

VIRTUAL LAF CONFERENCE

Proceedings of 46th Session
December 18th, 2005 – January 10, 2006

SUBJECT: LAF & Undesirable Effects of Supplements

Hello All,

Lynn suggested that we discuss the problem of glutamates in supplements, particularly in B-vitamins. I think this is a great idea, but feel it might be desirable to expand the subject to encompass a wider range of undesirable side effects of supplements.

It certainly is very clear that different supplements have different effects on different people. My own experience is as follows:

B-vitamins. I find almost all brands of multivitamins to be too stimulating and believe this to be due to the presence of relatively large amounts of synthetic B-vitamins - obviously glutamate contamination could play a role too. The only brand I have no problem with is the Life Extension Mix capsules.

Coenzyme Q10 - I find almost all brands either ineffective or too stimulating. Only two brands are OK for me, Q-melt and Q-absorb.

Hawthorn - usually way too stimulating - although that seems to vary.

Carnitine - when I still had afib attacks I found it too stimulating - now it is OK.

So, that is my experience apart from the fact that magnesium glycinate and potassium gluconate have been real life-savers for me and still are when PACs and PVCs rear their ugly heads.

Please share your experiences.

Hans

Hans, I have to ask what you mean by too stimulating. I take NOW brand B-50's, twice a day every day, and have never noticed any effect at all except they turn my urine a deep yellow. I am convinced I should supplement with B complex due to things I have read since finding this site several years ago, but have read people's comments on this stimulating effect with considerable mystification. This stimulating effect, whatever it may consist of, sounds like it could be due to free glutamate content, because that has never affected me to my knowledge either. I am convinced it exists, because of testimony from numbers of people here, but it just never has done anything to me. So how do you perceive this stimulation? Do you mean it gave you afib episodes, back when you still got afib episodes? Do you mean it acts like caffeine or amphetamine? Or what?

PeggyM

Peggy,

Maybe excitatory would have been a better term. But yes, I would say it was similar to the effect of caffeine when you are not used to it. I can't remember whether they actually put me into afib, but they certainly made me anxious.

Hans

My only thought at the moment about glutamates in supplements is to wonder what are typical amounts present in various supplements used by afibbers (these should be obtainable), and are those amounts sufficient to reach or exceed some clinical threshold capable of triggering afib (threshold data may be nonexistent). Perhaps the amount of glutamates in supplements is relatively trivial in relation to trigger threshold, as opposed to the amounts contained in certain foods, which might be much greater. On the other hand, if we knew something about thresholds, we might find that even very small quantities could trigger afib. Of course, I'm thinking in terms of group effects; individual differences are obviously important but group thinking is the usual departure point for research.

Randy

....."potassium gluconate have been real life-savers for me and still are when PACs and PVCs rear their ugly heads."

Hans

Potassium gluconate is a miracle. After my combination flutter and PVC ablation I still had some PVC's....2,500 per day which was far less than the constant bigeminy I was in before ablation.

I decided to do a variation of the PAC Tamer and it has saved me from asking for a PVC ablation. I have maybe a handful of PVC's a day now and the V8 calms those.

Faith V.

I am one of the folks here who do not respond well to any supplements: I test low in intracellular mag but mag supplements of ANY type increase my levels of ectopy. I think Randy's question is especially pertinent here - I also wonder whether the level of MSG/glutamate in a capsule of for example Mg glycinate is actually high enough to instigate a negative response any more than is for example one raw tomato?? I am going to try the ConcenTrace colloidal mineral drops approach to Mg supplementation (188mg elemental colloidal Mg per 30 drops) and see how I get on with that approach instead.

Mike F.

Mike, why is it you do not try transdermal delivery of Mg via an epsom salt footbath? It seems so simple and cheap.

http://www.afibbers.com/forum/read.php?f=6&i=21618&t=21570#reply_21618

PeggyM

I agree with Mike. I, too, have negative responses to many of the supplements suggested here. The worst is taurine. Even though it does quiet my ectopics, I can't take more than one dose before the side effects make the cure worse. I do ok with finding food sources. Lsv8 doesn't bother me and I try to adjust diet for others.

Barb

Hi Mike,

I test low normal in intracellular magnesium and so my intracellular ratios are generally not in the normal range. I am currently trying the transdermal magnesium chloride that you can read about at:

<http://www.magnesiumforlife.com>

Thus far I have not had a bad reaction to it. There are data presented at this URL showing a return to "normal" intracellular levels and ratios for most of their sample of patients. Maybe this would work for you.

I am also able to take Klaire labs magnesium glycinate, although even 800 mg per day barely gets me into the normal range. My blood levels always test well within normal and have NOT been affected by the supplementation. I also take 6 grams of fish oil per day to help the cells absorb the magnesium.

Of course, magnesium sulfate (Epsom salts) may be adequate for transdermal supplementation and is less expensive than magnesium chloride. However, the magnesium chloride sales people argue that magnesium sulfate is too quickly eliminated by the kidneys to improve intracellular levels. Whether this is a sales pitch or a fact, I do not know. Can anyone help with this?

Lynn

Mike and Lynn,

Have you tried magnesium infusions? I had a couple (1 1/2 hour duration each) and they made a huge difference in my ability to absorb magnesium orally without getting loose stools.

Hans

I'm another one who can't take many of the supplements recommended here. I'm OK with the basic vitamins (C, D, E) potassium, magnesium and fish oils; however, vitamin B makes me feel strange and it's not a good strange! Taurine, CoQ10, Alpha Lipoic Acid, L-Arginine all give me terrific headaches. Someone here (Richard, I think) suggested I may be low in molybdenum or selenium, so I took ConcenTrace drops for about 2 months to see if there was a change. There was not, so I have given up on all those.

Perhaps those of us who react to supplements get enough of the substance in our diet. My husband and I eat well, mostly local foodstuffs and when we eat out, it is never in fast food places.

I am not sensitive to glutamate, so that's not the problem. Any explanations to the supplement aversion would be welcome.

Cheers, Reet

Hans,

I am now 12 weeks free of any Afib or PACS and I put this down to Magnesium, Taurine and L-carnitine supplementation. Since the day I started on these I have had no symptoms of AF at all and I have Jackie and Peggy to thank for this. I introduced them separately 2 weeks apart so I would know which one was causing me a problem - if any. For the past two days I have not taken the L-carnitine as I have been getting headaches and am trying leaving it out to see if it makes any difference. However, I think it may be the onset of a winter cold but we'll soon know that! The only thing I have noticed since I introduced the L-carnitine is a very slightly elevated blood pressure reading, not much but certainly a bit higher than my usual quite low readings so that may have been causing my headaches, who knows? I do know that I feel much better in myself over the past 12 weeks so for me I have only praise for my supplements. I have been taking Omega fish oils and Garlic oils for a few years now and have had no problems at all with them, and I

could not manage my IBS without my peppermint oil capsules which also have never given me any problems.

Sue

Hi Hans,

I have considered magnesium infusions. However, at my cardiologist's office all the infusions had preservatives and were not stored in glass. I have so many reactions to chemicals that I did not try it.

Hans, do you know if it is the case that magnesium chloride is better than magnesium sulfate?

Lynn

Hello Lynn,

I don't know whether magnesium chloride is better absorbed than magnesium sulfate. It is a slightly smaller molecule and is significantly more soluble in hot water, but I am not sure if that would affect absorption. There is also evidence that it is less toxic than magnesium sulfate. You may find the following two references of interest if you have not already seen them:

http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=16259379&query_hl=9

http://www.magnesiumforlife.com/chloride_sulfate.shtml

Hans

Hi all, I seem to be a relatively insensitive person when it comes to supplements and listening to my body. The only thing that I noticed immediately was when trying Beta sitosterol. I only tried it once and can't really describe the feeling except that I didn't like it. I felt off.

Has anyone else had a negative reaction to it? Perhaps I should try it again and see if I get the same response. Maybe it was all in my head.

Adrian

This topic seems to be dying for lack of contributions. Maybe I can jumpstart it by reposting some of the past conversations on this very interesting subject.

PeggyM

Heartburn a trigger but so is magnesium

Author: Paul (168.143.113.---)

Date: 02-28-04 19:27

I've documented myself enough so that when I get bouts, I almost always feel some symptoms of hearburn either before, during or after it hits. So given all the posts prior re: GERD, this is obviously a cause for afibbers. So the question is, what do I or we do about it?

Also, like Mike, I am one of those few that taking mg causes pacs and afib - especially when I lay down for bed time. So for those of you out there that is sensitive to mg like us, do you still try to get your mg some other way, e.g. via foods and if yes, do you see any improvement in either the frequency or duration of your afib?.

Author: pierre (---.242.81.adsl.skynet.be)
Date: 02-29-04 00:49

Hello Paul ,

*I used to have pac after taking magnésium as well as zinc as well as one other suplement . I tries magnésium several time before i could use it without problem. Today it's ok for me .
Some doctor's in " fonctional medecine" says that if someone has probelm of any kind with taking suplement , it's because they have a leaky gut. Maybe it could be interesting to check that .*

Of course , it is wise to get as much magnesium as you can in your food , one way to do it is to use water with a lot of minerals in it whenever you're using water to make drinks and food .Another way of course is to avoid drinks such as coffee , coke...., to avoid stress wich are factors amongs other that will deplete you in magnesium

Take care
Pierre

Author: peggy (---.usadatanet.net)
Date: 02-29-04 03:21

*If people have trouble taking Mg for one reason or another, i wonder if using waller water would be ok for you? Use the search function above to look back and find out how to make it. Simple ingredients, simple recipe. Hope it works out for you. Try the board before this one if this one doesn't have good enough instructions.
PeggyM.*

Author: Mike F. V42 (---.in-addr.btopenworld.com)
Date: 02-29-04 04:58

Do a google search on 'Concentrace' and have a read: it provides me with an ionic and none-tablet source of mag (and other minerals) which gives me no problems that I'm aware of.

Mike F.

Author: Jackie (---.73.203.87.Dial1.Chicago1.Level3.net)
Date: 02-29-04 07:22

Paul - some people will not be able to take magnesium...at least initially in the doses we have been bantering around here. I would suggest you check the food sources of magnesium and try to consume those foods in a good quantity to become acclimated to magnesium.

Also, consider that you may be in the group of individuals (20%) who are not magnesium deficient. Some areas of the country have very high magnesium content in their natural water supply.

Somewhere in a google search, there must be a regional map showing areas of higher magnesium content. I seem to remember seeing that in one of my searches.

Jackie

Author: Fran (---.proxy.aol.com)
Date: 02-29-04 09:45

Paul

I can't take supplemental magnesium either. But I can take it in food. Foods that are high in Magnesium include pumpkin seeds and at 535 mg per 100gms it doesn't take too much more of other foods to reach a total of 1000mg of

bioavailable magnesium per day. They also contain 807mg of potassium per 100gms so in my mind pumpkin seeds should be an all round AF food.

Another way of getting Mg into your system is to bath in Epsom salts (Magnesium sulphate). Your body will absorb the Mg through the skin.

Hope that helps

Fran

Author: Jackie (---.73.204.122.Dial1.Chicago1.Level3.net)
Date: 02-29-04 14:35

Fran - that's fine to bathe with the magnesium, but if he has a sensitivity to magnesium - then bathing in it would be contraindicated as well.

I think the food approach offers the safest solution.

Jackie

Author: Fran (---.proxy.aol.com)
Date: 03-01-04 14:45

Jackie

I suggested it because I have a sensitivity to Mg supplements too. But can tolerate it this way - so maybe he will too. Only a suggestion and may tell whether it is the Mg or the binders and fillers that are causing the problems. If the Mg sulphate bath doesn't give a reaction - then it is the binders and fillers causing the problem - not the Mg.

Fran

Author: Fran (---.proxy.aol.com)
Date: 03-01-04 15:13

I should add to the above that if someone is having problems absorbing Mg (as many do in the beginning) the binders and fillers (free glutamate) may enhance any problems as the Mg will not be doing its job, but the binders and fillers will be reacting on the NMDA receptor - the body will try to metabolise Mg but won't have enough sulphur to do so - if Richards theory is correct.

As Epsom salts come already sulphated the path is clear for Mg to work through the skin to the NMDA receptor, and will by pass the stomach and loose bowels commonly associated with Mg sulphate.

So its worth a try for anyone who is not able to take Mg supplements for fear of inducing more AF. If it doesn't work then it is doubtful you need Mg.

Mike - did you try this method?

Fran

Randy, here is a long thread on free glutamate in supplements, among other things. Hope you find it helpful.

PeggyM

FRan - Glutamate and supplements

Author: Carol A. (---.proxy.aol.com)
Date: 04-20-04 04:59

Dear Fran,

Just in case my last post to you was lost, I am here asking again about glutamate and supplements.

How does one know if supplements contain glutamate?

I noticed that some of mine list "vegetable glycerine" and also "gelatine/glycerine." Are those other names for glutamate? Would those be found in the shiny capsule "containers?"

Is glutamate hidden in fillers? If so, how does one identify it on the list of ingredients?

Also, are rice and corn "out" in your glutamate - free diet?

Carol A.

Author: Richard (---.rb.gh.centurytel.net)
Date: 04-20-04 08:18

Carol,

You might do a search at www.msgtruth.com to find out info on vitamins. How to tell what you can eat is this; anything you can eat raw is allowable. Rice and corn do not fall into this category, nor do beans.

Not on the subject, but you might want to consider this test. I do this every morning, as prescribed by Dr. Gersten. Take tyrosine with a coenzymated B complex vitamin. If you feel more awake and have more energy, then you need tyrosine. (If you take the Montiff brand called Neurobalance, this has P5P in it already).

See this site, but I don't recommend their remedy of Wellbutrin. My wife can see a marked difference in the test above. She says its equivalent to a cup of coffee without the jitters. She also tried Wellbutrin for ceasing smoking and it had the opposite effect. It caused her depression. She also adds one drop of pot. iodide to her water while taking the above.

<http://www.beatcfsandfms.org/html/NaStrategy.html>

Richard

Author: Fran (---.proxy.aol.com)
Date: 04-20-04 14:00

Carol

I answered this a while back when you first asked where I got the idea about supplements containing MSG. I have cut and pasted the reply below which was under a thread called considering ablation. The problem is that any protein or grain that contains glutamate - most do - is broken down to free glutamate during the processing (heat treatment) to make the ingredients of the tablet.

Carol

It's not an idea it is fact. Gelatine capsules are full of MSG, citric acid made from corn is full of MSG, maltodextrin, anything enzyme modified, caseinate, aspartame used to sweet coat, just to mention one or two popular binders and fillers. Wouldn't it be great if supplements were just the supplement - not all the added extras.

<http://www.truthinlabeling.org/hiddensources.html>

"Binders and fillers for medications, nutrients, and supplements, both prescription and non-prescription, enteral feeding materials, and some fluids administered intravenously in hospitals, may contain MSG.

According to the manufacturer, Varivax–Merck chicken pox vaccine (Varicella Virus Live), contains L-monosodium glutamate and hydrolyzed gelatin both of which contain processed free glutamic acid (MSG) which causes brain lesions in young laboratory animals, and causes endocrine disturbances like OBESITY and REPRODUCTIVE disorders later in life. It would appear that most, if not all, live virus vaccines contain MSG.

Reactions to MSG are dose related, i.e., some people react to even very small amounts. MSG-induced reactions may occur immediately after ingestion or after as much as 48 hours."

Hidden MSG is not limited to use in food and supplements. MSG sensitive people have reported reactions to soaps, shampoos, hair conditioners, and cosmetics that contain hidden MSG, not to mention toothpaste. The most obvious common hiding places are in ingredients called "hydrolyzed protein" and "amino acids." not to mention flavouring in toothpaste and aspartame so its sugar free....

Fran

Author: Richard (---.rb.gh.centurytel.net)

Date: 04-20-04 21:39

Fran,

I don't believe that free glutamate is in "free form" amino acids. They are a pure, crystalline substances made of the elements to form the molecular structure of the particular amino in question. The capsule may have it, however. Amino acids from whey protein, on the other hand, have free glutamate, because of the heating process.

Richard

Author: Carol A. (---.proxy.aol.com)

Date: 04-21-04 07:16

Richard,

Just to be sure that I am reading you correctly - Are you saying that rice, beans, and corn have glutamate?

Why are you mentioning tyrosine? If at times I appear "asleep at the switch" (!) it is probably because of sleeping pills that I sometimes take to get through a night of afib. I am stopping that, however, because I feel spacey the next day and notice balance problems and dizziness from taking them. I read that taking sleeping pills when you get older is not good.

Carol A.

Author: Fran (---.ipt.aol.com)

Date: 04-21-04 11:35

Richard

The way I understand it is that proteins are made up of chains of amino acids. To free the amino acids (from the protein clump) some sort of treatment is necessary (see below). The only amino acids that I know that are neurotoxic are glutamic acid, aspartic acid, and L-cysteine. It is best to avoid amino acids on labeling if they don't say which amino acid is used.

A protein can be broken into its constituent amino acids in a number of ways (autolysis, hydrolysis, enzymolysis, and/or fermentation). In general, these processes are referred to as "hydrolyzation" of protein. When a protein is hydrolyzed,

the amino acid chains in the protein are broken, and the amino acids are freed. Acids, enzymes, and/or fermentation processes are used to hydrolyze protein.

Carol

Glutamate is an amino acid found in all proteins. Everything (near enough) you eat containing protein will contain bound glutamate. Long cooking, fermentation, etc will free the glutamate from its protein chain. So the glutamate is no longer bound. This is where it becomes excitotoxic. The long cooking process associated with rice and beans etc naturally free's the glutamate. Some people can handle this type of free glutamate, some cannot. The beauty of paleo is that you can't eat foods which need to be cooked. This does not mean you have to eat raw food though. You can cook, only not a lot. A rare steak has a lot less free glutamate than a medium or well done steak. A pot roast or casserole would be heaving in it.

Hope that helps

Fran

Author: Carol A. (---.proxy.aol.com)

Date: 04-21-04 12:30

Thank you, Fran

You did explain it very clearly.

Since my very dramatic experience with eating kelp and suddenly experiencing increased (duration & frequency) afib, I am now very interested in the glutamate/afib connection. There is no question in my mind that glutamate is either my trigger or one of several of my triggers.

In light of my experience, wouldn't it be interesting to see if afib could be induced by afib "Forumites" heavily eating kelp products. I know it is probably asking too much to ask those already suffering from the beast to volunteer to become guinea pigs, but it might show some interesting results.

Could glutamate build up in our bodies (those who don't metabolize it properly) and brains to a crisis stage that sets off afib, which then releases it in some fashion? Could this account for the cyclical nature of afib that some of us experience?

Again, thanks for your help. I have copied all your recent posts, so that I hope that I don't have to keep bothering you. I guess I didn't take this glutamate factor seriously enough before. It IS complicated though. My kelp experience really made me stand up and take notice!

Carol A.

Author: Fran (---.ipt.aol.com)

Date: 04-21-04 14:06

My guess is that it does build up. In the beginning I could eat MSG and not get AF. So of course I thought it was not a trigger. So when it did come on I would think well what was it I ate or did different. Of course I always found something I did different - maybe more spices, maybe a drink, or maybe it was that stress I had. Over time the episodes got closer and closer. It was not till I became permanent and stopped free glutamate for a year that my AF stopped (I actually did this diet initially to get rid of fibromyalgia - it got rid of everything). Then every time I took even a wee bit BAM. After 20 years with AF I think I have scunnered my system so much that I can't take any, my system is overloaded or my body just can't cope with it any longer as I have drained whatever the body uses to neutralise it. Worse still I think I have done damage that can't be reversed. And all because of so called safe food additives - or perhaps it was OP poisoning. I just don't think that eating natural homemade stews and soups over a life time would ever do the damage that MSG does, even if it is in conjunction with other things like pesticides. But it was my own history that proved it to me.

Fran

Author: Ella (---.vc.shawcable.net)

Date: 04-21-04 14:30

Carol, I posted before about the time I had bought some "Living Fuel" from Dr. Mercola for my husband who had major surgery, I tried a small amount 3 days in a row and on the 3rd day I had 3 short afib episodes in one day and fibbed every other day for a week, took a closer look at the ingredients and sure enough it had 2 kinds of dulse (seaweed) in it. After I quit taking it my episodes went back to twice a month again. Thanks to Fran's info on this board.

Ella

Author: Richard (---.rb.gh.centurytel.net)

Date: 04-21-04 17:04

Carol,

The reason I mentioned tyrosine and potassium iodide, KI, was because of your hypothyroidism. Iodide and tyrosine are the two main nutrients necessary for proper thyroid functioning. If you take the test, I mentioned on another post, with tyrosine, you might find your answer. My sister-in-law had hypo so bad, her hair was severely falling out. Her naturopath prescribed the above, and her problem went away. Although her supp has help in it, that doesn't seem to bother her, but that is why I suggested KI as an alternative. You do need to discuss this with your nutritionally minded doctor, if you're not willing to experiment on you own. I have to say that.

Don't feel bad about this "sinking in". I'm still working on it myself, and I've been reading Fran's posts for over a year now. Thank goodness she has remained here to keep me on tract. Sometimes I think the Glu has made me dense:-)

Richard

Here is another Fran post on how she cured her afib by stopping all meds and supplements, and going to **paleo diet**.

Re: Put off fib with ativan

Author: Fran (---.ipt.aol.com)

Date: 11-27-04 14:10

Adrian

To be honest it was not until I stopped ALL meds and supplements that my AF stopped. When I tried to reintroduce Mg my AF started again. My Mg was not in gel caps, but it was not pure Mg either because in ALL pills they use binders and fillers of dubious origin. I would never take a supplement now. The body is very remarkable in that with fresh whole food (including raw for enzymes) it will balance out any imbalance so that all your ratios are in equilibrium. I highly recommend you read "Nourishing Traditions - The cookbook that challenges Politically Correct Nutrition and the diet Dictocrats - by Sally Fallon with Mary G Enig". See what they have to say about supplements....Also go to msgmyth.com and see what they have to say about supplements. They affect most people with msg sensitivity - and if they work can upset more than they cure. I know it is not popular to say on this board that supplementation is no good - but to be honest it was only without supplementation that I succeeded. I often wonder how many people who are seeing benefits through diet but not quite succeeding are actually causing it through supplementation.

PeggyM

And here is a thread concerning **free glutamate in supplements derived from dulse, and in protein powders**, and some more real good stuff.

PeggyM

Sodium/Potassium
Author: Debbi (---.proxy.aol.com)
Date: 02-07-04 08:46

When my doctor put me on Lasix (for swelling of the ankles) she also put me on potassium. Now I understand why.

Debbi, OU Alum in OKC

Author: Jerry (---.198.252.64.snet.net)
Date: 02-07-04 11:59

Debbi:

With Lasix and other diuretics, potassium is often lost, so added potassium is appropriate, as you know. Might be good for you to maintain a good high-K diet, to include a salad a day, and lots of low-sugar fruits, such as apples. One thing I've recently re-discovered is the Perfect Food type of meal-in-a-glass, which can be mixed with water, giving us all the potassium we need each day--without the need to force lots of fiber foods into our day. By trying to get as much as 4000 mg of potassium each day through food (vital for stroke prevention), I find myself so full that it's hard to eat another bite of fruit!

A mixed drink or a juiced blend of veggies is a great way to go. Good luck.

Author: Carol (---.proxy.aol.com)
Date: 02-08-04 11:37

Jerry,

Is the Perfect Food type of meal -in- a -glass found in supermarkets or specialty stores? I gather that is the trade name?

Carol

Author: Jerry (204.60.170.---)
Date: 02-08-04 12:22

Carol:

Dr. Mercola sells a brand of powder, which is said to be excellent, and there is another expensive company called Garden of Life that sells a wonderful product. You can obtain GOL green products from the web at something like 30% discounts, which are not allowed in health food stores. The company is prohibitive that way.

If you Google Garden of Life, you'll find discounters galore.

Best of luck...Jerry

Author: Ella (---.vc.shawcable.net)
Date: 02-08-04 13:07

I bought 4 tins of Dr. Mercola's powder "Living Fuel" after 2 days of taking 1 tablespoon a day I went into afib every other day and 3 times in one day as opposed to my normal once every 10-14 days.

I put it down to the dulse in the powder as seaweed is loaded with free glutamate which I were sensitive too so be aware of that if MSG or free glutamate is a trigger for you.

Take care,

Ella

Author: Fran (---.ipt.aol.com)

Date: 02-09-04 10:26

Unfortunately most of the powders and protein powders available - even the most healthy processed foods have hidden free glutamate in them. Its a natural by product of heating to dehydrate or cook anything for the periods that it takes. The best way to get nutrients is through plain old fashioned food. I know it makes life harder - but boy you can't beat good old food.

Fran

Hope nobody minds my doing this, I think this thread concerning **reactions to B vitamins**, among other things, belongs here with this discussion. I have edited out the posts that dealt with other topics.

PeggyM

Vitamins and free glutamate

Author: Lynn (---.241.220.188.Dial1.SanDiego1.Level3.net)

Date: 12-16-05 12:35

Hi all,

Just in case you missed it, Jack has a response to Mark's email regarding his difficulty with magnesium citrate. The point made is that Fran's old bugaboo is back - free glutamate. I am reposting a bit of that interchange here because the problem is very common among us I fear and has not been emphasized much recently.

I wanted to thank Jack for his information and also to confirm that my heart behaves as if there is free glutamate in many vitamins and mineral supplements. Indeed, I have had 2 Natale ablations and certain vitamins, which I now know to have MSG or free glutamate, will trigger arrhythmia in me (although at this point, the problem is mainly PVCs and not atrial fibrillation).

In the past, several member of our group have reported that vitamin B causes arrhythmia. I too have this problem and Jack (personal email) has kindly informed me that most vitamin B comes from yeast and so may have free glutamate in it. This will be news to my cardiologist who told be that it was "impossible" for B vitamins to cause arrhythmia but not news to Fran who, as I recall, also reacted to free glutamate and could not take B vitamins.

To say that Jack has made a valuable contribution here by pointing out that citrate and other forms of magnesium may cause arrhythmia because of the glutamate issue is to understate.

As my contribution to this forum, I would like to report that I have finally found a magnesium supplement to which I do not react. It is the Klaire labs version of magnesium glycinate, and the Klaire labs version of B6. However, the Klaire labs version of the B complex causes problems. I can also take Holsworth's nattokinase, and Key pharmacy liquid B12 (by prescription only). The mystery of my reaction to vitamins is now solved, thanks to Jack.

As a final note, I am barely in the normal range for magnesium according to the Exatest, although my blood levels are mid-range. For supplementation with magnesium, some may be interested in <http://www.magnesiumforlife.com>. The authors recommend a foot soak in magnesium chloride and have data showing the restoration of normal magnesium levels for most of their sample following one month of foot soaks. It is expensive and raises the question of whether

magnesium sulfate (aka Epsom salts) might not suffice. The claim is that it will not. Perhaps a chemist here can tell us why.

LynninNSRatlast

Author: Jackie (---.159.128.121.Dial1.Chicago1.Level3.net)

Date: 12-16-05 13:28

Lynn - Thanks for this valuable information regarding both the B vitamins and the citrate version. This takes me back to the days when I tried magnesium citrate in the form of Natural Calm. It did nothing to help calm my heart.

On the magnesium sulfate, I worked in my doctor's office today and heard her promoting a new topical cream which is made of magnesium sulfate. She said it is absorbed very quickly and acts right on the spot applied to assist with sore muscles or back pain etc. This form was news to me. She was directing a woman who is magnesium deficient to use the topical form because she can't seem to take supplements.

If you type in a google search for Kirkman magnesium sulfate cream, you can see the product details. It's probably sold to professionals and I haven't check to see if there are other suppliers.

The only thing I noted on the container label was the including of chemical that I don't like to use on my skin - such as methyl paraben and propyl paraben.

But if this topical works, then so would a foot soak or a body soak in the tub.

Jackie

Author: PC (---.hawaii.res.rr.com)

Date: 12-16-05 16:10

Hi Lynn,

That's very interesting about glutamate being present in some vitamin supplements. I know Mike F. will be all ears on this one.

Fran, the glutamate queen, once posted the following weblink about MSG and hypoglycemia.

<http://www.msgtruth.org/hypoglyc.htm>

Although you've probably seen it before, many others have not.

There appear to be glutamate receptors in the pancreas that release insulin.

It is my belief that all LAF initially starts as a result of a blood potassium shortfall. You may have to be predisposed to manifest LAF in this way, i.e., low intracellular magnesium or other parameter of biologic individuality. Who knows?

As LAFS-11 will show through its anthropometric data, insulin induced hypoglycemia may be the most common mechanism for triggering LAF, at least amongst VMAFers, and it does this through ACTH. Stress (adrenergic LAF) triggers release of ACTH directly. The resulting increase in catecholamines and aldosterone conspire to lower blood potassium.

Once the levels dip below a certain threshold an episode is triggered via the shortening of the refractory period and increased dispersion caused by low blood potassium. In your case the ablation precludes deterioration of the PACs, which are also triggered by the blood potassium shortfall, into AF.

Natale et al. have shown in a small sampling that AFers (v. those without AF) have P cells and Purkinje cells in their PVs. This may be part of the biologic individuality required for the manifestation of LAF or these cells may arise secondary to episodes, i.e., maybe they are activated by the local stretch in PVs caused by AF. Kind of a chicken v.

the egg question.

Like you, my intracellular magnesium is at the very lower limit of normal (normal range 33.9-41.9 mEq/L). Two readings exactly one year apart were within .3 of each other (34.3 and 34.6), despite heavy magnesium replacement via Waller water for a year.

PC

Author: George (---.hln.qwest.net)

Date: 12-17-05 08:16

Hi all,

I'm going to mark this for "The List" as someone who tries supplements and has a negative reaction may be very sensitive to free glutamate (Fran is certainly in this category). This could them give them another approach. They could then approach the problem by 1) avoiding any and all sources of free glutamates (paleo diet ala Fran), and 2) work on getting their required minerals/vitamins solely from diet (analyze through www.fitday.com). As I recall, Fran was able to tolerate adding magnesium to her system with epsom salt baths.

George

Author: Bob K. (---.anhmca.adelphia.net)

Date: 12-17-05 09:39

Hi PC, You wrote,

"Like you, my intracellular magnesium is at the very lower limit of normal (normal range 33.9-41.9 mEq/L). Two readings exactly one year apart were within .3 of each other (34.3 and 34.6), despite heavy magnesium replacement via waller water for a year."

Why do you think the Mg supplementation had no effect on the Mg intracellular level? Or is it possible that there is a deteriorating situation where the intracellular Mg level would have been lower without supplementation?

Did your intracellular K stay the same like the Mg?

Regards,

Bob

Author: PC (---.hawaii.res.rr.com)

Date: 12-17-05 09:55

Hi Bob,

My intracellular potassium went from 137.0 to 88.3 (normal range is 80 - 240) during the magnesium supplementation period.

I'm not sure that I have the answer for your other question. My opinion is that my intracellular magnesium is genetically determined. Both of my parents both developed AF in their late 60s and 70s and I have a younger sister that has also developed AF. Aerobic pursuits probably set the stage for me. That in combination with decreasing absorption with age, etc., conspired to cause the problem.

Aerobic pursuits are a double whammy for LAFers not only because they increase vagal tone but also because they increase insulin sensitivity. The latter triggers the PACs and enhances the deleterious effects of vagal tone.

PC

Author: Jackie (---.159.128.235.Dial1.Chicago1.Level3.net)
Date: 12-17-05 11:07

Bob K - in one of the seminars I took regarding insulin resistance, it was stated that if the outer envelope of the cell - phospholipid layer - is damaged, clogged, crimped or distorted in such a way that the magnesium receptors are rendered dysfunctional, magnesium deficiency will occur along with a deficiency of any other receptor that is on that outer envelope (which are many, of course). The damage can be repaired through the use of Omega 3 fish oils and it may take a considerable amount of time.

This is just one possible explanation. Magnesium researcher, Mildred Seelig, says that in some cases magnesium repletion takes years and sometimes it can't be accomplished.

Of course, PC addresses the genetic tendency as well. What I'm addressing here is physical/environmental influences on the biological actions of cell function.

It's certainly complicated and would appear that for many of us, it is multifactorial.

Jackie

Author: Theresa (---.dsl.sfldmi.ameritech.net)
Date: 12-17-05 11:35

I just gotta join this thread!!!

I too have reactions to B vitamins. But, I need them, as I'm low. However, I don't have a reaction to the IV (would make sense based on the glutamate theory).

I've tried liquid, under the tongue, etc. but always have a reaction.

PC, I also come in at the low end for magnesium even though I take a great deal a day - 1600mg (blood test is mid line).

I recently increased the LS v8 - went to two large glasses a day rather than 8 ounces each - has made a big difference!!!

I plan to ask my family doctor to test me for potassium wasting.

Theresa

Here is the post from Jack Samuels, Pres., **Truth in Labeling Campaign**, which Lynn refers to in my repost above.

Thomas:

This is a reply to your E-mail and the E-mail of others dated 12/15 regarding magnesium citrate.

There are a number of people that experience atrial fibrillation as a result of exposure to MSG in an amount that exceeds their individual tolerance for MSG. (People vary in their tolerances to MSG.) Heart irregularities, including atrial fibrillation, have been reported in the literature. (Go to the Web site of the National Library of Medicine at www.pubmed.gov and type in "monosodium glutamate, tachycardia" without the parenthesis.)

When I refer to MSG, I am referring to any glutamic acid that has been freed from protein as a result of a manufacturing process or through fermentation, what we refer to on our Web site (www.truthinlabeling.org) as "processed free glutamic acid (MSG). MSG is not solely the food ingredient "monosodium glutamate." The active

ingredient of this food ingredient is found in over 40 other food ingredients that have names that provide consumers with no clue to its presence. (See www.truthinlabeling.org/hiddensources.html)

People who are sensitive to processed free glutamic acid (MSG) typically react similarly to aspartame in amounts that exceed their tolerance levels. About 40% of aspartame is aspartic acid, a neurotoxic amino acid that neuroscientists have found, in animal studies, to act in the body in the same manner as does neurotoxic glutamic acid.

To avoid processed free glutamic acid and processed free aspartic acid in magnesium supplements or multi-vitamins, avoid any magnesium product that includes the words "glutamate," "aspartate," "citrate" or state that the magnesium has been chelated with an amino acid, protein, or a hydrolyzed protein.

Most of the citric acid used in our country has been derived from corn. In producing the corn derived citric acid, producers neither take the time nor undertake the expense to remove all protein. The remaining protein is broken down during production, resulting in some processed free glutamic acid (MSG).

Nature Made magnesium, though not in the most absorbable form, does appear to be safe for MSG-sensitive people. It is available over the counter at most large drug store chains.

Thomas, you reported problems with diarrhea from your magnesium citrate. It is my understanding that "loose bowels" associated with the intake of magnesium is an indication that you are taking too much magnesium for your body. You might try lowering the dose that you are taking.

Jack Samuels

Hello again, Hans. I have been searching the archives for **adverse reactions to CoQ10**, and have so far found only this one from our friend Reet, who posts as RK.

PeggyM

Author: RK (---.bchsia.telus.net)

Date: 07-06-05 13:19

Glen,

I can't take any enzyme supplements like nattokinase, taurine, etc. All of them give me headaches, nattokinase giving me the smallest ones. I can't even take CQ10 without getting terrific headaches. Someone (Richard?) said it might be shortage of molybdenum, so I took ConcenTrace for over a month, hoping that would correct the problem. That made no difference either - I still got headaches from enzyme-type supplements.

I have no idea why my body does not like these supplement. I can take all the known vitamins without any problems. In fact, I just upped my Vitamin D to 800 IU (from 400) and got rid of a persistent backache almost immediately!

I'm a tad annoyed at this, since quite a few posters have good results with taurine and other supplements. Re nattokinase, I think I'll try the food instead.

Cheers, Reet

And here is a thread where Laurel Harrell asks if CoQ10 could possibly cause ectopics, and Luigi from Mexico posts that it affects him that way.

PeggyM

Accupressure/supplement triggers
Author: Laurel Harrell (---.bflony.adelphia.net)
Date: 11-11-04 09:19

Hi all,

It has been quite a while since I have visited (or posted) the Phorum...probably because I had been keeping my afib more or less under control. But as most afibbers experience...it is only a matter of time before it reasserts itself..sometimes very emphatically!

I have had afib (and flutter) for at least five years and the only prescription I have tried is Verapamil... sometimes for a couple of months.. mostly as needed. I do prefer to manage my afib myself and have had some success with various techniques in the past.. in addition to magnesium and other supplements. Yet once more I am looking for some new answers as my fib/flutter episodes have become all too frequent lately and, now, in four of the last five days.

I should say that I am just getting out and around after a month's hospital stay following an accident. I am off pain meds and doing well except for limited stamina. Maybe the stress of the latter has much to do with my current situation but after a while one begins to re-examine all possible triggers. Soooo.. I stopped MSM...thinking it might be a stimulant. Anyone out there find MSM or Glucosamine Sulfate or COQ10 supplements to be triggers?

One last thing is that I am beginning to question an acupressure technique which I have been using the moment an episode starts. I press the vagus points in both ears as well as heart points on the little finger, etc. Although it seems to abort the event most of the time, I worry that this may be too powerful a point.

If anyone out there has any experience or knowledge about this technique, I'd much appreciate a post. Needless to say, I'm sure my doctor would think I was daft or worse if I asked him.

Thanks for listening and glad to be back to this always-helpful company of afibbers.

Laurel

Author: Luigi (---.megared.net.mx)
Date: 04-30-05 19:43

Dear Laurel:

I've found that CoQ10 is a ectopic trigger for me. Regarding the "little finger" technique, I think it works, and I found this very good book on the matter:

http://www.amazon.com/exec/obidos/tg/detail/-/0553377841/gid=1114915194/sr=1-1/ref=sr_1_1/102-3685217-1984135?v=glance&s=books

If the link doesn't work, the book title is: "Touch of Healing" and the author is: Alice Burmeister. Hope that helps!

Luigi

Aha. Here is a thread I dimly remembered but could not locate until just now, where several of the forum's regulars complain of both **CoQ10 and hawthorn giving them ectopics.**

PeggyM

Co Q 10
Author: Lisa (---.hsd1.nh.comcast.net)

Date: 04-05-05 10:36

I recently saw a naturopath who gave me Hawthorne and CO Q 10..... after a few doses I had more ectopics and BP elevated a bit..... has anyone had adverse effects from these supplements? Any input is so greatly appreciated.... I am feeling so isolated.

Lisa

Author: Marshal (147.58.125.---)

Date: 04-05-05 12:23

I can't take CoQ10 either. I gave me the eieio's big time!! I have a hard time taking "most" supplements. They almost all give me a great number of ectopics.

*blessings,
MLM*

Author: Jackie (---.159.131.253.Dial1.Chicago1.Level3.net)

Date: 04-05-05 12:28

Lisa - I had no problem with doses as large as 300mg. of Q10 but could not tolerate Hawthorn at all.

Jackie

Author: RK (---.bchsia.telus.net)

Date: 04-05-05 12:41

Lisa,

I didn't get ectopics or more a-fib, but I had terrific headaches every time I took CoQ10. I have tired it several times over the past two years, thinking that something else gave me the headache, but it always boiled down to the CoQ10. I have not tried hawthorn, but I know of several people who have problems after taking it.

I also cannot tolerate many of the other supplements & enzymes that a lot of posters have success with - they give me splitting headaches. I'm not even sure about mag. glycinate and I'm not too keen on experimenting; however, I do take extras of it when I'm fibbing but don't really know if it helps, other than psychologically!

Cheers, Reet

Author: Todd (---.direcpc.com)

Date: 04-05-05 17:26

Try taking the Q 10 with you meals, preferably with a fatty meal. Most of you probably know not to take supplements at bedtime, especially new ones you haven't tried before.

Author: FK (---.mtlrel01.nj.comcast.net)

Date: 04-06-05 16:17

Lisa,

I too cannot take CoQ10 and Hawthorne Berry is questionable for me. As a result, I don't take anything except EPA and DHA which I primarily take for my cholesterol and for its blood thinning properties.

The only medicine I take is Metoprolol (Lopressor) for rate control. The anti-arrhythmics become pro-arrhythmic with me. My cardiologist doesn't seem willing to work with me to try to help reduce the number and duration of my episodes. I, like many others, know more about our conditions than our doctors.

FK

Peggy, et al,

I have been following this thread with great interest and am now reading, with even more attention than before, the info on supplement/vitamin containers.

Many of them have magnesium stearate. What exactly is that? Does it do anything nasty to a-fibbers?

A little update: for about 4 months I have been taking 2 capsules daily of Flora brand nattokinase (4000 FU's) and have had no bad reactions. I'm not sure if it is doing anything useful and won't know until I have various blood tests done. Since I'm not a keen doctor-seer, this may be some time in the future. About a week ago I also added a daily multi-vitamin. This also has magnesium stearate, so some info on that would be welcome.

Are we considering aspirin a supplement? If so, I'm reporting that my cardiologist stopped my daily 81mgs. back in September. I was bruising something dreadful and was quite concerned about what the aspirin might be doing to body parts I can't see! That's when I started taking nattokinase regularly.

Cheers, Reet

Reet, I googled magnesium stearate without finding out anything other than that it is a commonly used lubricant and filler. Searching the 3rd forum with the word stearate produced this Jackie post:

http://www.yourhealthbase.com/forum/read.php?f=3&i=17127&t=16990#reply_17127

and here is a quote from there:

"Supplements of magnesium are bound to another element.... there can be systemic incompatibility with the other element.... glycinate, carbonate, citrate, oxide, gluconate, etc..... and all supplements have fillers...including magnesium stearate. Magnesium sterate is said to clog the micro villi - areas where the nutrients leave the intestine and enter the blood stream.

Other fillers can be allergenic. Capsules are made of gelatine.... we know gelatine capsules are sources of free glutamate (MSG properties)... Some people have stomach acid so low that capsules or tablets aren't broken down in the digestive process. These can become allergenic just by the physical nature of the process. "

PeggyM

The thread I posted just above is a very interesting thread itself, incidentally. I do recommend re-reading it. It is headed Mg Toxicity, and is a bb classic in which Dean and Erling, among others, debate whether it is possible [or even very likely] to poison yourself with Mg supplements. Sort of off topic for this discussion, but tangentially related.

PeggyM

After 6 months of eating 50 grams natto (food) daily, I've concluded that I have a sensitivity toward it. My digestion has been awful during this time (gas problem big time). I've added lots of Betaine HCl & other enzymes with my meals. This helps, but does not cure this situation. I quit eating the natto for a week because of travel & miraculously, my digestion

is much better. The digestion problem extended beyond the meal (evening) that I ate the natto to include every meal.

My neighbors had given us some edamame (dried soy beans) as a gift. I ate some last night & started sneezing, so it appears that I have a general problem with soy.

Peggy - thanks for doing the research to keep the discussion going!

George

Still looking for information on mg stearate, googled "magnesium stearate and villi", found a supplement manufacturer's blurb containing this paragraph:

"Cellulose (which is a vegetable fiber [5]) is used as a coating; it helps protect the supplement and makes it easier (for many) to swallow. The "vegetable lubricant" is either stearic acid, a plant lipid, (although stearic acid is found in some animal products, Doctors' Research only uses stearic acid from plants) or magnesium stearate (a mineral complexed with the plant lipid [33]); it is needed so the foods can be properly prepared for tableting. Unlike certain lipids, stearic acid appears to be able to reduce plasma and hepatic cholesterol concentrations [34], thus appears to be useful to help deal with some of the effects of modern society."

<http://www.doctorsresearch.com/articles1.html>

From another vitamin site,

"Additives

Nearly all supplements contain stearates, manufacturing agents used as lubricants to speed up production. Most capsules and tablets are made by "jobbers" in mass production plants, which churn out a multitude of formulas for various companies. Magnesium stearate and stearic acid are lubricants added to raw materials in supplements so that production machinery will run at maximum speeds. This ensures that production schedules will meet profit targets. Tablets also contain potentially allergenic binders, fillers and often coloring agents. They are coated with shellac (listed in the ingredients as "natural glaze") or vegetable coating (derived from corn, to which many people are sensitive). Potentially allergenic fillers are used to top off capsules.

These additives have a number of effects, including decreased absorption. In a study published in Pharmaceutical Technology, the percent dissolution for capsules after 20 minutes in solution went from 90 percent without stearates to 25 percent with stearates. These substances clearly affect the dissolution and rapid absorption of nutrients. Another problem is allergenic reaction, for even small amounts of additives may cause reactions in sensitive individuals. Fillers may contain hidden lactose or other allergenic ingredients. This is a major reason why so many people have adverse reactions to supplements, or fail to receive the significant benefits pure supplements will offer. For these reasons, I recommend that, when possible, people use additive-free supplements.

Because the supplement industry routinely uses additives in their products, manufacturers and distributors always deny that the presence of these substances is in any way detrimental. Nevertheless, it seems to me a simple matter of common sense that the most desirable products would not contain non-nutrient substances that are added solely to expedite the manufacturing process. The only widely available supplements free of additives are those made by Thorne Research; they are available only through licensed health care professionals and in some pharmacies. My own company, Dr. Ron's Ultra-Pure, makes fifteen 100-percent pure, additive-free supplements. I personally use and recommend Thorne products, my own, and those of a number of small companies making additive-free specialty products."

<http://www.mccallwellness.com/id78.htm>

PeggyM

"The only widely available supplements free of additives are those made by Thorne Research;"

That statement makes me very happy as most of the supplements and remedies my ND sells to me is from Thorne research.

Ella

Upon Further reflection and some label reading I've decided that the reason for my not feeling comfortable with the beta sitosterol could be because it is made from soybean hull. What George posted about his developed intolerance to Natto food (fermented soybean curd) and the fact that two years ago when I was seeing a Naturopathic Doctor I was told that I should avoid Soy, leads me to believe that could be my problem with it. I tried it again and what it does is upset my stomach.

Adrian

Serendipity reigns. I was reading thru George Eby's site and came across this bit on Mg stearate:

" Actually, magnesium stearate has an important function in the manufacture of drugs and nutritional supplements, that being as a "tablet lubricant". Magnesium stearate is totally non reactive with all other chemicals, drugs and nutrients, and it has high lubrication properties. This lack of chemical reactivity and lubrication property makes it a necessary ingredient for inclusion in nearly all compressed tablets (but not gelatin capsules). Without magnesium stearate as an additive, machinery that make compressed tablets would not function correctly. The parts would stick together. Magnesium stearate prevents tablet-making machinery from sticking, and it allows tablets to be made by the millions per day without any damage to the equipment. Without magnesium stearate, the equipment could only make a few, perhaps less than 100 tablets per day, due to massive equipment failure from lack of lubrication."

PeggyM

To Hans, Lynn and all - this is a great thread to which I've entered late but wanted to add this information:

I was searching in my files on another topic and found this from a Steve Rochlitz article regarding the problems with capsules. One, we know the gelatin caps made from beef contain the free glutamate and the other is his input on veggie caps...In this article, he's discussing dosing with a thyroid product but brings up the encapsulation issues:

" Wilson first worked with Cytomel, a rapid release T3 medication. This led to many problems, and so he devised a time-release protocol. He advises compound pharmacies to use Hydroxypropylmethylcellulose (HPMC) as a type of binding agent to cause the medication to be time released over a 12-hour period and to take this twice a day. The building up, and weaning off phases need to be done gradually and precisely or else serious problems may arise. He does write, that he hopes better delivery systems, like skin patches, will be developed. As always for very allergic people, the matter is vastly more difficult and complicated.

Besides the possibility of becoming allergic to the T3 itself, my own research has revealed problems with the HPMC. This compound is made by pharmaceutical giants who start with heavily pesticided cotton or wood. The cellulose is further treated with numerous chemicals, which are not completely washed out. Then the toxic, allergic preservative Sodium Lauryl Sulfate (SLS) is added.

By the way, the HPMC with SLS is what "Vegicaps"are made of. Due to its toxic make-up, some supplement companies have stayed with beef gelatin capsules which do not have the SLS added. So this time-release factor can be very allergenic or toxic. If it must be taken, the expert Kinesiologist can make up a neutralizing or homeopathic remedy for the medication or the HPMC/SLS substance. "

<http://www.wellatlast.com/Hiatal>

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The other item I wanted to mention is that I did some research regarding Lynn's post and the letter she published by Jack Samuels -- I wrote to one of the supplement companies I trust for the quality of their products which are sold to healthcare professionals, Designs for Health.

I quoted this to the President, Linda Lizotte, and asked for her opinion.

FW: answer to your MSG concerns

Dear Jackie,

I appreciate your concern over MSG and minerals. Please read below a direct response from Albion, the maker of our chelated minerals.

I would like to add to this a few things that will help you understand this better. Minerals such as magnesium can be chelated to protein or chelated to single amino acids such as glycine.

Proteins would need to be hydrolyzed as Rick says below and then MSG would be created as a result. Amino acids need no further breakdown, they are as broken down as can be.

A true chelate, which would be better absorbed and better tolerated, needs to be a 2:1 molar ratio as in 2 glyines to 1 magnesium – this is what DFH has: magnesium bis-glycinate.

Metagenics has magnesium glycinate – magnesium bound to 1 glycine – not a 2:1, not as good. BUT it would be free of MSG and would probably be less expensive due to inferiority. And you are right they usually do tablets, we prefer capsules also.

Letter from Albion:

Regarding the concerns of Jack Samuels with glutamic acid converting to MSG; any protein that is hydrolyzed – whey, soy, vegetable, etc., the glutamine amino acid is going to be converted to the mono form (MSG).

The reason the proteins need to be hydrolyzed is so the protein chains can be shortened and made easier for the body to absorb the protein. In regards to a magnesium citrate, yes citric acid is derived from corn as is maltodextrin. Protein-free corn used to make citric acid and maltodextrin is hypoallergenic.

He is referring to Nature Made's magnesium oxide product as being corn free. As we all know, magnesium oxide is very poorly absorbed and in high doses has a laxative effect. The same is true of magnesium citrate products.

In using Albion's buffered magnesium glycinate chelate and di-magnesium malate products, there are no MSG concerns with these products.

Sincerely,
Rick Harnish, Sales Manager
Albion Advanced Nutrition

Jackie
