

# Immune Activator™

DNA TARGETED NUTRACEUTICALS

PROVIDING CLINICALLY PROVEN THERAPEUTIC DOSES OF:  
Pectasol® | Nattokinase™



**OPTOMED**  
Pharmaceuticals



180 Vcaps™ • Dietary Supplement

**Suggested Use:** As a dietary supplement, take 3 capsules twice daily with meals or as directed by a health professional.

Developed and directed by Dr. Sam Walters and his entire pharmaceutical research team of Biochemists and Nutraceutical researchers, this revolutionary system of Immune Modulation Formula has been developed throughout Dr. Sam Walters' 35-year career, caring for 55,000+ patients.

**Other Ingredients:** Beet Root Powder, ConcenTrace® Alfalfa, Magnesium Stearate and Silica in Vcaps™.

Ester-C® is a licensed trademark of Inter-Cal Corporation and manufactured under U.S. Patent 4,822,816. Other patents applied for. Pectasol® is a registered trademark of EcoNugenics. Nattokinase™ is a trademark of N-ZymeCeuticals, Inc. ConcenTrace® Alfalfa is a registered trademark of Trace Minerals Research. Vcaps™ Vegetable Capsules is a trademark of Capsugel®.

*Does not contain any dairy, wheat, egg, sugar, yeast, corn, glutens, artificial colors, flavors or preservatives.*

Store in a cool dry place. KEEP OUT OF REACH OF CHILDREN.

Vegetarian Friendly Formula. Does not contain any animal products. Never tested on animals.

This product has not been approved by the FDA. This product is not intended to diagnose, treat or cure any disease.

Distributed by:  
DSI Scottsdale, AZ 85255  
888.437.7267  
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## Supplement Facts

Serving Size 6 Capsules  
Servings per Container: 30

Amount Per Serving		% Daily Value
Vitamin A (as Beta-Carotene)	5,000 IU	100%
Vitamin C (as Ester-C® and Mineral Ascorbates)	1,200 mg	2000%
Vitamin D (as Cholecalciferol)	400 IU	100%
Vitamin E (as d-Alpha Tocopheryl Acetate)	500 IU	1667%
Vitamin B1 (Thiamine – as Thiamine HCl)	50 mg	3333%
Vitamin B2 (Riboflavin)	50 mg	2941%
Vitamin B3 (Niacin – as Inositol Hexaniacinate)	50 mg	250%
Vitamin B6 (as Pyridoxine HCl)	50 mg	2500%
Folic Acid	400 mcg	100%
Vitamin B12 (as Cyanocobalamin)	100 mcg	1667%
Biotin	300 mcg	100%
Pantothenic Acid (as d-Calcium Pantothenate)	50 mg	500%
Calcium (as MCHC, Calcium Carbonate & Ascorbate)	800 mg	80%
Iodine (from Kelp)	150 mcg	100%
Magnesium (as Magnesium Oxide & Ascorbate)	400 mg	100%
Zinc (as Zinc Amino Acid Chelate)	22 mg	147%
Selenium (as Selenium Amino Acid Chelate)	200 mcg	286%
Copper (as Copper Gluconate)	2 mg	100%
Manganese (as Manganese Amino Acid Chelate)	3 mg	150%
Chromium (as Chromium Polynicotinate)	200 mcg	167%
Molybdenum (as Molybdenum Amino Acid Chelate)	100 mcg	133%
Immune Activator™ Proprietary Blend	1,210 mg	†
Providing Clinically Proven Therapeutic Doses of Pectasol® (Modified Citrus Pectin), Nattokinase™ (Active Enzyme from Soy) & OptoFlavonoid™ Complex (Citrus Bioflavonoids, Hesperidin and Rutin)		
Choline (as Choline Bitartrate)	50 mg	†
Inositol	50 mg	†
PABA (para Amino Benzoic Acid)	50 mg	†
Boron (as Boron Amino Acid Chelate)	2 mg	†

† Daily Value Not Established

One of the best things we can do for our overall health is to take a multi-vitamin. In fact, I believe that in many ways a high-quality multi-vitamin-mineral-plus like my Immune Activator is essentially the equivalent of a miniature health insurance policy in a bottle. All 28 carefully chosen ingredients play a major role in activating all of the chemical reactions in every cell in the body. That is why I named this formula the Immune Activator.

In order to survive, we all need vitamins and minerals. As you will soon see, our bodies need these nutrients for their wide variety of health-giving benefits. To be deficient in any one of them will inevitably lead to some very serious health problems. In fact, this is exactly what the Food and Drug Administration had in mind over forty years ago when they created the Recommended Daily Allowances. Most of us are familiar with these RDAs and falsely believe that if we are meeting the amounts every day, our health will flourish. However, this is really not the case. You see, the RDAs were designed to prevent the most extreme forms of vitamin deficiency diseases like scurvy, rickets, and beriberi. Fortunately, relatively small amount of vitamin C, D, and Thiamine is all that is necessary to ward off these very serious diseases, which is why they are relatively uncommon in our modern society.

What the RDAs do not take into account is the fact that higher levels of vitamins and minerals not only prevent extreme deficiency diseases, but also promote good health. For example, we now know that vitamin C can do far more for our health than merely preventing scurvy. When taken in amounts that exceed the RDAs, vitamin C may also improve immunity, prevent infection, and even help to prevent cancer. In addition, you do not have to come down with a severe case of scurvy to know you are deficient in this vital nutrient. Milder cases of vitamin C deficiency may cause us to become sick more often, feel low in energy and have digestive problems.

In other words, while the RDAs are certainly important in their own way, they should not be considered to be the be-all, end-all of vitamin and mineral requirements. This is one reason why taking a high-quality multi-vitamin-mineral-plus like Immune Activator is so important.

### **The problem with the American diet:**

The second key reason we should all be taking a multi-vitamin-mineral-plus like Immune Activator is because of the sorry state of both our diet and our food. Many decades ago, it was possible to get the vitamins and minerals needed for good health from our food. But now, due to the abundance of processed and fast foods as well as the serious state of nu-

trient depletion in our soil, the vast majority of us no longer get the proper levels of vitamins and minerals from our diets. It is ironic that the most overfed nation in the world is essentially starving itself to death.

So, even if you shun all forms of fast food and eat the world's most balanced and healthy diet imaginable (and if you do, my hat is off to you!), you are probably still deficient in many nutrients. Our farmlands have been steadily losing nutrients now for years, and the foods grown in this soil have been proven to be far less nutritious than they once were.

Clearly, we need to supplement both our diet and the RDAs. Our well being is too important to "live on the border" of good health. By adding Immune Activator to your daily routine you can rest assured that you are getting levels of nutrients needed for truly outstanding health, not just borderline wellness. Immune Activator contains 28 vitamins, minerals and other natural supplements that we all need to reach our full potential. These ingredients include:

**Vitamin A**—This vitamin performs a large variety of jobs inside our bodies, from helping to keep our eyes healthy, to enhancing our immune system functioning at an optimal level. Vitamin A is also a member of the rather large family of antioxidants, which means it can also help to fight off cancer-causing free radicals. It has also been shown to help ward off cardiovascular disease and stroke, in part because of its natural cholesterol-lowering properties. Because vitamin A is also good for our skin, it is a very popular ingredient in skin lotions and creams and other "anti-aging" remedies. Regular vitamin A is fat soluble, which means it can store up inside the body. This means that if a person takes too much vitamin A over a long period of time (usually defined as somewhere around 100,000 IU's taken every day), it is possible to reach toxic levels. Although this situation is quite rare, it is something to be aware of. For this reason, many high quality multi-vitamin formulas use beta-carotene as the source of vitamin A. Beta-carotene is water-soluble, which means our systems will naturally eliminate whatever amount it does not need. If you end up taking too much, your skin may turn a lovely shade of yellowish-orange for awhile, but you will not suffer from any toxic side effects. And best of all, since beta-carotene is technically known as a "precursor" to vitamin A, it acts inside our bodies in exactly the same way, providing powerful antioxidant protection against a variety of health problems.

**Vitamin C**—If the term "Jack of all trades" could ever be applied to a vitamin, this would be the one. Vitamin C is needed to help with at least 300 metabolic jobs, including maintaining healthy gums (remember scurvy?), and maintaining and

repairing tissues. In addition, it actually has been shown to have the ability to combine with toxic substances in our body (like heavy metals and even black widow spider venom), neutralizing them so they may be eliminated. Vitamin C is also an antioxidant, which means it may also have a significant, positive effect on the heart, as well as being a natural helper in the fight against cancer. Specifically, vitamin C has been linked to lowered cholesterol levels as well as an ability to fight off the oxidative damage produced by LDL or “bad” cholesterol. And back in 1976, Dr. Linus Pauling and Dr. Ewan Cameron gave 100 terminally ill cancer patients 10 grams of vitamin C every day. A separate control group of 1,000 terminally ill subjects did not take any vitamin C. After one year, 16 of the patients in Pauling and Cameron’s group were still alive, as compared to only 3 in the much larger control group. Vitamin C is also extremely well known for its ability to stimulate and strengthen the immune system. When we come down with a cold, many of us reach for our vitamin C just as readily as our decongestants or cough medicines. Vitamin C is water-soluble, and since it cannot be made in the body, we must get it from our diets. One of the best forms of Vitamin C is called Ester-C®. This extremely gentle form of Vitamin C provides all of the health-boosting benefits of regular C without any of the pesky intestinal side effects that can occur when taking large doses of regular C. Ester-C® has a pH value of 7, the same as pure water, and it has also been shown in studies to stay inside our bodies even longer, making it an extremely powerful and effective ingredient in a high-quality multi-vitamin.

**Vitamin D**—This vitamin is well known for its ability to help promote strong bones and teeth, especially in children. A fat-soluble nutrient, vitamin D also is needed in the body for calcium and phosphorous to be absorbed properly (which is why it is often added to calcium-rich milk). Vitamin D has also been shown to help enhance the immune system, as well as maintaining a normal heartbeat and thyroid function. What many people do not realize is that there are many forms of vitamin D (like D2, D3, and D5). Of these, D3, or Cholecalciferol, seems to be the most natural form that is readily absorbed into our bodies. Because so many of us are deficient in vitamin D, taking a daily supplement is particularly important. For example, one study found that the older we get, the more likely we are to have less than adequate levels of vitamin D in our systems. In one case, 57 percent of the subjects tested had below-normal levels of this vitamin. What makes this finding particularly alarming is that very few of the subjects had risk factors typically associated with low levels. So in other words, you could think you are getting more than

enough vitamin D, when in reality you are falling very short. Clearly, taking vitamin D in supplement form makes a lot of sense.

**Vitamin E**—Like Vitamins A and C, vitamin E is an antioxidant, which means it has been linked to helping prevent cancer and heart disease. In fact, research suggests that supplementing with vitamin E may be more effective than daily aspirin therapy as a way to help prevent heart attacks. What makes this especially exciting is that while aspirin usage is associated with a variety of negative side effects, virtually everyone can take vitamin E with no difficulty. In addition to fighting free radicals, vitamin E also gets right to work in the body helping to improve circulation, blood clotting, and it may also help to reduce blood pressure. In addition, studies have found that vitamin A may be key in the fight against Alzheimer’s disease. Being deficient in vitamin A has been linked to a wide variety of health conditions, including various forms of cancer, infertility, miscarriage, and nerve problems. Because so many of us eat diets high in processed foods that are extremely low in vitamin E, taking it in supplement form definitely makes a lot of sense.

**The B-vitamin family**—Have you ever heard the expression “the whole is greater than the sum of its parts”? This saying pretty much sums up the healing power of the B-vitamins. The dozen or so members of this very large and extended family of nutrients each perform a wide variety of specific tasks in our bodies, all of which are vital to our health and well-being. However, the B-vitamins work best as a group, and so ideally, they should all be taken together at the same time. What is also interesting is that if you are deficient in one type of B vitamin, chances are good that you will also be low in several other types. Truly, when it comes to the B-vitamins, teamwork is the name of the game! Each member of the B-vitamin family performs some very specific roles inside our bodies. For example, Thiamine (or Vitamin B1) helps our brains work properly, promotes a good appetite, and is needed for the production of hydrochloric acid, a substance our bodies need during digestion. Riboflavin (Vitamin B2) has been shown to help promote healthy eyes, by reducing the occurrence of cataracts. It also aids in the production of antibodies, and healthy red blood cells. Niacin (Vitamin B3) helps our skin stay healthy, our nervous systems work properly, as well as ensuring that proteins, carbohydrates, and fats metabolize correctly in our bodies. Niacin has also been linked to lower cholesterol levels, and it may also be useful for treating mental illnesses like schizophrenia. Pantothenic Acid (Vitamin B5) also goes by the nickname of “the anti-stress vitamin” be-

cause it has been shown to be so helpful in treating anxiety, stress and even depression. Low levels of this nutrient have been linked to headaches, tingling in the hands, and nausea. Every single cell inside your body needs pantothenic acid in order to work properly, as it also helps to take carbohydrates, fats, and proteins and turn them into energy. Vitamin B6 (or Pyridoxine) has been shown to help ward off cancer as well as certain forms of heart disease, including arteriosclerosis (or hardening of the arteries). Specifically, vitamin B6 can prevent a nasty chemical called homocysteine from forming—this substance encourages cholesterol to collect around the heart muscle, so keeping levels low are key to cardiovascular health. Vitamin B6 has also been shown to help our immune systems function better, and it may also help ameliorate a variety of health conditions ranging from allergies to premenstrual syndrome. Vitamin B12 (Cyanocobalamin) is needed for our bodies to do a variety of jobs, including digestion, the making of red blood cells, and making sure the foods we eat absorb into our systems properly. The elderly as well as folks with digestive disorders are often extremely low in vitamin B12, and deficiencies can lead to a variety of unpleasant health conditions like dizziness, headaches, and memory loss. Biotin helps our bodies produce fatty acids and it also works well with the other B-vitamins, encouraging them to do their various jobs even better. However, biotin is probably best known as helping promote healthy skin and fingernails. Choline is necessary for our brains to function properly. In fact, it has proven to be beneficial to people with Parkinson's disease as well as other diseases that involve the nervous system. In addition, choline is vital for cardiovascular health. Folic acid has received a lot of press in recent years because of its benefit to pregnant women—studies have shown that taking folic acid supplements can reduce the occurrence of spina bifida in the developing baby. But you do not have to be female and/or pregnant to benefit from taking folic acid supplements! It can also help to strengthen the immune system, and like vitamin B6 it can help keep homocysteine levels in check. Like biotin, Inositol is also needed for our hair to grow, and it may also help prevent arteriosclerosis. Last but far from least, PABA (or Para Amino Benzoic Acid) is an antioxidant that helps ward off damage from the sun, making it a vital nutrient in the battle against skin cancer. It has also been shown to reduce inflammation caused by arthritis.

**The Mineral Family**—In general, minerals fall into two basic categories: macrominerals (also sometimes called bulk) and microminerals (or trace). As you may have already guessed, the macrominerals (like calcium and magnesium) are needed in larger amounts and are generally measured in milligrams.

On the other hand, our bodies need much tinier amounts of the microminerals (like selenium and chromium) for good health. But even though they are measured in micrograms, don't let their small weights fool you—microminerals are just as vital to our existence as their bigger mineral relatives. In order to survive, our bodies need adequate levels of many different minerals. For example, calcium is well known for its ability to promote healthy bones and teeth, but it can also help keep cholesterol levels low and prevent cardiovascular disease. Iodine is needed for the thyroid gland to work properly, and a deficiency in this micromineral has been linked to breast cancer and fatigue. Magnesium assists with enzyme activity, especially those involved in energy production, and it also helps calcium and potassium absorb into our bodies. Magnesium has also been shown to protect the linings of our arteries from the stress that results from sudden changes in blood pressure. Zinc works by promoting a healthy immune system and it may even help to ease symptoms of the common cold. Zinc is also needed for collagen to form properly. Selenium works as an antioxidant, particularly when combined with its good friend vitamin E, and it has also been shown to help prevent different types of cancerous tumors. One study found that men who took 200 micrograms of selenium every day for 10 years were about half as likely to develop colon, lung or prostate cancer as men who did not take this micromineral. Copper is needed in order for us to have healthy joints, bones, and skin—many people with osteoporosis have been shown to be deficient in this mineral. Manganese is also involved in the formation of cartilage and joints, as well as in energy production, normal blood sugar levels, and a healthy immune system. Chromium helps our bodies synthesize fats, protein and cholesterol, as well as how glucose is metabolized. In fact, chromium has been shown to help insulin work properly, which makes it an exciting supplement for folks with blood sugar-related disorders. Because studies indicate that only 1 out of 10 people get enough chromium from the diet, supplementing is essential for good health. Like calcium, molybdenum also helps to keep our bones and teeth strong, and it also helps our cells function normally. Finally, our bodies need boron in order for calcium, magnesium and phosphorous to absorb properly. Boron can also help us stay more alert, and it may also prevent osteoporosis.

**PectaSol® (Modified Citrus Pectin)**—This product is truly one of the most amazing natural supplements to come along in some time. In fact, it is so incredible that it has been written up in several prestigious medical journals, including American Journal of Clinical Nutrition and Journal of the

National Cancer Institute. Technically speaking, PectaSol® is a complex polysaccharide that is obtained from the pulp and peel of citrus fruits. Now, to get scientific on you for a little while, when PectaSol® is manufactured, it ends up with a shorter molecular chain than regular pectin supplements. Basically, this means that when you take ordinary pectin, it stays inside your stomach and intestines but it is not absorbed into the bloodstream. PectaSol®, with its smaller molecular chain, heads out of your gut into the blood, which means it is much more readily absorbed and used by the body. Overall, PectaSol®'s effect on our health is simply outstanding, particularly when you look at what it can do for cancer patients and people with high cholesterol, as well as how it can help remove toxic metals from the body. For example, one of the things PectaSol® does is to prevent abnormal cells from binding to each other and also to inside walls of the blood vessels. Specifically, each aberrant (which often means cancerous) cell, particularly those in the colon, breast, prostate, skin, brain, larynx and lymphatic system, contains a protein on its surface that is called "carbohydrate-binding galectin-3." Now, PectaSol® naturally contains a component called "galactosyl" that just happens to be attracted to this same protein. This means that when you take it, the PectaSol® heads straight for the binding protein sites of each abnormal cell and attaches itself to it. In other words, the PectaSol® essentially takes the spot that is normally reserved for the other aberrant cells. The PectaSol® attaches itself to the surface of the abnormal cells first, which prevents the aberrant cells from adhering to each other. PectaSol® has also been shown to help lower cholesterol, including the LDL or "bad" level. Another landmark 10-month study of PectaSol® focused on its ability to help remove a variety of toxic metals from the body. Seven subjects were given 16 grams of PectaSol® every day for 5 days and then 20 grams on day 6. All of the patients gave urine samples before starting the PectaSol®, and then also on the first and sixth days of the study. The results of the urine tests showed that after only 24 hours of taking PectaSol® the urinary excretion of both arsenic and tungsten increased significantly, while mercury and cadmium "approached significance." By day 6 mercury and cadmium has also reached significant excretion levels, and the level of lead excretion also increased nicely. Another similar case study involved a 58-year-old man who was being treated for prostate cancer. For him, taking PectaSol® resulted in a dramatic drop of arsenic, mercury, lead, and nickel levels. PectaSol® has also been shown in studies to slow down the time it takes for PSA readings to double in folks with cancer of the prostate. Clearly, anyone who is

looking to improve his or her health should definitely add PectaSol® Modified Citrus Pectin to his or her supplement routine.

**Nattokinase™**—Natto is a fermented food that has been popular in Japan for at least a thousand years. Natto is made by adding a healthy form of bacteria called *Bacillus natto* with boiled soybeans. The resulting fermented product looks a lot like what you get when you mix crispy rice cereal with melted marshmallows—natto has that same sticky and gluey quality to it. But unlike marshmallow treats, natto is actually quite good for you. Specifically, a substance called Nattokinase enzyme, which is produced when the *Bacillus natto* mixes in with the soybeans, has incredible health-promoting benefits. To understand more about how Nattokinase can help us, we first need to look at how and why our blood clots. In a perfect world, your body will react to a cut or scrape by forming a blood clot. If our blood could not clot a simple paper cut might prove to be fatal. However, many folks have what is called excessive thrombosis, a form of blood clotting that goes on inside the blood vessels, even when no injury has occurred. Ideally, these tiny little blood clots (called thrombi) are eliminated through a process called fibrinolysis, and all is well. But if the blood-clot forming factories put out more thrombi than the blood clot processing plants can eliminate, then we get into trouble. These small thrombi often end up blocking the small blood vessels of the cardiovascular system or the blood vessels leading to the brain, which leads to either heart attack or stroke. In addition, fibrin, the substance that holds all of the tiny thrombi together, can also end up in your blood vessels, leading to hardening of the arteries. What we need then, is a safe and natural way to promote the fibrinolytic activity that breaks up and eliminates the little tiny blood clots. Over in Japan, a researcher named Dr. Hiroyuki Sumi tested an impressive 173 natural products in order to find something that would help. Dr. Sumi and his associates discovered that Nattokinase has an extremely powerful, naturally occurring fibrinolytic ability. In a controlled study, Dr. Sumi gave a group of 12 subjects a pretty hefty portion of natto, and then compared the subjects' fibrinolytic activity against other folks who were given plain cooked soybeans to eat. Incredibly, Dr. Sumi found that while plain soybeans had no effect, the Nattokinase reduced the time needed to dissolve blood clots by one half! In addition, this fibrinolytic activity continued to rise for 4 hours after eating the natto. Dr. Sumi's next study involved Nattokinase tablets and lasted for 8 days. Again, taking Nattokinase in supplement form was shown to increase the fibrinolytic activity again.

Additional studies of Nattokinase<sup>®</sup> have found it to be effective at improving blockages in the circulatory system. When you consider how vital it is to have proper blood flow, as well as how many different serious health problems are linked to excessive thrombosis, knowing that a simply supplementing with Nattokinase<sup>®</sup> may be all we need to do to stay healthy is very reassuring indeed!

**OptoFlavonoid™ Complex (Citrus Bioflavonoids, Hesperidin and Rutin)**—Flavonoids are a large group of pigments found in plants that help give fruits, vegetables and flowers their distinctive colors. Flavonoids have also caught the eye of many researchers because of their ability to help prevent and treat a wide variety of health issues. In general, the over 4,000 identified flavonoids can be subdivided into 4 categories, one of which is citrus bioflavonoids. This subcategory also includes two substances called hesperidin and rutin. Flavonoids were discovered by Albert Szent-Gyorgyi, a biochemist who won the Nobel Prize in 1937 for his discoveries about vitamin C and the flavonoids. In general, flavonoids like citrus bioflavonoids have been shown to possess the very interesting ability to change a body's reaction to various substances like viruses, carcinogens, and allergens. As proof of this effect, researchers have shown repeatedly that bioflavonoids contain naturally occurring anti-allergen, anti-inflammatory, anti-cancerous, and anti-viral abilities. Citrus bioflavonoids are also impressive antioxidants, and help protect us against the health-ravaging effects of free radicals. Since free radical damage has been linked to a variety of health conditions ranging from the relatively minor skin wrinkles to the potentially fatal cancer and heart disease, finding natural ways to reduce or eliminate them are paramount to our good health. In addition, citrus bioflavonoids like hesperidin and rutin also appear to be capable of increasing the levels of vitamin C inside our cells, and they may also help our capillaries be more permeable and encourage better blood flow. In fact, some of the earliest studies of citrus bioflavonoids focused specifically on rutin. It was found to help reduce the levels of bruising, bleeding, swelling, and fragileness of the capillaries after either a sports injury or a nose bleed. More recent double-blind studies have shown a connection between citrus bioflavonoids and other health issues involving the veins, such as diabetic retinopathy, varicose veins, and even hemorrhoids. As if this weren't enough, bioflavonoids have also been shown to be useful for patients with diabetes. Many diabetic people have problems with the way blood flows through their small blood vessels. Since citrus bioflavonoids like rutin may actually improve the blood flow, they could be a very useful tool in treating the millions of people with diabetic-related blood vessel problems.

### **Leave borderline health behind with Immune Activator!**

As you can see, the benefits of vitamins, minerals and other nutrients are too great to leave to chance, diet, or even the RDAs. In order to achieve optimal wellness, we all need to take a multi-vitamin-mineral-plus. Immune Activator is a simple and safe way to ensure that we are getting the levels of nutrients we need everyday to be as healthy and vibrant as possible.

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