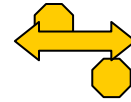


MONTIFF INC

Don Tyson's Advanced Nutraceuticals



PURE L-PROLINE

Proline is an amino acid that is essential for the production of collagen and cartilage and is necessary for healthy skin, joints and tendons.

Each capsule of Pure L-Proline contains 500 mg. of the highest quality L-Proline.

RECOMMENDED TO ENHANCE STRUCTURE & FUNCTION RELATING TO NUTRITIONAL NEEDS AND DEFICIENCIES PERTAINING TO:

- Functioning as a precursor to hydroxyproline
- Production of collagen, cartilage and connective tissue
- Joint and tendon health
- Tissue repair and wound healing
- Maintenance of healthy skin and prevention of aging in skin tissue
- Supporting DNA synthesis

WHAT IS PROLINE?

Proline is an amino acid found primarily in meat, and synthesized in the body from Glutamate in the tricarboxylic acid cycle, and Ornithine in the urea cycle. It is the precursor to hydroxyproline, which is essential in collagen production. This is necessary for tissue repair and wound healing. It is also important for joint and tendon health as well as strengthening the heart muscle. Collagen is also a component of skin and it improves skin tissue as well as helping to prevent loss of collagen, which happens in the aging process. Proline also stimulates DNA and protein synthesis, and especially hepatic protein synthesis.

PROLINE AND JOINT HEALTH

Proline is the amino acids necessary for the production of collagen and cartilage for healthy joints, ligaments and tendons. Joints are complicated structures that connect bones to allow for movement. There are different types of joints, including hinge, ball-and-socket, saddle and pivot joints. They are bound on the outside by fibrous bands, called ligaments. Each ligament contains fibrous tissue of collagen, in a capsule, which surrounds the joint. The lining of the capsule is a thin membrane called the synovium that continuously produces a small amount of fluid for lubrication. Cartilage is a smooth, flexible tissue that covers the surface where the bones meet, and acts as a shock absorber and reduces friction. Osteoarthritis, is caused by wear and tear on the joints, as well as possible free radical damage, and generally is associated with aging. While heredity and obesity effect the incidence of Osteoarthritis, it may also develop due to overuse or injury to the joints. The articular cartilage, which is the smooth lining of the joint, begins to deteriorate, and may eventually affect the bone. Without sufficient cartilage, movement of the joint becomes restricted and painful. Swelling, stiffness and pain are symptoms of this often-debilitating condition, which affects the joints of the hips, knees, and spine. L-Proline is included in Montiff Joint-Eez to assist with collagen and cartilage repair; however additional Proline may be indicated for severely damaged joints.

PROLINE AND SKIN

Skin is the largest organ of the body, and Proline and Hydroxyproline make collagen, which is a component of skin tissue. Younger skin is thicker and has more elasticity than older skin. Aged skin is thinner and the decrease in collagen creates changes including less fibrous and elastic elements. Older skin is less subtle and smooth. Aging, combined with the effects of sun and free radical damage, results in older looking, wrinkled skin. Proline, along with other amino acids such as Glycine, help create new cell formation and can contribute to maintaining younger looking skin. Lubrication is also important, such as drinking sufficient

water and including essential fatty acids in the diet. Montiff Super EFA Plus with borage oil, rich in essential fatty acids, can have beneficial results on the texture and health of skin.

ADDITIONAL PROPERTIES OF PROLINE

- Proline is necessary to support DNA and protein synthesis, and low levels may impair proper protein synthesis.
- Low Proline levels can lead to a decrease in the number of hepatic polyribosomes.
- Proline is important for wound healing, and decreases in protein synthesis have been noted in burn and traumatized patients.
- Decreases in serum Proline levels have been noted in prolonged endurance runners and others following prolonged exercise.

BENEFITS OF MONTIFF PURE L-PROLINE

- Montiff supplies the highest quality, pure L-Proline available.
- Desiccant pads are included to insure optimal freshness.

DIRECTIONS: Take 1-3 capsules daily on an empty stomach with a full glass of water or fruit juice. Do not take with dairy products. Take with Vitamin C, (Pure C Plus) as well as a B complex (B-Complete or B-Long) for proper metabolism. Vita-Minz Plus is also a good option.

- **JOINT CARE:** Montiff Joint-Eez is recommended along with Pure L-Proline for optimal results.
- **SKIN CARE:** Montiff Super EFA Plus, All-Basic Amino Acid Formula, and Super Antioxidant are also recommended for maintaining good skin and protecting against free radical damage.

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