

What You Should Know About Fillers and Additives in Prescription Drugs

By The Staff at New Century Compounding

Important Definitions:

Adsorption: accumulation of a substance on a surface.

Absorption: the incorporation of something into a larger group or entity. The passage of material through the lining of the intestine into the blood or through a cell membrane into a cell

Adhere: to stick firmly.

Excipients (also known as inactive ingredients): fillers with the drug

Most prescription drugs and many over the counter products contain excipients that may also be referred to as inactive ingredients, such as polysaccharides (complex sugars) and other artificial additives. Many of these inactive ingredients are commonly added to foods by the food industry. For example, many foods contain artificial flavors, dyes, and other additives such as Xanthan Gum and various complex sugars, which are also found in medications. These ingredients are not all natural and can often trigger or cause an allergic and/or inflammatory response in your body. It is well known that many of these food and drug chemical additives have been shown to be carcinogenic (i.e. Saccharin and yellow dye 6). The ratio of a drug and its excipients in addition to many food additives ingested may be important with regard to the effectiveness and tolerance of a drug. Many excipients are the same as or directly or indirectly related to many food additives with regard to their chemistry and should be considered more often. Some food and drug additives may result in unwanted impurities and consequences. The processing of excipients may contribute impurities and possibly allergens or toxins to the medications. For example, many starches and polysaccharides are treated and washed with chlorine (hypochlorite), dextrans, phosphates and other synthetic chemicals, acids and organisms. The chemistry of excipients (fillers) and food additives are not commonly addressed and considered like they should be. They may react to form unwanted responses resulting in allergies, asthma, pain and other inflammatory conditions.

The medical field continues to recognize the need for improving results from drug therapies, in addition to improving the effectiveness of each drug. The obvious advantage is to decrease the amount and time at which an individual must be prescribed the drug to minimize any adverse effects that may occur, in addition to showing more improvement to their condition. A novel way for making the medications potentially more effective and healthier would be to include excipients (fillers) that are more hypoallergenic, pure, natural and potentially nutritious. More importantly the

patient is exposed to less chemically treated and modified polysaccharides and more ingredients that have not been modified and treated with certain chemicals. Even though many excipients (fillers) are referred to as being "inert", many of them contain starches and/or fillers that adsorb (or stick) to and/or carry the drug before getting broken down so the drug by itself can be absorbed into the blood stream. It is claimed that these fillers are not absorbed. However, many food additives ingested may react, adhere and/or adsorb to the medication fillers (i.e. starches) in the stomach and intestines forming a potential mass or aggregate that may be absorbed. This mass or aggregate may contain by products and/or parts of what was not intended to be absorbed. The absorption of these types of additives or their by products may also be stored in glycogen and continuously reactivated and re-stored. The continued ingestion of different artificial additives may activate, re-activate and/or be restored with other stored toxins. These types of toxins may trigger an individual immune system and may result in autoimmune and /or inflammatory responses. Thus ingesting more natural and less allergenic ingredients may result in a more beneficial outcome.

Many individuals with food or vegetable allergies learn that it may not be the actual real natural vegetable or fruit that they are allergic to, but rather by-products and break-up products that result from the fruit and vegetable breakdown and elimination of chemical toxins from stored inactive ingredients or food additives or their complexes. For example, some individuals are diagnosed as being allergic to a vegetable such as corn or tomato, when in fact they are not. They may be highly allergic to genetically engineered, modified and/or other acid or artificially treated cornstarch and other derived or contaminated fruit and vegetable products, but not to the real natural product or vegetable. Some individuals may also be allergic to the parent chemical compound, such as monosodium glutamate or processed chemical compound or complex or their by-product from degradation, but may not be allergic to the actual natural form of the actual fruit and vegetable they are eating.

Several drug formulations have been created in an attempt to improve the Effectiveness of drugs. The need for continued manufacturing of new drugs may result from the continued artificial food consumption and drug re-administration of inactive ingredients to individuals. By including less genetically modified polysaccharide starches and chemically treated additives individuals may experience a more effective drug treatment with less complications.

If you are experiencing headaches, asthma, allergies, lower back pain and other conditions consider ingesting less of the following food additives and drug inactive ingredients (fillers):

EXAMPLES OF SOME MODIFIED OR ARTIFICIAL FOOD ADDITIVES

These may react with drugs, whether initially alone or in a complex after ingested with consideration to the chemical rings and side groups. These may React to form an aggregated mass and adsorb or adhere to other toxins. Most have been genetically modified (GMO) and later washed with different chemicals, acids and other ingredients such as dextrans, like precursors, phosphates and/or chlorine such as hypochlorite as opposed to lime, ethanol and other more natural ingredients:

Glucose (ring form and chain form)

Sucrose

Dextrin / Dextrose

Modified Food Starch (D-Glucose units)

Maltodextrin from Corn

Corn Syrup

High Fructose Corn Syrup

Corn starch *

Pregelatinized Corn Starch

Sodium Starch Glycolate *

Monosodium Glutamate

Sodium Nitrite

Erythrobate

Dyes (Red-Yellow and others)*

Xanthan Gum*

Sodium Benzoate*

Saccharin *

Phenylalanine

All artificial proteins / amino acids

Aspartame

Guanylate salts

Chemically treated hydrogenated oils – absolute solvent extracted

EXAMPLES OF SOME GMO AND/OR CHEMICALLY TREATED INACTIVE INGREDIENTS

Consideration should be made to accumulation of food additive and drug excipients such as Xanthan gum, color dyes, corn syrups and starches.

Corn Starch

Pregelatinized Corn Starch

Hydroxymethylcellulose

Methylcellulose

Sodium Benzoate

Xanthan Gum

Lactose monohydrate

Polyethylene glycol

Microcrystalline cellulose

Povidone

FDC Colors aluminum lakes

Silicon dioxide

Sodium lauryl sulfate

Titanium dioxide

While taking a more organic and natural compounded prescription drug and over the counter medication you should experience:

1. 50% or more improvement in your symptoms or condition
2. Taking less of the medication than before