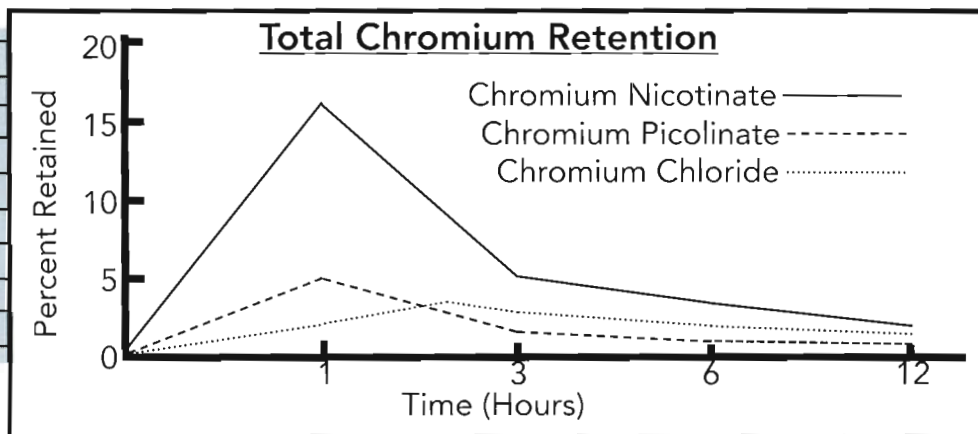


# OptiZinc By Dr. Greg Shepard ChromeMate



OptiZinc is zinc monomethionine and is a patented 1:1 complex of zinc and methionine which is an essential amino acid that enhances zinc absorption. If you bind zinc with two molecules of methionine, it would result in a compound which would be quite insoluble and poorly absorbed. So please, do not confuse OptiZinc with zinc methionate which has the two molecules of methionine.

OptiZinc is absorbed better, retained longer and more effective than other zinc supplements tested. OptiZinc stimulates growth, enhances immunity and improves overall health.

The potent combination of zinc and methionine helps quench harmful free radicals. Both are recognized antioxidants. OptiZinc was the first zinc supplement shown to reduce excess free radical production in humans. There was no adverse effects on copper levels, a problem with other zinc supplements.

Another amazing quality of OptiZinc is its resistance to binding to dietary fiber. Research shows a high-fiber meal can inhibit zinc absorption, reducing it to under 3%. Independent studies show OptiZinc RESISTS dietary fiber and increases zinc absorption better than other zinc supplements tested.

Perhaps most remarkable is the fact that OptiZinc is so safe. It's the only high potency zinc supplement FDA-approved for human nutrition. And, unlike zinc picolinate, OptiZinc won't cause anemia or increase lead levels like zinc citrate. OptiZinc is so unique, it's covered by three patents (U.S. Patents 3,941,818 - 4,021,569 - 4,764,633)

I've tried to make Upper Limit Antioxidant and Upper Limit ChromeMate Plus elite nutritional products. I've also put L-carnitine in ChromeMate Plus, a fat burning Amino Acid. So there you have it. Two products that when taken together will make an athlete or anyone more healthy, increasing the quality of life.. They are also designed, formulated and patented to increase, performance, lean muscle mass and reduce fat. And remember, if you can use our volume discount program as explained on page 57, the investment of these two marvelous products is less than 66¢ per day!

If you would like to delve into the research on chromium and zinc, I have compiled a 120-page research compendium. Order information is listed below.

ChromeMate® niacin-bound chromium (chromium polynicotinate) is a unique source of performed, biologically active chromium. It was developed nearly a decade ago and is patterned after the research of Dr. Walter Mertz, the discoverer of Glucose Tolerance Factor (GTF), the biologically active form of chromium. Based on the 17 years of research I've received, I am convinced that ChromeMate is vastly superior to chromium picolinate which is being promoted by many multi-level companies.

For example, Researchers at the University of California, at Davis have tested several chromium complexes and concluded that ChromeMate niacin-bound chromium, is significantly more bioavailable than chromium picolinate and chromium chloride. These findings were announced about a year ago and were corroborated. If your body can't absorb and retain this all important nutrient and have it available for use, then what good is it? Above is a graph from that study.

Our chromium nicotinate complex retained 311% more chromium than chromium picolinate and 672% more than chromium chloride.

Other research showed even other Niacin-bound chromium compounds vary. Without getting too technical, it is the shape of the GTF complex which is the important factor in determining the presence or absence of biological activity. ChromeMate® was found 18 times more potent than other chromium-niacin complexes tested.

Dr. Mertz discovered that niacin combined with chromium made it biologically active. An added benefit is niacin-bound chromium strongly potentiates insulin - chromium's most vital function while chromium chloride and chromium picolinate do not.

Simple forms of chromium are poorly absorbed and do not activate insulin. Athletes are at increased risk of have a chromium deficiency. That's why I've put ChromeMate in Upper Limit Antioxidant and Upper Limit ChromeMate Plus. It is performed GTF and provided a highly bioavailable/biologically active source of dietary chromium. Biologically active chromium enhances the action of insulin, an important anabolic or muscle building hormone.

ChromeMate also significantly reduces serum cholesterol levels and improves total cholesterol/HDL ratios. ChromeMate has been aptly named "The Patented Cholesterol Fighter". In fact, ChromeMate is the world's only patented yeast-free GTF chromium product (U.S. Patent 4,923,855). And ChromeMate is the ONLY chromium ingredient actually patented for lowering blood lipids such as cholesterol and triglycerides (U.S. Patent 4,954,492). These are trademarks of Inter Health Company with whom I have worked closely.

An athlete should take both Upper Limit Antioxidant and Upper Limit ChromeMate Plus, not only for the obvious health benefits, but also because it probably **promotes lean body mass and strength gains.**