "1 *teaspoon*," to provide the same 1000 to 2000 mg per day.

As noted above, while an eight gram (two *teaspoons*) dose of **IP-6** powder per day is not likely to be toxic, it is also not scientifically justifiable. The current label has been corrected accordingly. We apologize for the confusion. Our suggested dose remains one to two grams of **IP-6** per day, as three capsules or a total of 1/2 tsp of powder.

Q: I've just discovered your company, and I'm amazed by your novel line of supplements! What else have you got in the works?

A: Glad you asked! In addition to our recent release of **I-3-C (indole-3-carbinol)**, for safer estrogen balance) and **Prostaphil** defined pollen extract (which evidence suggests is uniquely helpful herbal support

in prostate health), and the supplements announced and reannounced in this issue (including the improved **TriphLAX**, the new Ayurvedic detoxification formula **D-LAX**, the brain phospholipid booster **Citocoline**, and Canada's first complete E-complex formula, **Total E**), Holistic will shortly be releasing:

Carnosine, a simple dipeptide with astounding potential as a new weapon in the fight against aging;

Bearlic European wild garlic (*Allium ursinum*), now shown in animal models to provide better nutritional support for healthy blood pressure than extracts of domesticated garlic species, conventional or "aged"; and

Guggulin, the only guggul product which achieves a remarkable 18% E and Z guggulsterones while still maintaining the full spectrum of active ingredient "peaks."

We will also soon release a reformulation of our classic **Calcium-Magnesium Plus** bone support formula. The new version which will still feature **ossein microcrystalline hydroxyapatite (MCHA)**, the best calcium source for supporting bone health, but will also include concentrated plant extracts, rich in bone-friendly vitamins and minerals which are difficult to find in the mainstream Canadian "cal/mag" pills.

Watch for these and other innovative new products from Holistic in the new year!

We want to hear from you!
Send all questions to:

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