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- [As Digestive and Immune Health Conditions Share Qualities, Larch Arabinogalactan-based Ingredients Lead the Way](#)
- [Larch: the versatile prebiotic fibre](#)
- [Carnipure™-Sponsored Triathlete, Max Longree, Takes Third Place at Ford Ironman Coeur d'Alene](#)
- [New study shows low-dose Carnipure™ supplementation prevents decrease in plasma L-Carnitine concentration during pregnancy](#)
- [Upcoming Trade Shows and Conferences](#)

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At a recent nutrition trade show, I was part of numerous discussions regarding immune and digestive health, as well as the synergy between these two markets. Over the past few years, more and more companies, including those that offer functional foods and beverages, have begun to realize the relationship between immune and digestive systems and have kicked their R&D efforts directed at these two systems into overdrive. These same companies and many others offering health products were first propelled by probiotics and now prebiotics, along with the awareness that good gut health can positively affect immune health; to target the immune and digestive health markets.

This issue of *Nutrition News* will highlight Lonza's position within these markets. With two Larch Arabinogalactan (LAG)-based products, we've recently developed and launched an ingredient that plays a significant role in [immune health modulation](#). This provides a seamless complement to its counterpart, which offers important prebiotic effects for [maintaining sound digestive health](#). Of course, you can access more information about LAG - and all of our ingredients, including Carnipure™, Niacin and Niacinamide - by visiting www.LonzaNutrition.com.

I encourage you to read through this newsletter to learn more about Lonza's products, each of which is backed by industry-leading science and research. As always, please feel free to respond with any comments, questions or suggestions.

Best regards,



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As Digestive and Immune Health Conditions Share Qualities, Larch Arabinogalactan-based Ingredients Lead the Way

By: Bryan Rodriguez

Nutrition ingredient news and technology seem to move at a torrid pace. Between gut health, immune health and Omega-3 products alone, it can be tough to keep up with the amount of data each ingredient and health condition generates. Interestingly though, we're seeing at least one of these categories — prebiotics — generate news in more than one prominent market.

I have often referred to the gut as the "window to the body." Gut health can, it seems, provide further insight into the body's health. Specifically, stimulating gut health continues to show a connection to improving immune health. Personally, my specialty is in the prebiotic landscape, where I have worked for years in developing and refining FiberAid™, a prebiotic ingredient composed of Larch Arabinogalactan from the Eastern Larch tree. Though probiotics have gained the lion's share of the attention, prebiotics are carving a growing niche in the industry. Consumers have learned that prebiotics can boost gut health by serving as the "food" that positively stimulates probiotic bacteria in the gut. Specifically, FiberAid™ promotes an increase in beneficial microflora, such as Lactobacilli, Bifidobacteria and total anaerobes. These microflora stimulate positive gut health, providing fuel for the digestive system to operate smoothly. Now, as we promote and increase health to the gut, we start to see intended results in other health systems.

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[Back to Top](#)

Larch: the versatile prebiotic fibre

As studies continually emerge touting the numerous benefits of a high-fibre diet, health-conscious consumers have taken notice and are basing more of their food choices on fibre content. Bryan Rodriguez investigates a novel prebiotic fibre's characteristics for foods and beverages.

Food-product developers consistently seek new methods and ingredients to help incorporate fibre into packaged goods, seeking to win over fickle consumers with

great-tasting, health-promoting foods. Increasing fibre content can present a significant set of challenges, because the increased fibre content should not sacrifice variables that affect the product, such as taste, colour, aroma or mouthfeel.

[Read more](#)

[Back to Top](#)

Carnipure™-Sponsored Triathlete, Max Longree, Takes Third Place at Ford Ironman Coeur d'Alene

Max Longree, a [Carnipure™](#)-sponsored athlete, recently earned third place in the Ford [Ironman Coeur d'Alene](#) with a time of 8:50:19. The event took place in Idaho on June 21st. Comprised of a 2.4 mile swim, 112 mile bike and 26 mile run, the Coeur d'Alene is designed to test the farthest limits of even the most well-trained and conditioned athletes.



Photo Credit: Multipower

The German [Longree](#) is known for his sub-2:50 marathon times. Having turned pro after several top-10 Ironman finishes, including a world record setting amateur time of 8:41:02 at the Kona Ironman competition in 2006, Longree is a rising star on the Ironman landscape. A true performer, he finished third in his first-ever pro Ironman competition. In 2008, he claimed his first victory at the Ford Ironman Louisville, Kentucky event.

Longree's Carnipure™ supplementation is designed to facilitate continual energy synthesis and recovery, therefore allowing him to optimize his performance during consistently taxing cardiovascular challenges. As Carnipure™ is critical for fat and energy metabolism, an increasing body of research shows that it aids in exercise performance, therefore helping everyone from elite athletes to recreational "weekend warriors."

[Back to Top](#)

New study shows low-dose Carnipure™ supplementation prevents decrease in plasma L-Carnitine concentration during pregnancy

A new study provides evidence that daily supplementation with 500 mg Carnipure™ tartrate, a special form of L-Carnitine produced by Lonza, prevents the decline of plasma L-Carnitine concentration in women from week 12 of pregnancy up to delivery. Previous studies already have shown the decrease of plasma L-Carnitine concentration during the course of pregnancy. Published in an advance online issue of the European Journal of Clinical Nutrition on June 3, 2009, the new research was conducted by the Institute of Agricultural and Nutritional Sciences at the Martin-Luther University Halle-Wittenberg in Germany.

Why plasma L-Carnitine concentration decreases during pregnancy is not fully known. However, the results of the above-mentioned study indicate that an inadequate iron status during pregnancy may lead to a reduction in L-Carnitine biosynthesis, as iron plays a key role in L-Carnitine biosynthesis. Scientific evidence from previous studies indicates that restoring plasma levels through Carnipure™ supplementation during pregnancy may also help prevent the

development of gestational diabetes, especially in overweight women, by decreasing elevated plasma free fatty acids.

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[Back to Top](#)

Upcoming Tradeshows and Conferences:

SupplySide West

November 11-13, 2009

Las Vegas, Nevada

<http://www.supplysideshow.com/west/>

Expo East

September 23-26, 2009

Boston, Massachusetts

<http://www.expoeast.com>

[Back to Top](#)

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