



FOR MEN

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MEN

I recently attended a gathering of my peers. There, each of us discussed, and some presented, the newest thoughts in holistic health and nutrition. As I was giving my talk and looking around the room at the audience, I realized how different each of us are in our personal pursuit of knowledge and life itself.

I have always separated men and women when it came to their nutritional requirements. I learned long ago, based on my experience, that each gender has different needs when it comes to maintaining good health.

Men, because of the way that society has cast them, generally have more physically strenuous jobs, and/or responsibilities than women. However, I have counselled some women who have had extremely strenuous jobs, including the physical work done on domestic levels, so nutritional exceptions do exist.

One's behavior, lifestyle and interaction with the environment all impact the body. The inherent tension and stress, combined with years of poor health behavior (such as smoking), seriously impair the ability of the body to maintain homeostasis. For these reasons, we have designed a unique daily supplement for men that takes into consideration differences and circumstances.

NUTRITIONAL NEEDS

Most of the 1-a-day type supplements that are in the marketplace today overlook the unique male circumstances, like a larger body size and more physical activity that are a part of a man's life, and the special nutritional needs that evolve from those events. A bigger body requires more energy to move it and more nutrients to repair and maintain it.¹ Also, in comparing any two people with different levels of physical activity, the one who is more physical has a higher energy requirement.²

No matter how different people are in size, appearance, activity, race or age they all need the *same* nutrients; what differs considerably is the *amount* of nutrients needed.³ A wide variation in total nutrient needs for each family member is probable.

Another problem that I have encountered with 1-a-days, is the very low content of minerals. Personally, I feel that this gives a false sense of mineral security. What I mean is that people take a 1-a-day and think that they are getting everything they need to be healthy in one tablet. This is NOT TRUE (for more data on the value of minerals, read **FACTORS OF LIFE**[®]-- *Self Care News*[®], "Minerals").

Health is more than the absence of disease.⁴ The word *wellness* is often used to mean optimal health and living the sort of life-style that engenders it. Wellness means taking responsibility for one's health, preventing accident and illness, and knowing when to consult a health-care professional.⁵ Wellness

also encourages consumer awareness and environments conducive to health-promoting behavior.⁶ Lifelong good health is not something that just happens.

Those of us involved in nutritional counselling are well aware of the need for certain nutrients at special times. Every time we form a nutritional program for someone, we draw on this knowledge and understanding.

The clear-cut examples of this truth are demonstrated in the varying amounts of zinc, calcium, B-complex, pantothenic acid and the lipotropic vitamins that are needed at the different age levels of growing children and adults.

During their pre-teen years, children need higher amounts of nutrients, especially those that participate in the growth of the bones and reproductive systems. Growth increases the need for structural materials such as protein and minerals, calories (since energy is needed to build body tissue), and nutrients to help regulate body processes.⁷

Zinc, during this time period, is also important because of its role in skin care and the role it plays in the immune system. Zinc promotes the health of lymphoid tissue and normal delayed hypersensitivity reaction.⁸ Another name for delayed hypersensitivity is cell-mediated immunity (CMI), one of the two general types of immunity in the body.⁹

Pantothenic acid should also be increased to help the teenager deal with the physical stresses of growing up, and for its contribution in the production of energy. So, our requirements for additional pantothenic acid, calcium, B-12, iron and zinc are also increased. During this same period of time, a solid base of the lipotropic vitamins is also desirable.

NUTRITIONAL SUPPORT

Now, with this basic understanding in hand, let us look at the **MICHAEL'S**[®] DAILY NUTRITIONAL PROGRAMS. This group is FOR MALES ONLY:

FOR MEN FOR TEEN BOYS FOR PRE-TEEN BOYS

As you may have noticed, some of the nutrients are higher in these formulas than are available in other multiples. This is noticeable in the B Vitamin complex. In most 1-a-days, the B Vitamins are all the same dosage, but not in these formulations.

THE ESSENTIAL NUTRIENTS OF LIFE

BETA CAROTENE is the preferred source for vitamin A for a number of very important reasons. First, beta carotene is non-toxic; the body converts beta carotene into vitamin A only as it's

needed. Beta carotene is also one of the antioxidant nutrients much like vitamin C, vitamin E and Selenium. As an antioxidant, it has the ability for negating the effects of free-radicals and the damage that would otherwise be caused to the body due to their existence.

VITAMIN A is a fat-soluble nutrient which plays an important role in the immune system and the healthy formation of bones, teeth, skin and for the maintenance of the outer layer of many tissues and organs. Vitamin A is necessary for the eyes and night vision. It is good for the growth and repair of body tissues, for healthy hair, and vitality.

B -COMPLEX nutrients help the nervous system function, and are essential for healthy skin and muscle tone. They help keep the hair and eyes healthy. They must be present for the proper functioning of the liver, the gastrointestinal tract and carbohydrate-fat-protein metabolism. They are also known for their contribution to enhance energy.

VITAMIN B-1 is necessary to keep the mouth, skin, eyes and hair healthy. It is needed for carbohydrate metabolism. Vitamin B-1 is essential for nerve tissues, muscles, digestion and for the normal functioning of the heart.

VITAMIN B-2 is important in the metabolism of fats, carbohydrates and proteins. It aids in the formation of red blood cells and antibodies, and is good for healthy eyes, hair, skin and nails.

VITAMIN B-6 is necessary for the metabolism of fats- carbohydrates-proteins. It is necessary for healthy skin, the nerves and muscles, and aids in antibody formation and digestion.

VITAMIN B-12 helps form normal red blood cells, and a healthy nervous system. It helps the body metabolize fats, carbohydrates and proteins more effectively.

BIOTIN (VITAMIN H) It is needed for fatty acid biosynthesis, and for the metabolism of carbohydrates-fats-proteins. Biotin is necessary for healthy skin.

CHOLINE is important to the metabolism and transport of fats and cholesterol. This B complex nutrient is involved in normal nerve transmission, gall bladder regulation and lecithin formation. It is also necessary for the hair and the thymus gland.

FOLIC ACID is necessary for growth, the division of cells and for the formation of red blood cells. It helps with reproduction and growth, and is necessary for the health of the glands and the liver.

INOSITOL is important for hair growth, the metabolism of fats and cholesterol and for the formation of lecithin.

NIACIN is a B-complex nutrient which promotes growth, and the proper functioning of the nervous system. It participates in maintaining the

health of the skin and the digestive system. It is another nutrient which aids in the healthy metabolism of fats, carbohydrates and proteins.

PANTOTHENIC ACID stimulates growth, contributes to energy functions and is necessary for the skin.

VITAMIN C has many uses in the body. It increases the absorption of iron, and helps in the production of collagen and is essential for the immune system. Vitamin C is needed for healthy teeth, gums and bones while strengthening the blood vessels.

VITAMIN E protects fat soluble vitamins, and red blood cells. It works with other nutrients that help prevent blood clots, and maintains healthy nerves and muscles while strengthening the capillary walls. Vitamin E is essential for the hair, skin and mucous membranes.

VITAMIN D is very important in infancy and childhood because it functions in the assimilation of calcium which is essential in healthy bone formation at all ages. It improves muscle strength. It is essential for the parathyroid glands, the teeth and for normal mineralization of bone and cartilage.

ZINC aids in the digestion and metabolism of phosphorus and protein. It is a component of insulin and of male reproductive fluid. It is necessary for the healing processes involved with burns and wounds, and it is involved with prostate gland functions and carbohydrate digestion.

IODINE is an essential part of the hormones thyroxine and triiodothyronine. These hormones are required for normal growth and development and for maintenance of a normal metabolic state.

COMPLEMENTARY COMBINATIONS

For additional support, I recommend **MICHAEL'S® MULTI-MINERALS AND HERBS**. This formula contains a variety of the body's essential minerals, complemented with the herbs alfalfa, red clover, and marshmallow root, all known for the healthful attributes.

CALCIUM is a mineral which is necessary for healthy, strong bones and teeth. Other functions of the calcium ion include its influence in blood coagulation, neuromuscular excitability, cellular adhesiveness, transmission of nerve impulses, maintenance and function of cell membranes, and activation of enzyme reactions and hormone secretion.

CHROMIUM is involved in carbohydrate, lipid, and nucleic acid metabolism. It functions in carbohydrate and lipid metabolism as a potentiator of insulin action. In nucleic acid metabolism, it is postulated to be involved in maintaining the structural integrity of the nuclear strands and regulation of gene expression.

IRON is essential to vertebrate forms of life because its role in the heme molecule is central in permitting oxygen and electron transport. Iron is necessary for protein metabolism, immune system resistance, growth, healthy teeth, skin, nails and bones. It is also needed for the formation of hemoglobin and myoglobin.

MAGNESIUM is essential for the normal metabolism of potassium and calcium. It is also required for the mobilization of calcium from bone. When it is absorbed and retained, it is used for tissue growth, which includes bone growth, and for turnover replacement. Magnesium plays a key role as an essential prosthetic group in at least 300 enzymatic reactions in intermediary metabolism.

MANGANESE promotes enzyme activation. High levels of this nutrient can be found in the bones, liver and pituitary gland.

PHOSPHORUS plays fundamental roles in modifying the development and maturation of bone, in governing renal excretion of hydrogen ions and in modifying the effects of the B vitamins. Also, this mineral is essential for the metabolism of carbohydrate, fats and protein. Because it plays a role in bone resorption, mineralization and collagen synthesis, it plays an integral role in calcium homeostasis.

POTASSIUM is stored almost entirely within the lean tissues, where it serves as the dominant intracellular cation.

SELENIUM preserves tissue elasticity, and works with Vitamin E. Like vitamin A, C, and E it is an anti-oxidant.

UNSATURATED FATTY ACIDS are essential for growth, but can not be synthesized by the body. Of the essential fatty acids, only linoleic acid must be included in the diet. The others, linolenic and arachidonic, can be synthesized in the body with linoleic acid.

Sources Cited:

^{1,2,3,7,9} C.J. West Suitor, M.S., R.D. and M. Forbes Crowley, R.N., M.S. (1984). Nutrition: Principles and Application in Health Promotion. Philadelphia: J.B. Lippincott Co. pp.11, 267.

^{4,5,6} Brehm, Barbara A., Essays on Wellness. p.7.

⁸ Chandra RK: Immunodeficiency in undernutrition and overnutrition. Nutr. Rev 39:225, 1981



For Pre-Teen Boys

Supplement Facts

Serving Size: One (1) Tablet

| Amount Per Serving | % Daily Value |
|---|---------------------|
| Vitamin A (as Beta Carotene) | 5,000 IU 200% |
| Vitamin C (as ESTER-C [™]) | 200 mg 333% |
| Vitamin D (as Calciferol) | 400 IU 100% |
| Vitamin E (as d-alpha Tocopheryl Succinate) | 50 IU 167% |
| Pantothenic Acid (as Calcium Pantothenate) | 40 mg 400% |
| Thiamin | 20 mg 1332% |
| Riboflavin | 20 mg 1176% |
| Niacinamide (as Nicotinamide) | 20 mg 100% |
| Vitamin B-6 (as Pyridoxine) | 20 mg 1000% |
| Folic Acid (as Folate) | 400 mcg 100% |
| Vitamin B-12 (as Cobalamin) | 200 mcg 3332% |
| Biotin | 20 mcg 7% |
| Zinc (as PICT-ZINC [™]) | 7 mg 46% |
| Essential Fatty Acids (from Flax Seed) | 50 mg |
| (7% gamma Linolenic Acid, 64% Linoleic Acid) | |
| Bioflavonoids (from Citrus) | 50 mg |
| Inositol | 20 mg |
| Choline (as Choline Bitartrate) | 20 mg |
| PABA (Para-aminobenzoic Acid) | 20 mg |
| Pumpkin Seed (Cucurbita pepo) | 20 mg |
| Urnium Root (Aletria farinosa) | 20 mg |
| Sarsaparilla Root (Smilax officinalis) | 10 mg |
| Ginseng Root (Panax ginseng) | 10 mg |

*Daily Value not established.
[™]A Trademark of Inter-Cal Corp.
[™]A Trademark of InterHealth Co.
 OTHER INGREDIENTS: Dicalcium Phosphate, Terra Alba (Calcium Sulfate), Magnesium Stearate and Stearic Acid.



For Teen Boys

Supplement Facts

Serving Size: Two (2) Tablets

| Amount Per Serving | % Daily Value |
|---|----------------------|
| Vitamin A (as Beta Carotene) | 10,000 IU 200% |
| Vitamin C (as ESTER-C [™]) | 200 mg 333% |
| Vitamin D (as Calciferol) | 400 IU 100% |
| Vitamin E (as d-alpha Tocopheryl Succinate) | 100 IU 333% |
| Pantothenic Acid (as Calcium Pantothenate) | 80 mg 800% |
| Thiamin | 40 mg 2664% |
| Riboflavin | 40 mg 2352% |
| Niacinamide (as Nicotinamide) | 80 mg 400% |
| Vitamin B-6 (as Pyridoxine) | 40 mg 2000% |
| Folic Acid (as Folate) | 400 mcg 100% |
| Vitamin B-12 (as Cobalamin) | 500 mcg 8330% |
| Biotin | 40 mcg 13% |
| Zinc (as PICT-ZINC [™]) | 15 mg 100% |
| Choline (as Choline Bitartrate) | 80 mg |
| Inositol | 80 mg |
| Essential Fatty Acids (from Flax Seed) | 50 mg |
| (7% gamma Linolenic Acid, 64% Linoleic Acid) | |
| Bioflavonoids (from Citrus) | 50 mg |
| PABA (Para-aminobenzoic Acid) | 40 mg |
| Pumpkin Seed (Cucurbita pepo) | 30 mg |
| Ginseng Root (Panax ginseng) | 30 mg |
| Saw Palmetto Berry (Serenoa serrulata) | 20 mg |
| Sarsaparilla Root (Smilax officinalis) | 20 mg |
| Rutin | 15 mg |
| Damiana Leaf (Turnera aphrodisiaca) | 15 mg |
| Hesperidin | 10 mg |

*Daily Value not established.
[™]A Trademark of Inter-Cal Corp.
[™]A Trademark of InterHealth Co.
 OTHER INGREDIENTS: Dicalcium Phosphate, Stearic Acid and Magnesium Stearate.

For Men

Supplement Facts

Serving Size: Two (2) Tablets

| Amount Per Serving | % Daily Value |
|---|----------------------|
| Vitamin A (as Beta Carotene) | 15,000 IU 300% |
| Vitamin C (as ESTER-C [™]) | 300 mg 500% |
| Vitamin D (as Calciferol) | 400 IU 100% |
| Vitamin E (as d-alpha Tocopheryl Succinate) | 200 IU 667% |
| Thiamin | 75 mg 4410% |
| Niacinamide (as Nicotinamide) | 150 mg 750% |
| Riboflavin | 75 mg 3750% |
| Vitamin B-12 (as Cobalamin) | 500 mcg 8330% |
| Biotin | 500 mcg 167% |
| Pantothenic Acid (as Calcium Pantothenate) | 150 mg 1500% |
| Folic Acid (as Folate) | 400 mcg 100% |
| Iodine (from Kelp) | 150 mcg 100% |
| Saw Palmetto Berry (Serenoa serrulata) | 200 mg |
| Sarsaparilla Root (Smilax officinalis) | 200 mg |
| Bioflavonoids (from Citrus) | 150 mg |
| Choline (as Choline Bitartrate) | 150 mg |
| Inositol | 150 mg |
| Essential Fatty Acids (from Flax Seed) | 100 mg |
| (7% gamma Linolenic Acid, 64% Linoleic Acid) | |
| Damiana Leaf (Turnera aphrodisiaca) | 100 mg |
| Dandelion Root (Taraxacum officinale) | 100 mg |
| Ginseng Root (Panax ginseng) | 100 mg |
| Licorice Root (Glycyrrhiza glabra) | 100 mg |
| Pumpkin Seed (Cucurbita pepo) | 100 mg |
| PABA (Para-aminobenzoic Acid) | 75 mg |
| Parsley Leaf (Petroselinum sativum) | 50 mg |
| Betaine Hydrochloride | 35 mg |
| Hesperidin | 25 mg |
| Rutin | 25 mg |

*Daily Value not established.
[™]A Trademark of Inter-Cal Corp.
 OTHER INGREDIENTS: Dicalcium Phosphate, Maltodextrin, Stearic Acid and Magnesium Stearate.

