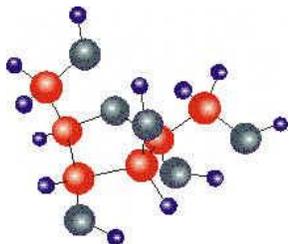


# Alpha DMX

## An Elemental Nutrient Formula



## Alpha Nutrition



### Alpha Nutrition Medical Foods

Alpha Nutrition specializes in elemental nutrient formulas, the pure expression of nutrient biochemistry. We use the concept of nutrient modules to create nutrient formulas. We provide a choice of nutrient modules so that food can be replaced, nutrient intake can be supplemented and balanced in a variety of ways. These precise nutrient sets are formulated by assembling nutrients into modules that supply energy, electrolytes, antioxidants, phosphate, vitamins, minerals, neurotransmitter substrates and amino acids as the protein building blocks. The formulas are all packaged as dry powders to be mixed with water frozen fruit or juices and taken orally.

You can obtain further information and email support at our web sites, found at <http://www.alphanutrition.com> <http://www.nutramed.com>

**Formula Information is available online**

**Formula orders are place online**

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## Links to Online Resources

### [Purchase Alpha DMX Online](#)

If you are using Alpha DMX and have not read the Alpha Nutrition Program, you can order the book online. A printed edition is essential if you need revision instructions.

### [Order Alpha Nutrition Program Book Online](#)

For all formula Information [See Modular Nutrition Online](#)

If you have not yet ordered Alpha DMX and need to solve a health problem, consider ordering one of the [Alpha Nutrition Starter Packs](#) that include DMX (Diabetes 2 SP, Arterial Disease SP). You will receive the Alpha Nutrition Program and a 500 Gram bottle of Alpha DMX to evaluate. Most starter packs come with a second book, a complete course in the specific health problems you seek to solve.

See all our information online <http://www.nutramed.com>

## Alpha Nutrition Nutrient Formulas

Nutrition is built of basic building blocks. Carbohydrates, fats and proteins are typical components of foods. Vitamins and minerals are essential nutrients. Elemental nutrient formulas represent the ultimate reduction of food, replacing food intake with a chemically defined set of nutrients. While foods recommended in the Alpha Nutrition Program can supply complete and balanced nutrition, there are many circumstances when replacing food and adding nutrients is necessary. Alpha Nutrition Formulas provide choices of nutrient modules so that nutrient intake can be supplemented and balanced in a variety of ways. Alpha ENF can supply complete nutrition on a food holiday and it remains the formula of choice for meal replacement long term. For most people following the Alpha Nutrition Program, Alpha ENF is the complete nutrient set formulated by assembling nutrients into modules that supply energy, electrolytes, antioxidants, phosphate, vitamins, minerals, neurotransmitter substrates and amino acids as the protein building blocks.

To answer the specific needs of diabetics we formulated Alpha DMX by removing the fat energy. A diabetic can use DMX in place of Alpha ENF. Anyone who wants to boost total nutrient intake with minimal calories can use Alpha DMX. If the goal is to reduce or eliminate protein intake, amino acids can be added to the diet as AAX in a dose range of 10 to 50 Grams per day.

## Alpha DMX

Alpha DMX is an elemental nutrient formula designed for meal replacement. DMX is designed to achieve high nutrient density with little caloric intake. DMX is a dry powder that can be mixed with water and juices. By dissolving the powder in water and juices, the nutrients are quickly and easily absorbed by the digestive tract. No digestion is required and complete absorption is likely even with severe digestive tract disease. The formula is designed to provide adequate nutrient intake with reduced food intake.

Daily dose 25 Grams as 2 servings of approximately 12.5 grams twice a day. Sold in 500-Gram jars that supply 20 or more days of complete nutritional support.

### The Main features of Alpha DMX

- nutrient intake of vitamins, minerals and amino acids
- purified ingredients to minimize problems associated with food allergy
- high solubility nutrient preparation to increase nutrient absorption
- no digestion required, ideal for digestive tract diseases
- reduced cravings because of increased nutrient intake

Alpha DMX is fat free. Mixed with fruit juice or frozen fruit, DMX replaces one to two meals per day – complete nutrition with low caloric intake. This is an excellent strategy for people with diabetes 2, for example.

### Diabetes 2

The conundrum that all diabetics face is that if you eat enough food to get all the nutrients you need, your caloric intake is too high and other problems can arise. If you eat too much carbohydrate, the blood sugar rises. If you eat too much fat, you gain weight and your arteries get plugged with fat. If you eat too much protein, you may get food allergic effects, your blood ammonia rises and your kidneys may fail. A high protein intake contributes to kidney disease.



People with diabetes 2 should eat a low carbohydrate, low fat, low protein diet. The only way you can achieve all three goals is to eat less food -a low calorie diet. With 25 grams of Alpha DMX per day, it is possible to eat less than 1000 calories per day, be well nourished and avoid strong food cravings.

By adding Alpha DMX to a low calorie diet, nutrient intake is boosted to recommended daily intakes goals for all vitamins and minerals. When kidneys are damaged by diabetes, food proteins can become toxic, but small doses of pure amino acids can supply nutrient needs safely. The best strategy is to eat less protein and spare the kidneys.

## Nutrient Benefits

Alpha DMX is formulated to boost the intake of nutrients that have a demonstrated benefit in preventing and/or reducing the negative consequences of diabetes 2 and arterial disease. The key strategies are

1. To increase mineral intake: calcium, magnesium, potassium, zinc, chromium
2. To increase folic acid intake to 600 micrograms per day.
3. To increase intake of Biotin, Vitamin B12, Pyridoxine and Vitamin K2 (MK7).
4. To supply other vitamins and mineral nutrients, some at the RDA level or higher.
5. To supply free form amino acids that have in addition to nutrient function, physiological roles such as stimulating growth hormone secretion, increased neurotransmitter synthesis and protection of the digestive tract lining.

Several benefits are proposed for increased intake of folic acid: reducing heart attacks, preventing strokes and protecting against the development of dementia.

There are specific nutrients that contribute to the resolution of arterial disease and diabetes 2. Deficiencies of chromium, biotin and zinc have been associated with glucose intolerance and need to be supplemented. Deficiencies of folic acids, pyridoxine and Vitamin B12 are associated with increased risk of strokes, heart attacks and Alzheimer's dementia; these vitamins are supplemented above RNIs. Vitamin K2 can decrease calcification of arteries and improve circulation. All these nutrients have been included in the Alpha Nutrition series of elemental formulas.

Trobia et al found zinc to be beneficial in diabetes prone rats. They stated: "Data indicate that dietary treatment of diabetes-prone BB Wistar rats with zinc appears to be an effective approach for delaying or preventing the onset of diabetes in genetically predisposed rodents. This finding may suggest further experimental studies regarding dietary means for preservation of pancreatic function. "

## Mixing Alpha DMX

Mix Alpha DMX with fresh or frozen fruits or vegetables in the blender to make pleasant drinks.

**The Best Way to Mix Alpha DMX** is add fresh or frozen fruit and vegetables with water or juices in a blender or Nutribullet type of smoothie maker. We often use frozen fruits + DMX + Water in a Nutribullet blender that quickly mixes the powder with the water and frozen fruit. Depending on your food tolerances, rice milk, soya milk and yogurt may be added to the DMX mix. If you do not have a blender, you can also mix Alpha DMX by shaking the formula with juice in a closed container.

If you pour a DMX mix into a glass or cup and let it sit, it tends to thicken and small amount sediment may form in the bottom. A shake or quick stir will re-suspend the solution. If you are going to sit and sip the formula, just keep a spoon or swizzle stick

**Caking Tendency & Storage** Alpha DMX is stable at room temperature and has a shelf life of more than 2 years. The formula absorbs moisture from the air and tends to cake. If clumps form, they are readily dispersed with a spoon or by shaking the formula jar. The lumps do not affect the function of the formula. In hot, humid climates and to prolong shelf life, the formula can be refrigerated or frozen.

### Part of the Day's Nutrition

Servings of Alpha DMX can replace meals and can supply part of your daily nutrition. The recommended amount of Alpha DMX per day is 25 grams but the dose can be adjusted depending on nutritional needs. Alpha DMX is combined with foods to supply part of the day's nutrition. The serving size of Alpha DMX can vary from 6 to 12.5 grams -- about 2 teaspoons of formula mixed in one or more cups (220 ml) of juice. Because Alpha DMX is a concentrated mix of nutrients, be sure to drink extra water between servings of the formula.

Start with Alpha DMX 12.5 grams in juice as a quick breakfast. A second serving can be taken at any time during the day, or the day's serving can be mixed in a jug of juice and sipped through the day. Since the nutrients in Alpha DMX are quickly absorbed and utilized, it may be a good idea to have smaller more frequent servings of Alpha DMX spaced through the day.

### A day's Alpha DMX schedule might be:

8 AM	Alpha DMX 12.5 grams
4:30 PM	Alpha DMX 12.5 grams
6:30 PM	Dinner

### Best Used Before Date

Alpha DMX is a perishable food. Like all foods, DMX is labeled with a best used before date. Since most of the formula is sold directly to end users, formulas usually arrive with several months of shelf life. Check the best used date when the formula arrives and plan to use it all before that date. The formula should be stored in a cool location, below 65 degrees F. Exposing the formula to increased heat will decrease shelf life and is associated with increased odors when you open the jar. Avoid exposing the packaged formula to direct sunlight and temperatures above 72 degrees F. Refrigerate open jars of the formula if possible. Except when exposed to temperatures higher than 80 degrees F, the formula is stable and will not suddenly expire. If you want to store the formula beyond the best used date, simply refrigerate. The formula can be stored in a freezer to extend its shelf life for at least an additional year. After mixing the formula in juice, the mix will ferment quickly if warm. Keep refrigerated or carry in a thermos with added ice.

## Alpha DMX Nutrient Values per 25 Grams

Vitamin A	800	iu	<b>Amino Acids</b>	Milligrams
Beta Carotene	7.5	mg	I-alanine	478
Vitamin D3	200	iu	I-arginine	897
Ascorbic Acid	200	mg	I-aspartic acid	897
Vitamin E	200	mg	I-cystine	143
Thiamine	20	mg	I-glutamic acid	299
Riboflavin	4	mg	I-glutamine	717
Niacinamide	50	mg	I-glycine	1495
Pyridoxine HCl	50	mg	I-histidine	318
Biotin	2	mg	I-isoleucine	717
Pantothenate	50	mg	I-leucine	957
Folic Acid	600	ug	I-lysine HCl	897
Vitamin B <sub>12</sub>	40	ug	I-methionine	538
Vitamin K 2	120	ug	I-phenylalanine	897
Potassium	800	mg	I-proline	538
Calcium	270	mg	I-serine	359
Copper	0.7	mg	I-threonine	478
Magnesium	125	mg	I-tryptophan	179
Zinc	5	mg	I-tyrosine	598
Iodide	43	ug	I-valine	598
Selenium	0.02	mg		
Manganese	1.2	mg		
Molybdenum	50	ug		
Chromium	0.04	mg		
Carbohydrate	3	gm		
Fiber	11	Gm		
Fat	0			

## **DMX Design**

### **High Nutrient Density**

A key concept in diabetes and weight management is that appetite and weight regulation is largely determined by the adequacy of the incoming nutrient set. A low nutrient to calorie ratio means you will eat more and gain weight. DMX is designed to achieve a high nutrient density with low caloric intake. The proportions of nutrients in Alpha DMX provide balanced nutrition with the sense of satiety, the satisfied feeling when you have had enough to eat. You can replace one or two meals per day with DMX and then have a light dinner, keeping your caloric intake low and your nutrient intake high.

### **Electrolytes**

One functional module of great importance is electrolytes - the salts dissolved in water which form the basis of blood and cellular function. Water is essential and intake determines the concentration of electrolytes in the blood and tissue fluids. The right amount of water is important - more is almost always better than less.

### **Antioxidants**

The antioxidants are provided in generous quantities in Alpha ENF because of their many potential health benefits. Vitamin C, beta carotene, vitamin E and selenium scavenge free oxygen radicals. Cellular combustion can be compared to a wood stove, which needs adequate protection to do its job without burning the house down. As we burn fuel in our cells, some oxygen atoms are given an extra electron and become the radical, oxygen. If oxygen floats free of the energy engines, it may interact with and damage other molecules. Cell membranes are vulnerable to oxygen injury; damaged membranes disturb the function of the entire cell. Extra oxygen reacting with DNA can make the code sticky and can cause mistakes in code reading or replication, resulting in cell mutation. The cumulative damage of trillions of random oxygen encounters with critical molecules over many years contributes to accelerated aging and cellular dysfunction. The nutrients that combine harmlessly with oxygen and are referred to as "antioxidants". Vitamin C is the best antioxidant. If you can raise the amount of Vitamin C in cells, you may soak up enough oxygen to make a long-term difference. The effect of Vitamin C is enhanced if you present three other nutrient antioxidants alongside, Vitamin E, beta carotene and selenium.

### **The Importance of No Proteins, No peptides**

One of the therapeutic secrets of DMX is the avoidance of proteins or pieces of proteins known as peptides. Proteins are the most reactive molecules in food allergic disease. Staple foods such as milk, eggs, wheat, and meat contain proteins that frequently causes immune responses and are the basic problem in delayed patterns of food allergy. Protein powders sold as "body-building" supplements are also a source of trouble. Protein powders are often made from cheap proteins such as milk protein (casein, whey), egg white (albumin), soya proteins, or hydrolyzed vegetable proteins.

Alpha DMX avoids the protein problems by using a balanced set of pure amino acids instead of proteins or partially hydrolyzed proteins. Amino acids are the real nutrients derived from proteins by digestion of food.

Amino acids do not trigger immune responses. Free amino acids are much more expensive than protein powders, but freeing the immune system from protein challenge is well-worth the cost.

### **Amino Acids**

Instead of proteins, free amino acids are provided in Alpha DMX. A complete set of the nine essential amino acids is complemented by 10 of the non-essential amino acids. Some of these amino acids are destined to be included in body proteins, others will be used as neurotransmitters. Tyrosine and phenylalanine, for example, are converted to dopamine, noradrenalin and adrenalin. Tryptophan is converted into serotonin. Glycine itself is a major neurotransmitter in the spinal cord. Glutamate is the most important amino acid – neurotransmitter in the brain.

The technique of amino acid proportioning is a frontier in nutritional programming for athletic performance. For example, Alpha DMX contains branch-chain amino acids, designed to enhance muscle action and growth. Leucine in particular seems to promote muscle growth, acting in concert with insulin. The other two branch-chain amino acids, isoleucine and valine, may also supply muscle fuel if impairment of glucose utilization occurs. Arginine has been effective in improving tissue repair and can be considered growth-promoting.

### **Ingredients**

Alpha DMX is a high quality meal replacement formula used in critical applications to provide optimal nutrient intake. There are no comparable products available of the shelf in the USA and Canada. The ingredients are all chosen for purity, solubility and low allergenicity.

### **DMX Ingredient List**

Ingredients: Microcellulose, Magnesium gluconate, Potassium gluconate, Calcium glycerophosphate, maltodextrin, Carboxymethyl cellulose, L-glycine, L-leucine, L-lysine HCl, L-phenylalanine, L-arginine, L-aspartic acid, Potassium chloride, L-isoleucine, L-glutamine, L-tyrosine, L-valine, Ascorbic acid, L-methionine, L-proline, L-threonine, L-alanine, Sodium chloride, Calcium pathothenate, L-serine, L-histidine, L-glutamic acid, Alpha Tocopheryl, Beta carotene L-tryptophan, L-cystine, Niacinamide, Thiamine, Zinc Gluconate, Pyridoxine HCl, Biotin, Vitamin A palmitate, Manganese gluconate, Riboflavin, Vitamin B12, Potassium Iodide, Copper Gluconate, Vitamin D, Folic acid, Vitamin K2, Sodium Molybdate, Chromium Chloride.

### **Nutrients Not Included**

The DMX formulation assumes that the user is eating some foods to supply energy in the form of carbohydrates and fats. Sodium is limited because the many users of DMX are following a low sodium diet. Supplemental fatty acids, especially EPA and DHA found in fish oils are recommended. The foods listed in the Alpha Nutrition Program are highly recommended. Vitamin K2 is now included in the formula,

## Alpha DMX Applications

Alpha DMX and Alpha PMX are complete nutrient formulas and can replace food and provide nutrient supplementation in variety of ways. The formulas can be used whenever eating is difficult, food intake is reduced or eating food causes symptoms.

- Meal Replacement up to 2 meals per day
- Diabetes 2
- Hypertension
- Arterial Disease
- Nutritional Supplement
- Traveling Food
- Digestive Disorders
- Weight Management
- Loss of Appetite
- Malnutrition

## Ingredient Sources

The idea of an ENF is to present nutrients in a pure or near-pure form so that food source contaminants are avoided. Maltodextrin is hydrolyzed corn starch and is generally tolerated by people with allergy to corn since the protein antigens in corn are removed. Microcellulose and carboxymethyl cellulose are the fiber component from plant sources that provide distribution of nutrients in powder form and provide fiber bulk that helps bowel function. Microcellulose reduces digestive symptoms overall and there is no known allergy. The vitamin and mineral nutrients are presented with US Pharmaceutical certified purity and are chosen for the optimal solubility in water - this provides quick mixing and maximum nutrient absorption. The amino acids are individually added to an Amino Acid Premix and are certified as 100% pure, l-form amino acids - i.e. no source or production contaminants. No hydrolyzed proteins are used in Alpha Nutrition formulations. The formulas are hypoallergenic and have been tolerated by people with sensitivity to many if not most foods.

Hypoallergenic means low allergy potential but not zero potential; we doubt that a zero-allergy product is feasible and is not required by people who live in the real world and are exposed to thousands of potential allergens every day.

A well-informed reader with an interest in the details of manufacture of individual nutrients should first consult USP and FCC specifications, the Merck Index, textbooks of organic chemistry, biochemistry and pharmacology. In some instances, manufacturers will supply detailed information and examples of certificates of analysis on individual batches of their products. We do not publish our detailed formulations and ingredient specifications since this is confidential and proprietary information. Tolerance is not guaranteed and any potential user with a history of anaphylactic reactions to foods should introduce Alpha ENF with caution and with medical supervision.

## Alpha Nutrition Program

The Alpha Nutrition Program is a set of instructions designed to resolve disease through diet revision. The program is nutritional therapy, a personal technology of health restoration and health maintenance. The use of Alpha ENF and/or Alpha DMX is incorporated into the program as a meal replacement and nutrient supplement formula. While DMX can be used without the program, we encourage everyone with a food related disease to redesign their diet using the program's instructions.

The development of the Alpha Nutrition Program began many years ago with observation that some food-selection patterns are associated with dysfunction and disease. In one person, for example, the daily ingestion of multigrain bread, milk, cheese, bran muffins, beef, coffee, orange juice, and wine is associated with chronic fatigue, sleepiness after eating, nose congestion, flushing, headaches, generalized aching, stiffness, and episodes of unexplained depression. When the food list is changed to rice, vegetables, chicken, peaches, and pears, the symptoms disappear and the person reports increased energy and a renewed sense of well-being. Similar observations are reported in a large sample of people of all ages. A variety of other dysfunctional patterns are found to improve with proper diet revision.

We reasoned that everyone probably has a small set of best-fit foods that would allow them to feel and function optimally. The first goal of therapy should then be to identify the simplest set of best foods for each person. The core-concept further developed as we kept score of adverse food reactions reported by patients and found that rice and common, cooked vegetables were among the best tolerated and most acceptable of all food choices.

## Surgery and Healing Injuries

Alpha DMX can be used to supply nutrients before and after surgery. Often, pre-operative preparation requires a period of reduced food intake or fasting and Alpha DMX can be used as a completely absorbed and fully nourishing meal replacement. After surgery, eating may be difficult or undesirable and the Alpha formulas can supply much-needed nutrients efficiently. Studies have shown experience confirms that people recover better from surgery if they are well nourished before and after.

Tissue injuries require increased nutrient intake to heal properly. Increased intake of nutrients can be beneficial to injured patients. Often after injuries, as after surgery, good nutrition is neglected or difficult to achieve. Appetite may be suppressed by pain and drugs. Hospital food may be unappetizing and nutritionally inferior. Alpha DMX to the rescue! Hospitalized patients have used DMX at their bedside to boost their nutrition.

## Diabetes 2

### The Supreme Importance of Diet Revision

Standard medical treatment protocols for Diabetes 2 always mention diet revision and then quickly proceed to medication options. While diet control is always mentioned, the critical, decisive importance of diet revision and exercise is not emphasized and in practice, diet revision is often neglected in favor of drug treatments. The truth that all diabetics should eat a low carbohydrate, low fat, low protein diet. The only way you can achieve all three goals is to eat a low calorie diet, supplemented by calorie-free nutrients. Alpha DMX to the rescue! With 25 grams of Alpha DMX per day,

your nutrient intake reaches recommended daily intakes goals for all vitamins and minerals even if you eat no food. There are specific nutrients that contribute to the resolution of arterial disease and diabetes 2 . Deficiencies of chromium, biotin and zinc have been associated with glucose intolerance and need to be supplemented. Deficiencies of folic acids, pyridoxine and Vitamin B12 are associated with increased risk of strokes, heart attacks and Alzheimer's dementia; these vitamins are provided at a generous level above RDAs. All these nutrients have been included in the Alpha Nutrition series of elemental formulas.

When kidneys are damaged by diabetes, protein can become toxic, but small doses of pure amino acids can supply nutrient needs safely. You can eat much less protein, spare your kidneys and have superior nutrition.

### Arterial Disease

The Alpha Nutrition Program is designed to reduce cholesterol, total fat, saturated fats, and food allergy while increasing vegetable fiber-all desirable measures in the effort to prevent blood vessel diseases, heart attacks and strokes.

Increased intake of potassium, magnesium and calcium is advocated with a reduction in sodium salt intake. Increased intake of six vitamins: folic acid, pyridoxine, B<sub>12</sub>, beta-carotene, ascorbic acid (vitamin C) vitamin K2 and vitamin E-are recommended. The program can be recommended, along with exercise and relaxation, as the most important defenses against cardiovascular disease.

Alpha Nutrition is highly desirable for people who are struggling with chronic symptoms that suggest they have food-related disease and are also at risk factors for arterial disease. Clues to the pervasive effects of the wrong food supply include recurrent symptoms such as headaches, fatigue, digestive symptoms, arthritic symptoms, food cravings and compulsive eating or drinking. The presence of recurrent or persistent symptoms means the complete comprehensive diet revision is required - not just salt and fat reduction. High cholesterol theories of vascular disease are too simple. No single dietary factor, such as an elevated cholesterol level, will be solely responsible for calamitous events. Before a comprehensive model of diet-disease relationships will develop, we must consider the total impact of the food supply. For example we should ask: "What about the sugar and the protein content of foods?"

Other arterial pathogens:

- Glucose, fructose and sorbitol
- Proteins acting as antigens > immune events
- Homocysteine
- Vitamin Deficiencies
- Prostaglandins and other Cytokines

### Arterial Disease Recommendations

- Complete diet revision should be undertaken and all active symptoms resolved. High vegetable intake with low fat is the main shift in food choices. No smoking is allowed.
- New food selection with new meal plans at home and new habits eating out.
- Increased exercise and weight loss are required.
- Alpha DMX is recommended at 25 Grams per day in two doses (12.5 Grams twice a day.) Alpha DMX increases intake of potassium, magnesium and calcium with a reduction in sodium salt intake. Increased intake of at least six vitamins: folic acid, pyridoxine, B12, beta-carotene, ascorbic acid (vitamin C) and vitamin E-are recommended.