



The LycoRed Herald

Your mirror to the emerging world of 'Wellness'



New Delhi

Volume 2

Issue # 10

Editorial

High blood pressure - time to practice prevention

According to a study in JAMA, July 2005 issue, most people over the age of 80 years have high blood pressure.

Among the oldest individuals, those above 80 years of age, more than 75% have high blood pressure (BP).

In people aged > 80 years, only 38% of men, and just 23% of women, have their high BP treated effectively and what's more, 25% of the oldest people with hypertension would have a major cardiovascular disease event within the next six years - stroke, heart attack or heart failure.

So the risks of hypertension are real. And medications such as thiazide diuretics are a proven and cost-effective way to lower blood pressure.

However, the studies show that only about a third of people over 80 years of age who could benefit from such medications are actually taking them.

With the aging of the population, the burden of hypertension is expected to increase significantly.

It is rare to escape the development of hypertension with aging; even for individuals free of hypertension at 65 years of age, the remaining lifetime risk of developing hypertension is approximately 90%.

It is believed that only in about 30% of hypertensives, BP is adequately controlled. A major problem in hypertension management is the lack of concordance to drug treatment.

Hypertension is associated with cerebro-vascular disease, which is in turn associated with dementia. There is also evidence suggesting that treatment of chronic hypertension can reduce cognitive decline later in life.

Non-pharmacological therapy with natural products including antioxidants may improve patient's attitude and compliance with treatment.

Antioxidants relax the walls of the arteries, reduce the tendency to plaque formation in the arteries and inhibit the retention of sodium by the kidneys.

Antioxidants also improve the production of nitric oxide by cells in the lining of the arteries, reducing the release of the blood clotting compound platelet activating factor (PAF) and inhibiting angiotensin-I converting enzyme (ACE).

It is time we focus our attention towards safe and effective preventive measures like taking a lycopene supplement daily, which has cardio-protective benefits and has been shown to lower BP effectively.

Dr. Deepika Chhabra
(Chief Editor)

LycoRed Bulletin Board

Jagsonpal launches LycoRed Syrup



Carrying forward its 'Initiative Wellness' campaign, Jagsonpal launched India's first ever antioxidant syrup containing lycopene.

Lycopene is the most potent antioxidant known to science that acts as an internal bodyguard protecting human cells from free radical damage. Besides lycopene, LycoRed syrup is also fortified with vitamins & minerals.

Key attributes of LycoRed syrup

- Sugar free - hence safe for diabetics
- Delicious taste with black grape flavor
- Wellness syrup

LycoRed syrup is especially helpful for stressed individuals - executives, housewives and young mothers.

The launch of LycoRed syrup gained a lot of attention in the media as reflected by the extensive coverage of this event by the Indian press.

In the current phase, LycoRed syrup has been launched only in the Delhi market.

Nicotine can prevent neuro-degenerative diseases

Though the health risks of tobacco are well known, several studies have shown that people with a history of cigarette smoking have lower rates of neuro-degenerative diseases like Parkinson's and Alzheimer's disease.



Now, a team of neuroscientists at the University of South Florida College of Medicine presents new evidence of an anti-inflammatory mechanism in the brain by which nicotine may protect against nerve cell death. Their study has been published in the *Journal of Neurochemistry*.

Smoking damages key enzyme in the lungs

Smoking appears to disrupt an important enzyme in the lungs, possibly explaining some of the habit's damaging health effects, researchers report.

The study focused on the effect of smoking on monoamine oxidase A, an enzyme that breaks down many compounds that affect blood pressure.



Food coloring may suppress the immune system

Very high doses of a caramel food coloring suppress the immune system, new research finds.



The discovery might lead to the development of new drugs that achieve selective suppression of the immune system. Such suppression would be useful after an organ transplant, the researchers noted. The findings appear in the latest issue of *Science*.

An indicator of nerves' health

A new study has revealed that examining a person's fingers after soaking them could be an effective method of checking the condition of a person's nerves.

The scientists at the National University of Singapore have found that the more wrinkled the fingers get, the healthier the nerves are.



This test could be used to diagnose nerve atrophy or damage resulting from conditions like diabetes or leprosy. The HIV virus, responsible for AIDS, also attacks nerves.

LycoNews

From LycoRed's official website (www.lycored.com)

A new study conducted by a team of Harvard researchers links lycopene to a reduced risk of lung cancer.

The findings, reported in the October issue of the American Journal of Clinical Nutrition (AJCN), are the result of an analysis of more than 124,000 men and women participating during a 10-year period in the Health Professionals Follow Up Study and the Nurses Health Study.

An editorial in AJCN commenting on the new Harvard study, Dr. David Heber, Director of the Center for Human Nutrition at the University of California at Los Angeles, said a significant reduction in cancer risk was noted in association with an increased intake of lycopene, even in smokers.

Lycopene supplementation reduces oxidative stress, DNA damage and the biomarkers of cell proliferation in smokers.

Research shows that the synergy between lycopene and other phytonutrients present in Lyc-O-Mato® encapsulated natural tomato extract, enhances the antioxidant activity and related health benefits of lycopene.



Are you a Netizen?

Log on to www.jagsonpal.com for viewing the current as well as all back issues of

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Metabolic syndrome: time for action

The people having metabolic syndrome carry a 2-fold higher risk of heart disease and a 5-fold higher diabetes risk.

Danger signs include:

Obesity: Men are at risk if they have a waist circumference greater than 42 inches. For women, it is 35 inches or more



Cholesterol: Having HDL cholesterol level of less than 40 mg/dL if male, or less than 50 mg/dL if female

Triglycerides: Having triglycerides greater than or equal to 150 mg/dL if fasting, or greater than or equal to 400 mg/dL if not fasting

Blood pressure: Having a blood pressure of 130/85 or higher, or on anti-hypertension medication



Glucose: Having glucose level of 110 mg/dL or higher if fasting, or a level of 140 mg/dL or higher, two hours after eating

Some useful lifestyle interventions

- 30 minutes of moderate-intensity exercise daily



- Reduce portion sizes to lower calorie intake

- Replace refined carbohydrates (white bread, potatoes) with legumes, whole grains



- Eat fish at least once per week

- Limit alcohol to no more than two drinks per day for men, or one drink per day for women



- Limit salt intake to 6 g per day of salt by using more herbs in cooking

- Consume more than five servings of fruits and vegetables every day



- Reduce consumption of red meat, butter and full-fat dairy products

Antibiotics use may cause breast cancer

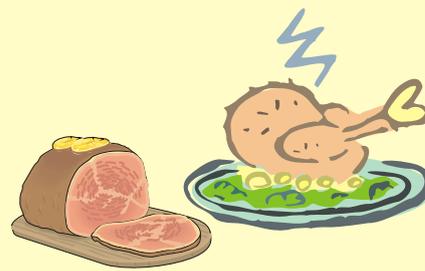
A study by Christine Velicer, a US researcher suggests that antibiotics might increase the risk of developing breast cancer.



Women who took the most antibiotics - who had more than 25 prescriptions, or who took the drugs for at least 501 days - faced double the risk of developing breast cancer over an average of about 17 years, compared with women who did not use the drugs, the study showed.

Vegetarians are prone to anaemia

The vegetarian people are at an increased risk for Vit B₁₂ deficiency, because Vit B₁₂ is supplied primarily through the dietary intake of animal products - meat and dairy foods.



Breast-fed infants of vegetarian mothers may also develop Vit. B₁₂ deficiency.

Reading someone else's copy?

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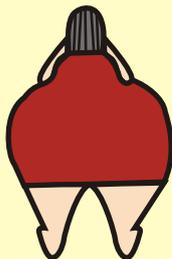
Jagsonpal Pharmaceuticals Limited, T-210J, Shahpur Jat, New Delhi - 110 049



Girls are naturally 60% fatter than boys by the age of 18

Researchers who studied almost 2,000 children aged 5-18 used a technique to measure both total body mass and body fat to see how fat levels changed as youngsters got older.

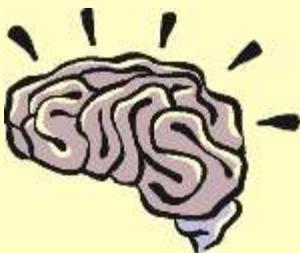
The researchers found that on an average by the age of 18, 16% of boy's body mass comprised of fat compared with 25% in girls.



Part of the brain that causes asthmatic stress is located

Using brain-scanning techniques, researchers have located a specific part of the brain that causes people with asthma to wheeze and gasp for breath when under emotional stress.

The report appears in the latest issue of *The Proceedings of the National Academy of Sciences*



Folic acid, vitamin B pills don't ward off heart attacks

Folic acid and vitamin B pills may even be harmful when combined, new research suggests.

Studies showing that vitamins lower levels of homocysteine in the blood suspected of playing a role in the development of heart disease have prompted millions of heart patients in the developed world to take them.

However, the first large study presented at a meeting of the European Society of Cardiology, found that although the supplements dramatically lowered the levels of homocysteine, they offered no protection to the heart.

Two cocktails can kill foetal brain cells

Two cocktails are enough to set back an unborn child for the rest of his life, a researcher has warned.



Neurologist John Olney told the annual meeting of the American Association for the Advancement of Science in Seattle that studies showed that a blood alcohol level in a pregnant women of 0.07 per cent, the level produced by two drinks, was enough to kill the developing brain cells of her foetus.

Morning workout better for women

For post-menopausal women, a little workout in the morning means a good night's sleep, concludes a US study published in the journal *Sleep*.



According to researchers from the Fred Hutchinson Cancer Research Center, Seattle, women who exercise in the evening, on the other hand, were more likely to be up at night.

Link between asthma & HRT

Post-menopausal women on hormone replacement therapy are twice as likely to develop asthma as women who don't take the controversial hormone supplements, according to a study.



US researchers who reviewed data on more than 121,000 women found that women taking estrogen or estrogen plus progestin were twice as likely to have been recently diagnosed with asthma as women who did not use the supplements.

Our comment: LycoRed offers all the benefits of HRT minus the other risks such as an increased risk of cancer, CVD & stroke.

Would your patients eat a *synthetic* tomato?



LycoRed contains only 'All Natural Tomato Lycopene' along with phytonutrients as **Lyc-O-Mato** for a synergistic action

Antioxidant potency of **Lyc-O-Mato** is 3-times greater than that of lycopene

Need to gain weight?

While most people have problems losing weight and combating obesity, a great number of people want to and need to gain weight.



Causes of being underweight

- Very rapid metabolic turnover
- Very high stress levels
- Problems with absorption
- Hyperactivity
- Excessive exercise
- Eating disorders such as anorexia & bulimia
- Hyperthyroidism
- Depression
- Wasting illnesses
- Eating too little
- Unbalanced eating patterns - eating too much or very few food items

Some useful tips to gain weight

Rapid metabolism: If you have been born with a very rapid metabolic turnover, then you need to increase your daily intake of healthy foods to compensate for the rate at which you burn energy

Very high stress levels: If you are constantly exposed to very high stress levels, then you should try and address the underlying problem by consulting a clinical psychologist to help you cope and reduce the stress



Problems with absorption: There are number of clinical conditions, which can cause poor absorption of food. Enzymatic supplements can help with digestion

Hyperactivity: It is essential to ensure that children with attention deficit hyperactivity disorder, eat a balanced diet and plenty of it



Excessive exercise: Some people who tend to overdo should ensure that they are putting back the energy they have used



Spinach is good for health

Spinach contains antioxidants, which help fight formation of free radicals, says a newly certified report.

The National Institute of Standards and Technology (NIST) had recently published their Standard Reference Material (SRM).

The NIST values confirm that spinach is rich in antioxidants - both beta-carotene and lutein.



Breakfast keeps tooth decay at bay!

A new study published in the *Journal of the American Dental Association* suggests that eating breakfast, plenty of fruits and veggies may be as critical as a toothbrush, toothpaste and a good dentist when it comes to having and retaining a healthy smile.



**Wellness ...
Specially
cultivated**



**Wellness ...
Spread through the world**



**Wellness ...
Also brought to your
country**



"Using LycoRed in IIIrd trimester as it remarkably reduces the incidence of PIH"

Dr. Sunita Arun Kathare
MBBS, DGO
Bagalkot (Kar)



"I had a wonderful experience after using LycoRed in patients of IUGR and primary sterility"

Dr. Manpreet Sharma
MS
Agra (UP)



"LycoRed is a wonderful drug for IUGR, threatened abortion & PIH"

Dr. Suman Jain
MS
Agra (UP)



"LycoRed along with specific drugs gives excellent results in PIH and male infertility"

Dr. N M Panigrahi
MS
Brahmapur (Ori)



"After prescribing LycoRed to my patient of oligospermia, his sperm count increased and even his wife conceived."

Thanks to LycoRed"

Dr. Ashutosh N Mali
MS
Sangamner (Mah)



"LycoRed is really very smart.

It treats my patients of PIH and toxemia"

Dr. Nimala Tiwari
MBBS
Vidisha (MP)



"Excellent results with LycoRed in infertility, IUGR and PIH"

Dr. Sarla Bajaj
MBBS
Indore (MP)



"LycoRed is highly effective in the treatment of PIH and female infertility"

Dr. Vaishali Bhargava
MS
Jaipur (Raj)



"LycoRed is very effective in IUGR and infertility"

Dr. Ambika Sharma
MBBS, DGO
Haldwani (Uttr)



In pregnancy

LycoRed™

Reduces the risk of pre-eclampsia, IUGR & oligohydramnios



"Satisfied with LycoRed in diabetic retinopathy and cataract"

Dr. Tarun Aharwal
MS
Mandla (MP)



"LycoRed has shown encouraging results in patients of IUGR and cases of infertility"

Dr. Sushma Gupta
MS
Agra (UP)



"Just started LycoRed in two patients of leukoplakia, the results are wonderful"

Dr. N K Agarwal
MS
Basana (Chatt)



"Use of LycoRed in pre-conception period in cases of recurrent abortion has been very rewarding.

Moreover found excellent results with LycoRed in PIH & infertility"

Dr. Sujata Sharma
MD
Prof., Med. Coll., Amritsar (Pun)



"LycoRed has filled the emptiness in the lives of many infertile couples.

Using LycoRed in a dose of 1bd for 3 months"

Dr. Savita Agarwal
MD
Gorakhpur (UP)



"LycoRed is very effective in cases of infertility when administered to both the partners in bd dose"

Dr. Radha Nayar
MS
Jaipur (Raj)



"LycoRed is very useful in polymorphous light eruption cases"

Dr. Sham Sangoram
MBBS
Sangamner (Mah)



"In just 3 months, LycoRed shows improvement in sperm count and sperm motility in oligoasthenospermia"

Dr. Pradeep Agarwal
MD
Bhilwara (Raj)



"LycoRed, a wonderful antioxidant that creates a feeling of well-being in my elderly patients"

Dr. Raman K Aggarwal
MBBS
Phagwara (Pun)



**Extend
the
Protective power
of
LycoRed
to**



**Tobacco & alcohol
users
1 od or 1bd daily**

LycoRed softgels



"LycoRed in recurrent aphthous stomatitis offers quick recovery and delayed recurrence"

Dr. D R Padghan
MD
Shrirampur (Mah)



"LycoRed works well in anemia during pregnancy as an od dosage"

Dr. Geeta Marwaha
MBBS, DGO
Raniganj (WB)



"Observed excellent results after using LycoRed in most cases of chronic sub-mucous fibrosis, especially seen in young men habituated to gutka"

Dr. K K Mohanty
MD
Khurda (Ori)



"Results are very satisfactory in my patients of infertility, IUGR and PIH"

Dr. Anjana R Rathi
DGO
Beawar (Raj)



"Using LycoRed for the past 6 months in pre-eclamptic toxemia, IUGR & oligohydramnios, found it to be very effective as LycoRed improves the prognosis in these cases"

Dr. Archana Mali
MBBS, DGO
Sangamner (Mah)



"LycoRed shows definite results in both male and female infertility.

Also getting wonderful results in PIH"

Dr. Anupama Gangwal
MS
Jaipur (Raj)



"My patients of sub-mucous fibrosis are showing fantastic recovery after taking LycoRed"

Dr. K N Dandekar
MS
Sangamner (Mah)



"Using LycoRed as an antioxidant in my diabetic patients"

Dr. Ravinder Singh
MD
Tanda (Pun)



"LycoRed is very effective in controlling blood sugar levels in diabetics.

Overall it improves the well-being of my chronically ill patients"

Dr. R K Sharma
MD
Sawai Madhopur (Raj)



DIABETICS REQUIRE MUCH MORE THAN JUST GLYCEMIC CONTROL

Prevention of angiopathies is indispensable

Rx LycoRed™ ..the protective adjuvant in diabetes

100% Natural Lycopene with phytonutrients (Lyc-O-Mato®)





"Satisfied with LycoRed, as excellent results are seen in PIH cases"

Dr. Srikanta Sahu
MD
Berhampur (Ori)



"My faith in LycoRed is increasing with each passing day as I am getting miraculous results"

Dr. Veena Porwal
MBBS
Ajmer (Raj)



"Amazing results!"

Using LycoRed in patients of sub-mucous fibrosis and infertility"

Dr. Dilip A Kulkarni
MS
Rahuri (Mah)



"LycoRed is indeed effective in preventing IUGR and pre-eclampsia"

Dr. Gargi Gupta Krishak
MS
Agra (UP)



"LycoRed gave me excellent results in patients having IUGR and oligohydramnios, it not only increases the foetal weight but also increases the liquor quantity"

Dr. Vailar Kalyani
MD
Ahmednagar (Mah)



"My infertile patients, specially oligoasthenospermic males and females with unexplained infertility have shown very good results with LycoRed"

Dr. Rachna Satija
MS
Jaipur (Raj)



"My patients of COPD improved remarkably after taking LycoRed as 1bd along with other drugs"

Dr. Anil Mohindra
MBBS, DTCD
Hoshiarpur (Pun)



"LycoRed is good for my patients of IUGR & PET"

Dr. Sangeeta Agarwal
MBBS, DGO
Bharatpur (Raj)



"A patient of sub-mucous fibrosis came to me with just 1 finger mouth opening.

After prescribing LycoRed for a month the mouth opening increased to two fingers.

Thanks to LycoRed!"

Dr. J M Jain
MBBS
Durg (Chatt)



**Extend
the
Protective power
of
LycoRed
to**



**Elderly patients
1 od or 1bd daily**

LycoRed softgels



"Very much satisfied with the use of LycoRed in my patients of primary infertility, IUGR and PIH"

Dr. Neerja Dubey
MS
Jabalpur (MP)



"Found remarkable results in oligospermia.

All my patients have responded wonderfully to LycoRed"

Dr. Bina Chodhary
MD
Sawai Madhopur (Raj)



"LycoRed, the complete bio-efficient antioxidant"

Dr. K P Joshi
MD
Dehradun (Uttar)



"LycoRed is excellent!

With just 1bd of LycoRed, patients of unexplained infertility and oligospermia show excellent results"

Dr. Geeta Dadhich
MBBS, DGO
Laxmangarh (Raj)



"Encouraging results with LycoRed in infertility!"

In male infertility, substantial improvement was seen in sperm count and sperm morphology"

Dr. D B Damani
MS
Shrirampur (Mah)



"Good results in OSMF & leukoplakia.

Also patients of oral candidiasis show improvement, when LycoRed is used along with corticosteroids"

Dr. Abhay Premprakash Agarwal
BDS
Bilaspur (Chatt)



"LycoRed is very good as a supportive treatment in oncology and for prostatic diseases"

Dr. Unmesh Takalkar
MS
Aurangabad (Mah)



"Using LycoRed for the past 6 months, getting good results in IUGR & PIH"

Dr. Nina Ramani
MBBS, DGO
Muzaffarnagar (UP)



"LycoRed is my drug of choice in the treatment of infertility.

Excellent results seen when LycoRed is administered as 2bd to male and 1bd to female partner"

Dr. S Goyal
MS
Beawar (Raj)



Extend the Protective power of LycoRed to



Infertile couples

Males: 2bd daily
Females: 1bd daily

LycoRed softgels



"I have full confidence in LycoRed.
Using it in my patients of IUGR & infertility"

Dr. Usha Gupta
MBBS
Muktsar (Pun)



"LycoRed has given me the confidence
in treating male infertility, as 90% cases
responded with excellent results.

Also started LycoRed in the treatment
of female infertility"

Dr. Shanu Agarwal
MBBS, DGO
Agra (UP)



"My geriatric patients feel energetic
and fresh after taking LycoRed.

Also using LycoRed in diabetes, CAD
and infertility with excellent results"

Dr. Ajit Singh Rana
MS
Indore (MP)



"Using LycoRed in IUGR and PET with
very good results"

Dr. Reeta Arora
MBBS
Sangaria (Raj)



"LycoRed is wonderful product for
diabetics and smokers.

Using LycoRed extensively in
my patients of sub-mucous
fibrosis and other pre-malignant
conditions"

Dr. Anurag Sahu
BDS
Jabalpur (MP)



"Results are excellent with LycoRed in
IUGR, PIH, BOH and infertility"

Dr. Lata Rajoria
MS
Jaipur (Raj)



"LycoRed, a potent antioxidant
shows clinical improvement with
excellent response in leukoplakia
and sub-mucous fibrosis.

Also helps in better blood sugar
control in diabetics"

Dr. Pradeep Verma
MD
Bilaspur (Chatt)



"LycoRed assures good results in
IUGR and infertility"

Dr. Naresh Chugh
MS
Suratgarh (Raj)



"LycoRed is a boon for the infertile
patients as fantastic results are
seen in oligospermia"

Dr. Usha Kapoor
MBBS
Dehradun (Utr)



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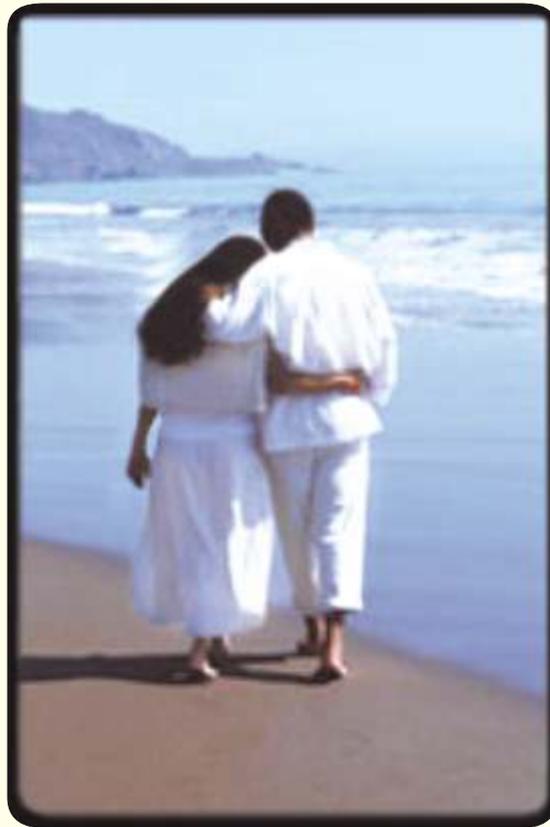
Encourages esteemed medical practitioners from all South-East Asian nations to share their success stories on spreading the message of Initiative Wellness, through the platform of 'The LycoRed Herald'. We shall be pleased to publish such initiatives. Please write to:

Jagsonpal Pharmaceuticals Limited, T-210J, Shahpur Jat, New Delhi – 110 049

The second revolution

Endorsed by countless doctors
across India

Thank you... *We are honoured*



All infertile couples in your care need the *proven*

Protective Power of LycoRed

Dosage

Males: 2 bd daily
Females: 1 bd daily

Jagsonpal Pharmaceuticals Limited
T-210J, Shahpur Jat, New Delhi - 110 049