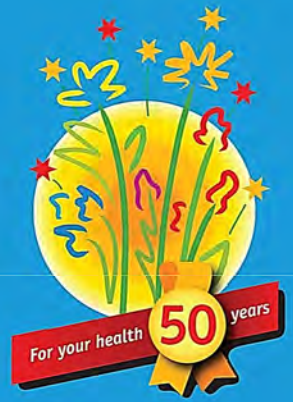


# Strath®



## Patient care and supplementation

New evidence for quality of life in patients undergoing chemotherapy and radiotherapy

\*Bio-strath has now adopted the international name Strath



**W**ith the widespread use of radiotherapy and chemotherapy treatments, two clinical studies have shown the value of Bio-Strath in supporting the immune system and providing improved quality of life.

For more than half a century the herbal yeast food supplement has been the favourite of many people who swear by its ability to improve physical performance and help with concentration, energy and efficiency.

Two clinical trials have confirmed what the manufacturers and many consumers have always known – Bio-Strath provides vital support to body and mind before, during and after both radiotherapy and chemotherapy treatments.

“The medical profession now has valuable evidence that this preparation can support chemotherapy and radiotherapy patients and improve quality of life,” said Mark McCarty, director of World Foods Brand Management (WFBM), the UK supplier of Bio-Strath. “This

research will hopefully encourage the medical profession to consider supplementation with a product that meets the required specifications in relation to these treatments.”

At least 35 published studies have now shown that Bio-Strath is indicated for:

- Supporting the principal body functions
- Strengthening the immune system
- Increasing physical performance
- Aiding powers of concentration and efficiency

These two latest studies now add weight to the message already trumpeted by health food retailers for more than 50 years. Bio-Strath is 100% natural and free from any artificially produced additives, with no negative interactions reported.

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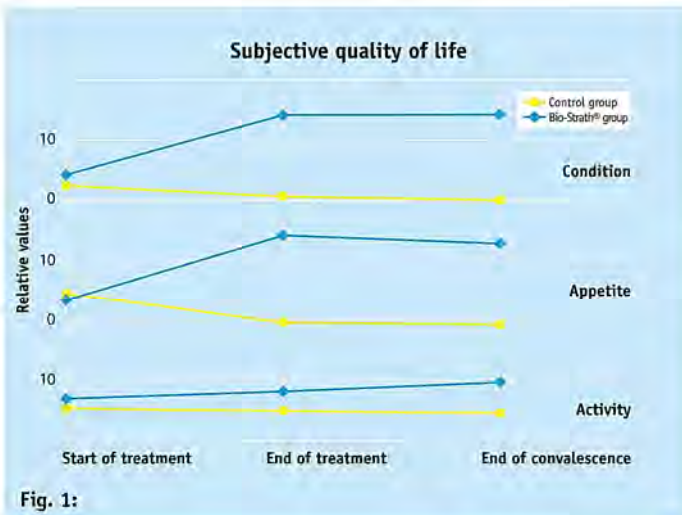
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# Strath in radiotherapy patients



The benefits of Bio-Strath as a food supplement in patients undergoing radiotherapy have been shown in a double-blind placebo-controlled study in Berne, Switzerland.

Specifically, these benefits were chiefly in the optimisation of appetite leading to improvements in nutritional status, and in the stabilisation of haemoglobin concentration.

The latter explains the increased activity and better subjective condition in the group taking the food supplement – the 177 patients were all in the oncology ward of Berne’s Inselspital university hospital.

For lead scientist Prof K W Brunner, the weight gain and the vital prevention of a drop in haemoglobin levels in blood cells were statistically significant.

The active treatment group (87) and the control group (91) were roughly equal and large enough

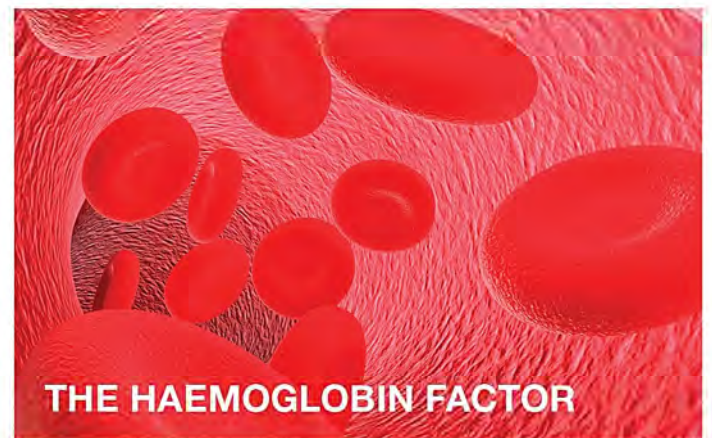
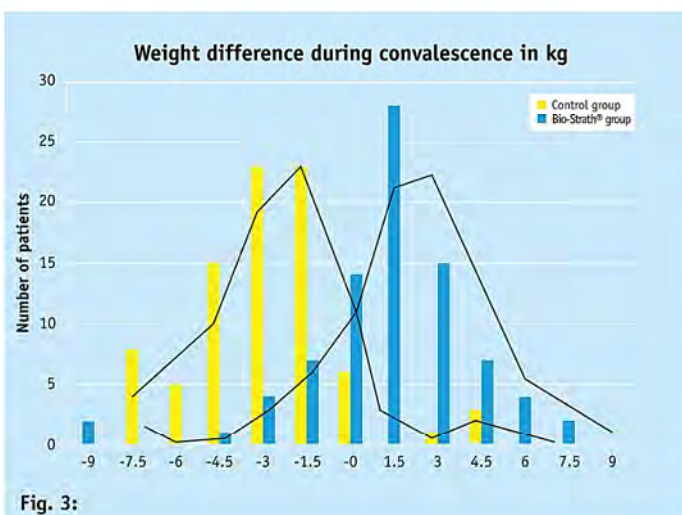
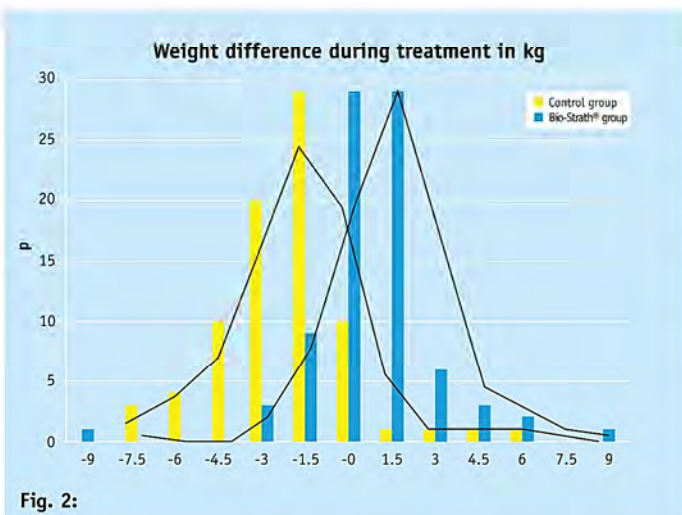
to achieve a similar make-up in terms of:

- Gender and age
- Mean and standard deviations of weight before treatment
- Tumour stage
- Localisation of the radiation field
- Radiation dose

The results showed significant improvement in quality of life for those taking Bio-Strath (see Figure 1) with condition, appetite and activity all increasing while showing decline in the placebo group.

As far as weight loss and weight gain are concerned, the Bio-Strath group exhibited substantial weight gain compared with equally significant weight loss in the placebo group, both during treatment and during convalescence (see Figures 2 & 3).

In aggressive therapies like radiotherapy, the avoidance of weight loss is critical for improving patient tolerance, while weight gain can be even more helpful.



**Haemoglobin** is the pigment in red blood cells responsible for binding and transporting oxygen in the body. Many aggressive therapies have a negative impact on haemoglobin concentration resulting in, among other things, increased fatigue and physical weakness.

The results during the radiotherapy period and convalescence showed that values remained stable in the Bio-Strath group but decreased in the placebo group, thus explaining increased activity and overall quality of life in those taking the food supplement.

# Strath and chemotherapy

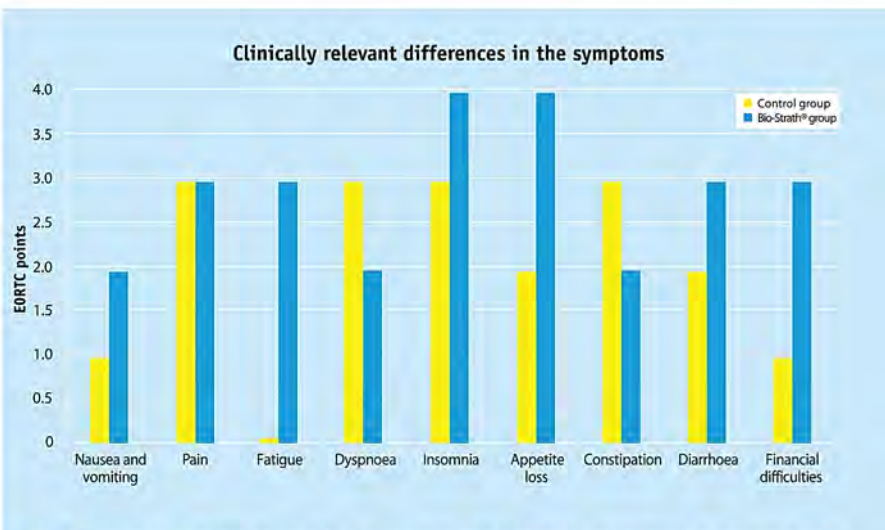


Fig. 4: Patients taking Bio-Strath® had markedly better scores, particularly with respect to the following symptoms: fatigue, financial difficulties, nausea and vomiting, and appetite loss.

## FURTHER RESEARCH

As well as recent studies on the use of Bio-Strath to improve quality of life in chemotherapy and radiotherapy patients, the product has been used in trials for various other health benefits:

- Performance and concentration
- ADD/Hyperactivity
- Resistance/Influenza/Colds
- Haemoglobin values during pregnancy
- Geriatric problems
- Osteoporosis

The results of these trials are summarised at <https://www.bio-strath.com/en/strath-study-browse/>

When Swiss oncologist Urs Huber embarked on a self-referring, non-randomised study of cancer patients, he was taken aback by the demands of most of the 42 subjects.

Eighty percent of the chemotherapy patients insisted on being part of the active group taking Bio-Strath because they were aware of the supplement's ability to improve quality of life.

The doctor amended his design to study matched pairs over four months using questionnaires developed by the European Organisation for Research and Treatment of Cancer (EORTC QLQ-C30, V3.0), to discover the impact of the herbal yeast supplement on their quality of life.

In addition, the study looked at physical, emotional, cognitive and social functioning as well as nine symptom scales – nausea/vomiting, pain, fatigue, dyspnoea, insomnia, appetite, constipation, diarrhoea and financial difficulties. In the symptoms section, patients taking Bio-Strath had markedly better scores in fatigue, nausea and vomiting, appetite loss and, interestingly, financial difficulties (see Figure 4).

As far as the function scales were concerned, the test subjects taking Bio-Strath scored better with respect to all functions – with particularly impressive results in the emotional and social functioning parameters. This shows the effect of Bio-Strath on the whole person, not just physical response, a result of particular importance in chemotherapy treatment.

Dr Huber stressed that Bio-Strath was used to provide as high a quality of life as possible for the patients undergoing aggressive chemotherapy. "The figures speak in favour of Bio-Strath," he summarised. "Furthermore, it was very positive though not unexpected to note that the adjuvant treatment with the herbal yeast product did not result in any objective or subjective adverse reactions. We therefore believe that taking appropriate additional products has been shown to be positive in some aspects for patients undergoing systemic cancer treatment, and can therefore be recommended."

*"We believe that taking appropriate additional products has been shown to be positive in some aspects for patients undergoing systemic cancer treatment, and can therefore be recommended."*

Dr Urs Huber

Bio-Strath has now adopted the international name 'Strath'



Bio-Strath emphasises that in these studies it was never a question of having a direct influence on the course of the disease. Bio-Strath was used solely for the purpose of maintaining as high a quality of life as possible during chemotherapy and radiotherapy.

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# Strath – a tonic for everyone

Bio-Strath food supplements are all-in-one natural strengthening tonics based on plasmolysed herbal yeast.

It's been known and loved in the health food sector for more than 50 years.

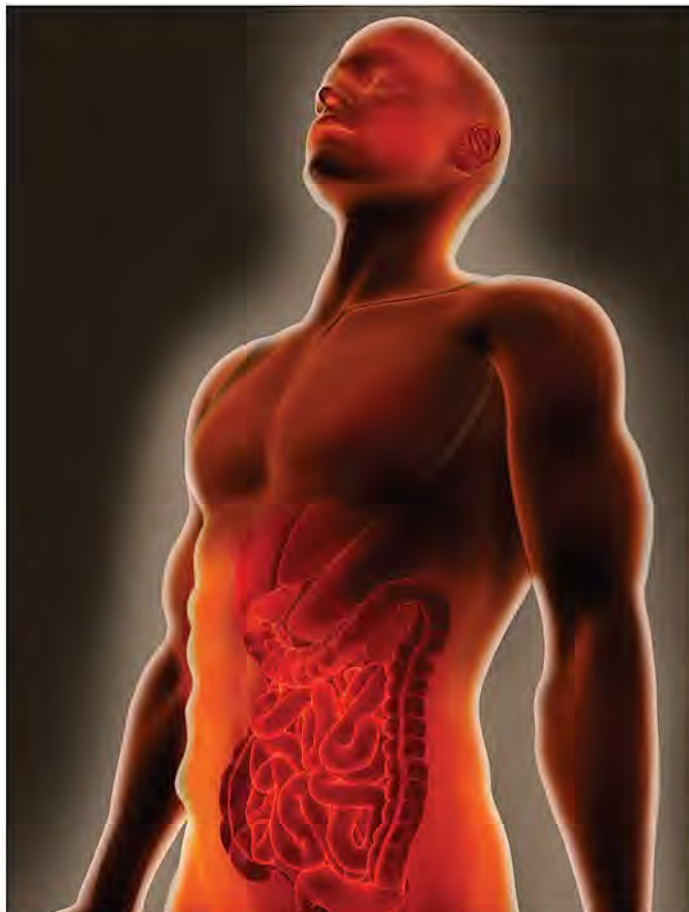
The unique production process combines yeast cells with herbs. There are no artificially produced substances in Bio-Strath and the liquid and tablet formulations are well tolerated.

Bio-Strath provides the body with 61 vitamins, minerals and trace elements essential for the maintenance of good health:

- Complete vitamin B complex – thiamine (B1), riboflavin (B2), niacin (B3), pantothenic acid (B5), pyridoxine (B6), folic acid (B9), cobalamine (B12), biotin (B7).
- Vitamin C, known to be

a factor in the normal development and maintenance of bones, cartilage, teeth and gums.

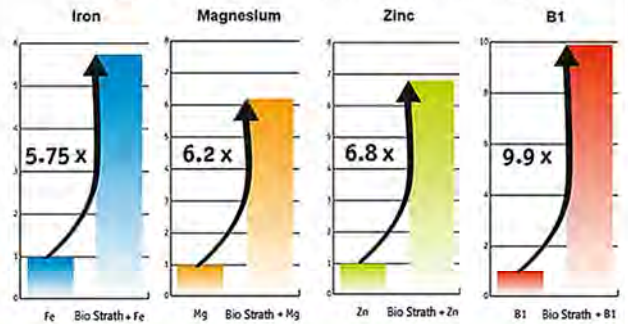
- Ergosterol (D2) for the normal development and maintenance of bones and teeth.
- Minerals, such as iron, copper, magnesium, manganese, zinc, and calcium and phosphorus.
- Trace elements such as chromium, nickel, cobalt, sulphur, vanadium, tin, etc, all essential in minute amounts to an organism's metabolism.
- 20 amino acids including alanine, arginine, asparagine, tyrosine etc.
- 12 essential nutrients including lecithin, lipotropic factors, mannan, glutan, glutathione, DNA, ARN, co-enzymes Q6, Q7, Q9, Q10, etc, to build healthy new cells in the body.



## NEW STUDY

The digestive system's ability to fully utilise nutrients from food is understood to be compromised during Chemotherapy. In addition, a reduction in appetite during treatment could exaggerate potential side effects as the body requires optimum nutrition during this time. A new study conducted on Bio-Strath (Strath) has shown remarkable results on the uptake of nutrients in the digestive system. The scientifically accepted in-vitro study demonstrated that when Strath liquid or tablets were combined with vitamins and minerals the level of bio-availability (uptake) of nutrients increased dramatically. This study has identified one of the most likely reasons as to why Strath has such a positive effect on patient's wellbeing during treatment.

## Conclusion of increased Bioavailability



## THE LONG-TERM VISION OF BIO-STATH

In 1961, Fred Pestalozzi founded Bio-Strath in the kitchen of a Zurich medical practice. Some years earlier, the German philosopher and chemist Walter Strathmeyer, had entrusted Pestalozzi with his formula for a herbal yeast tonic.

Combining the Greek word for life with Strathmeyer's name, Pestalozzi knew from personal experience that Bio-Strath was a life-giving tonic to affect all parts of the body and mind. He's now approaching 90 and still actively involved in the business.

Twenty years ago his son David took over the management of the company which remains a small privately-owned business employing just 15 people with a blossoming export business.

"It has been our aim to contribute to maintaining health in both humans and animals with our



David Pestalozzi, MD and son of the Bio-Strath founder Fred Pestalozzi

herbal yeast products," said David Pestalozzi. "Today, Bio-Strath AG supplies more than 50 marketing partners throughout the world with South Africa moving up to top spot as the largest export customer three years ago."