Standard Process Inc. Sponsors Plenary Session at National Foundation for Women Legislators Annual Conference on Women Veterans' Health

Standard Process Inc. sponsored a plenary session at the National Foundation for Women Legislators (NFWL) annual conference, which took place November 15 to 18, 2012, in Atlanta, Georgia. Friday's plenary session titled "Leading from the Front … Transforming Care for Women Veterans," reinforced the initiatives implemented by the Department of Veterans Affairs to create a patient-centered approach of integrative health care that is effective, affordable and accessible.

"I have personally seen the health challenges our veterans face after returning from active duty and it is heartbreaking," said Charlie DuBois, Standard Process president. "We sponsored this session because we want to communicate why we think it's necessary to create integrative health care options that provide female veterans with solutions to help ease their health struggles."

DuBois was joined by a group of panelists including John Hale, chief communications officer, Department of Veteran Affairs; Lynn Lafferty, PharmD, CNC, ND, Nova Southeastern University; Retired Brigadier General Rebecca Halstead, STEADFAST Leadership LLC; Carol Ann Malizia, DC, Girls, Gals, Gurus; and Judi Kosterman, PhD, WestCare Foundation, to provide evidence to the legislators as to why patient-centered care is so imperative. Case studies and examples demonstrating patient-centered care effectiveness, and solutions on how to make it more available were presented.

Halstead shared her personal journey of wellness with the NFWL members, telling the audience, "I have my smile back. I have my quality of life back. I am no longer defined by my disease. I am defined by my purpose. If I had only

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Tests Show Many Milk Thistle Supplements Low in Key Component

Recent tests by ConsumerLab.com of 11 milk thistle supplements show that only 4 met ConsumerLab.com's quality standards. One product had an unacceptable amount of lead, and 6 products did not contain expected amounts of silymarin compounds, which are believed to be the active constituents of milk thistle. Studies suggest that silymarin may be helpful in type 2 diabetes and certain liver conditions, and may protect the liver from toxic effects of chemotherapy. While most products claimed that their milk thistle extracts were standardized to 80% silymarin, ConsumerLab.com found actual amounts to range from 48% to 67%. Sales of milk thistle in the US were $108 million in 2011, up 10.2% from the prior year according to the latest figures from Nutrition Business Journal.

Many supplement makers appear to be using substandard milk thistle extract ingredient in their products. This can happen if they rely on nonspecific tests, such as UV spectrophotometric analysis, which falsely inflate the silymarin content of an extract by counting other compounds that are not silymarin. In contrast, ConsumerLab.com used a highly specific HPLC method to test the products. Some milk thistle ingredient suppliers offer a higher-priced extract (certified with the HPLC test) and a lower-priced extract (certified with the nonspecific UV test). The FDA does not set standards for the quality of herbal supplements nor specify how they must be tested, so manufacturers may choose either form of milk thistle. Consumers normally have no way of knowing which form they purchase other than from ConsumerLab.com's independent reports.

ConsumerLab.com's Product Review of Milk Thistle Supplements can be found at https://www.consumerlab.com/reviews/milk_thistle_and_liver_supplements/milkthistle. The report provides information on how to choose and use these supplements as well as test results, quality ratings, and product comparisons for the following 11 supplements selected for testing by ConsumerLab.com:

- Bluebonnet Herbals Milk Thistle Extract
- Dr. Whitaker Milk Thistle Liver Cleanse
- Jarrow Formulas Milk Thistle Extract 30:1
- Natrol Milk Thistle Advantage
- Natural Factors Milk Thistle Extract 80% Silymarin
- Nature's Plus Milk Thistle Extended Release
- NutriCology Phyllanthus Complex
- Pure Encapsulations Silymarin Milk Thistle Extract
- Rainbow Light Milk Thistle Plus
- Shaklee Liver DTX Complex
- Trunature (Costco) Milk Thistle

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