

# Kirkman's Ultra Tested®

*The Highest Standard for Purity Testing of Nutritional Supplements in the World!*

Kirkman's Ultra Tested® nutritional supplements offer the highest standard of purity testing in the nutraceutical industry.

Environmental contamination is ubiquitous. It's in the air we breathe, the water we drink, the food we eat and may even be in the nutritional supplements and medicines we take to stay healthy.

The global supply for nutraceutical and pharmaceutical raw ingredients comes from overseas sources, much of it from China where the air and water are heavy with lead.

You will want assurance that the nutritional supplements you take every day aren't contaminated with any ingredient that may be harmful to your health. Only Kirkman® tests every ingredient in every product\* for more than 950 environmental contaminants — no other nutritional company even comes close to this high standard of purity testing. So when selecting a nutritional supplement brand — Kirkman® is the clear choice.

\* except lotions, oils and creams



# KIRKMAN®

SINCE 1949

*For more than 67 years, healthcare practitioners and consumers all over the world have trusted the quality of Kirkman's products.*

	FDA's Required Testing	Kirkman's Ultra Tested®
<b>Heavy Metals</b>	None. FDA suggests only, the testing of lead, mercury, arsenic and cadmium.	Kirkman® tests every raw material and every finished batch for 24 heavy metals.
<b>Bacteria, Mold &amp; Yeast</b>	FDA has some, but not well-defined guidelines regarding bacteria and mold contamination.	Kirkman® monitors both raw materials and finished goods for the presence of mold and yeast using microbiological testing.
<b>Pesticides</b>	None. FDA offers loose guidelines that primarily pertain to imported foods rather than nutritional supplements.	Kirkman® tests every raw material for hundreds of potentially harmful pesticides.
<b>Allergens</b>	None. Allergen labeling and consumer protection law requires material suppliers to list the presence of common allergens.	Kirkman® not only monitors raw materials for the absence of allergens but also tests all finished product for the absence of casein, gluten, soy, egg and peanuts (unless otherwise indicated on the label).
<b>Label Claim &amp; Stability</b>	FDA requires testing to insure that label claims regarding contents, ingredients and potencies are accurate.	Kirkman® complies with all FDA requirements regarding label claims and stability testing.

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# Eating Gluten Free



# KIRKMAN®

The Home of Ultra Tested® Products

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## Living Gluten Free May Cause Vitamin Deficiencies

Living a gluten-free lifestyle is often a necessity for those classified as gluten sensitive or for those diagnosed with celiac disease, because they cannot safely consume gluten, a mixture of two proteins found in wheat, barley and rye, even in limited quantities.<sup>1</sup> However, a lack of gluten in one's diet can cause a myriad of other problems, the most significant being nutritional deficiencies.

Celiac disease is a genetically predisposed autoimmune disorder. A recent article from the Huffington Post said that up to 83 percent of individuals who are living with celiac disease are not aware of it.<sup>2</sup> When an individual with celiac disease eats gluten, it causes inflammation that damages the lining of the small intestine and prevents proper absorption of nutrients. Inflammation and intestinal damage may also occur if you are gluten sensitive but research has shown that non-celiac gluten sensitivity does not result in the increased intestinal permeability that is characteristic of celiac disease. Even if the individual does not intake gluten, the proper absorption of nutrients could continue to be compromised, adding to the risk of vitamin and nutrient deficiencies.

Almost 90 percent of individuals with celiac disease are deficient in at least one essential vitamin, according to a 2013 study published in *Nutrients*. This study, conducted



of celiac disease patients and healthy individuals. They discovered that the celiac disease patients were deficient in folic acid, vitamin A, vitamins B-6 and B-12, vitamin D and zinc. The healthy individuals showed only a slight need of vitamin B-12.<sup>3</sup> The researchers suggested that the celiac disease patients be regimented with a comprehensive multi-vitamin as well as with vitamin B supplementation.<sup>4</sup>

Kirkman® is one of the few companies that produces solely gluten-free supplements. In 2013, the Food and Drug Administration (FDA) issued a final ruling that any food labeled "gluten free" must contain less than 20 parts per million (ppm) of gluten (i.e., below 20 mg gluten per kg of food).<sup>4</sup> Kirkman's standard operating procedures allow no more than 5 ppm of gluten in every product it manufactures. This makes all of their products compliant with the gluten-free diet and safe for celiac patients.

## How to Begin Supplementation

A comprehensive multi-vitamin may be the correct starting point on the path to vitamin sufficiency; however, Kirkman's Vice President and Chief Operating Officer Larry Newman who is the principal formulator of Kirkman's supplements, advises two other supplements be taken by individuals on a gluten-free diet.

First, Newman recommends taking a peptidase/protease-containing enzyme to help digest any accidental or hidden gluten. Anyone who has been on a special diet knows it's nearly impossible to eliminate something entirely from the diet, particularly when foods may contain hidden sources of gluten or have been cross contaminated during the manufacturing process.<sup>5</sup> Proteases target and help

in the Netherlands, compared individuals newly diagnosed with celiac disease and healthy individuals with no known disorders. Researchers compared the vitamin concentrations



digest some grains, soy, cheese, milk, eggs, nuts and meats, while peptidases target and help digest gluten, casein and soy. Kirkman offers Enzym-Complete/DPP-IV™, EnZym-Complete/DPP-IV™ II with Isogest®, Chewable EnZym-Complete/DPP-IV™ w/Isogest®, Maximum Spectrum Enzym-Complete/DPP-IV™ Fruit Free w/Isogest® and Biofilm Defense®.<sup>6</sup>



Individuals on the gluten-free diet should also consider taking probiotics. These supplements can be beneficial for anyone wanting to maintain a healthy balance of gut flora. Individuals on the gluten-free diet may need to be extra cautious to maintain a healthy digestive tract so that it will function optimally and work to digest any accidental or hidden gluten they intake. Kirkman® offers a full-line of probiotics formulated to do just that.

Kirkman® also offers many multi-vitamins in various forms, including our popular Children's Multi-Vitamin/Mineral and our Advanced Adult Multi-Vitamin/Mineral which contain vitamins A, D, B-6, B-12, and the mineral zinc in adequate dosages to improve overall health and wellness.



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