

## Additional Note on Hivita

*In the Journal of Orthomolecular Medicine, Volume 1, page 206, 1986, I referred to an abstract which had been carried by Schizophrenia Bulletin. It described an Australian study using a vitamin composition called Hivita which used the HOD test as a measure for treatment and response. I could then not find out its composition. Recently, Mr. Peter Robinson of Merrylands, N.S. W., Australia, sent me the formula for this preparation made by Lifetime Health Products, Burwood, Australia:*

### **HIVITA 400:**

\* Updated, Improved and Expanded Formula, Protein Coated, No Artificial Colouring or Flavouring used. Contains no sugar, yeast or starch. A megavitamin stress formula from megavitamin laboratories for those under stress and not feeling well.

#### **COMPOSITION:**

* Retinol (A)	750 i.u.
Riboflavin (B2)	15 mg
Nicotinamide (B3)	350 mg
* Pyridoxine (B6)	50 mg
* Ascorbic Acid (C)	200 mg
d-a-Tocopherol (E)	15 mg
Biotin	10 mcg
Choline	50 mg
Calcium (chelated)	10 mg
Manganese	500 mcg
Betaine Hydrochloride	10 mg
* Para-aminobenzoic acid (PABA)	25 mg
Thiamine HCl (Vit B1)	100 mg
* Nicotinic Acid (B3)	50 mg
Calcium Pantothenate (B5)	20 mg
Cyanocobalamine (B12)	25 mcg
* Calciferol (D)	75 i.u.
Folic acid	75 mcg
Inositol 25 mg Magnesium & Potassium aspartate 20 mg Zinc	10 mg
Lysine 10 mg	Glutamine 25 mg

#### **INDICATIONS:**

Stress, Anxiety, Depression, Emotional Instability, Irritability accompanied by Fatigue. For convalescing after illness or surgery,

geriatric, after or during sickness, e.g. viral infections, cold and flu. Recommended to be taken with most antibiotic medications. This preparation replaces most vitamin B destroyed by the antibiotics. **RATIONALE:**

Whilst it is true that a well balanced diet will provide all the nutritional requirements for the average person it is equally true that many people spend at least a portion of their time coping with one form of stress or another. Air pollution, food colourants, additives, the widespread use of antibiotics and other powerful pharmaceutical agents and the unbalanced diets which many people follow constitute environmental stresses which either impair the absorption of, or increase the requirements for, several vitamins.

Hivita 400 tablets have been formulated especially to provide a well balanced supplement of those vitamins more likely to be needed by the body during periods of such stress. The International Academy of Preventive Medicine has fielded many research projects the results of which show that the majority of people benefit from large doses of Vitamin B and other vitamins by feeling better emotionally as well as physically. Dr. E. Cheraskin, of the University Of Alabama Medical Center, Birmingham, USA, has published extensive laboratory data to support the thesis that an increased intake of selected vitamins is of physical and psychological benefit. **DOSAGE:**

1. Therapeutic - during stress take in daily divided doses with substantial meals. Maximum dosage 5 tablets in 24 hours or as directed by the physician.
2. Dietary - Nutritional - take 1 /2 to 1 tablet daily with food.

#### **SIDE EFFECTS:**

In some susceptible people there may be colour changes in the urine. Generally these are due to the Riboflavin contents of the tablet and are indicative of the fact that the vitamin is being absorbed. Transient tiredness and/or vague gastrointestinal discomfort may ensue if the dosage is too high. It is unusual for this to occur below 12 tablets per day and such symptoms should be taken to signify a need for reduction in total

intake to a lower level. Some people may experience warmth, flushing or tingling of the skin with large doses. This is transient and disappears after a few minutes.

**CONTRAINDICATIONS:** None.

**SPECIAL PRECAUTIONS:**

Persons under psychiatric care should NOT discontinue their medication suddenly as some of the psychotropic drugs are synergic with some of the B vitamins. The advice of your therapist should be sought to determine if and when the intake of these drugs can be gradually reduced. Persons currently being treated for Hypertension with antihypertensive drugs (such as reserpine, aldomet, etc.) should not exceed 3 tablets per day exception the advice and under the supervision of a competent therapist.

**FURTHER INFORMATION:**

In 1973 Dr. A. Hoffer, a psychiatrist co-director of the New Jersey neuro-psychiatric Institute USA, made the following statement: "If all the B3 vitamin were removed from our food, everyone would become psychotic within 1 year": Hawkins D. & Pauling L. "Orthomolecular Psychiatry, The Mechanism of Nicotinic acid & Nicotinamide in the Treatment of Schizophrenias" Vol. 1 p. 202. W. Freeman & Co. 1972 San Francisco, USA. A lack of B3 is technically known as "Pellagra". One of the symptoms of pellagra is Psychosis. This is believed to be due to a brain deficiency of Nicotin-amidedinucleotide Tryptophan and Pyridoxine. The earliest manifestations of Pellagra, or sub-clinical pellagra, as Dr. Hoffer & Osmond have termed it, are anxiety, depression, inability to cope with stresses, inability to concentrate, perceptual disorders, vague fears, and emotional instability. It has been postulated that some individuals metabolise methyl groups to other molecules that are hallucinogenic. B3 is able to remove methyl from methylated compounds in the body that may contribute to some symptoms of mental illness. B3 is metabolised in the body to Tryptophan which, in turn, is the precursor of serotonin, a brain chemical essential for its proper functioning. The conversion is partly dependant on Riboflavin and

Pyridoxine. A deficiency of certain substances such as Vitamin B3, B6, C and glutamine have been shown to result in the impaired formation of neurotransmitters so essential for normal brain function. HI VITA 400 tablets contain:

Magnesium and Potassium Aspartate releases the minerals in the cell membrane for energy formation (A.T.P.). Glutamine, the precursor of G.A.B.A., the brain's primary inhibitory neural transmitter (tranquillizing) ten times stronger than Glutamic Acid.

**REFERENCES:**

Cheraskin E., M.D. "Diet & Disease" Rodale books 1975 U.S.A. Cheraskin E., M.D. "Predictive Medicine" Pacific Press, 1977, U.S.A. Gontzea, I. Prof. Nutrition Inst, of Medicine & Pharmacy, Bucharest Gontzea "Nutrition & Anti-infectious defence" S. Kager, 1974 Basel The Adrenal Metabolic Research Society Pomeroy L. (Ed) Ph.D. "Practical preventive nutrition" Stratton Int. Medical Book Co. 1977 USA The American Schizophrenia Foundation

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*The authors of the study used up to 9 tablets per day if HOD scores were very high. Nine tablets would provide 3150 mg of niacinamide, 450 mg of Pyridoxine, 1800 mg of ascorbic acid, 4.5 mg of manganese, 450 mg of niacin, and 90 mg of zinc per day. These are within the recommended mega doses of these nutrients recommended by Orthomolecular physicians. It is not surprising the authors found excellent responses to therapy.*

*I was also sent a sample of Hivita. They are protein-coated, elongated capsules which are free of artificial flavoring, color, yeast, gluten or starch.*

A. Hoffer, M.D., Ph.D.