Resources for Implementing Full-Spectrum Antioxidant Therapy

Many vendors, many of whom can be accessed via the web, sell either spirulina or various antioxidant supplements suitable for use with Full-Spectrum Antioxidant Therapy. The two largest U.S. manufacturers of high-quality spirulina, Earthrise and Cyanotech, have informative websites, as does Parry Nutraceuticals, which grows spirulina in India:

http://earthrise.com/home.asp

http://cyanotech.com/

http://www.parrynutraceuticals.com/

NutriGuard Research, a small mail-order nutraceutical supplier, has designed several novel products that are appropriate for use with Full-Spectrum Antioxidant Therapy:

Chocolatl Verde is a powder that can be blended with soy milk or other suitable fluids. Each serving features 15 g of Earthrise spirulina, whose flavor is masked by an equal amount of cocoa powder. This product also features physiologically meaningful amounts of cocoa flavanols, taurine, soy isoflavones, and chlorogenic acid (from green coffee bean extract). A technical rationale for this product is posted here: http://www.nutriguard.com/chocolatl_verde.pdf.

AquaFol is a powder that can be blended with water to provide a source of folic acid and vitamin B12 that can be added to foods and beverages. To use this product in the context of Full-Spectrum Antioxidant Therapy, ignore the label instructions; blend a scoop (1/2 teaspoon) into water or a beverage and consume. Each scoop contains 40 mg of folate (the daily dose employed by Dr. Kurt Oster) and 200 mcg vitamin B12. The high dose of B12 should correct any pre-existing B12 deficiency, and thus prevent high-dose folate from masking such a deficiency.

LipoCys provides 300 mg each of alpha-Lipoic Acid and N-AcetylCysteine per capsule. Recommended use is 1-3 caps twice daily with meals. The intent of this product is to boost intracellular glutathione levels while promoting phase 2 induction.


Mea Culpa: Mark McCarty, a principal of the International Phycobilin Society, is co-founder and owner of NutriGuard Research. These products are sold at a moderate mark-up over cost, and are not patented.

The best assimilated current source of coenzyme Q10 appears to be a micellized ubiquinolin product sold under the trade name Quinogel™ by the company Epic4Health. Here is their website: http://www.epic4health.com/50qusoubcohk.html. Phone: 1-800-866-0978.