



Ultra Monolaurin

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- Monolaurin has been around for nearly 50 years.
- It is known to be effective against many viruses including Enterovirus ev-d68, pathogenic bacteria, candida and protozoa

What is new?

See page 2 for a review of studies that are looking at coconut oil (and monolaurin) for weight loss, diabetes, exercise and a number of other problems, such as senile Dementia and Alzheimer's.

The overuse of antibiotics is an increasing problem in modern medicine. The CDC has an ongoing program to discourage this practice. Monolaurin is a component of mother's milk; milk that must provide powerful disease-fighting factors to sustain the infant as its own immune system develops.

Monolaurin, and its vital mid-chain fatty acid companions, Monomyristin, Monocaprin and Monocaprylin occur naturally in coconut. Researchers discovered this while studying a group of Thai people that virtually never got sick. This group ate a lot of coconut. That's where it all started.

The exciting thing about Monolaurin is that it does not work like antibiotics, sulfa drugs, anti-viral, anti-protozoa or anti-fungal agents. It works directly on the lipid envelope coat of the virus, preventing attachment to susceptible host cells. It is non toxic to humans. Recent studies show that it works differently in other ways, also.

What is the traditional use of Ultra Monolaurin?

- It has been used as an alternative to prescription antimicrobials.
- It is effective against pathogenic bacteria, viruses, protozoa, yeast and other fungi.
- Monolaurin, Monocaprin, Monocaprylin and Monomyristin are monoglycerides of mid-chain fatty acids. Each one has a property that kills harmful bacteria, virus, protozoa, yeast and/or fungi.

How Does Ultra Monolaurin work against viruses?

Many studies have shown that enveloped viruses, such as enteroviruses, are deactivated by monolaurin. It is good to take Ultra Monolaurin daily while the infection is active around you. That way the Monolaurin is available to fight off possible exposures.

Monolaurin works directly on the lipid envelope coat of the virus, preventing attachment to susceptible host cells. It is non toxic to humans. It helps retard viral invasion into the body. Monolaurin has been reported to have activity against many viruses, pathogenic bacteria, protozoa, and fungi such as candida. It does not interfere with or have any known interactions with drugs.

Consider the use of Ultra Monolaurin following overgrowth complications following anti biotic therapy. It has been very effective with chlamydia and candida. Its use complements other treatments of inflammatory bowel disease. It is effective against Staphylococcus aureus, including MRSA.

Original studies showed it to be effective against 14 human RNA and DNA-enveloped viruses, lipid-containing bacterial viruses and mammalian herpes viruses including type I & II herpes, Epstein barr and cytomegalovirus. More recent studies have greatly expanded this list.

Monolaurin (lauricidin) has no effect on Polio, Coxsackie, Rotaviruses, Western equine, Venezuela equine or Japanese B encephalitis viruses.

Recent research into the initiation of the atheromas that are reported in blocked arteries shows that there is a causative role for the herpes virus and cytomegalovirus in the initial formation of plaques. These two viruses are inhibited by monolaurin.

So what else is new?

HOW ABOUT EAT FAT - LOSE FAT? BENEFIT THE BRAIN!

The fat is Coconut Oil!

WEIGHT LOSS

A number of recent studies show that by eating products that contain coconut you can lose weight. It seems to help control insulin resistance in type II Diabetes. When Medium Chain Fatty Acids (MCFA) are in the diet they are preferentially utilized. They usually occur as monoglycerides or triglycerides. They also increase the utilization of the long chain triglycerides - as are found in belly fat (and other places where there is unwanted fat). Ps. This effect was specifically referenced in the studies.

How can coconut do that, you may ask? The MCFAs in Coconut oil are responsible.

The crystals in Ultra Monolaurin are made from coconut oil, so they contain the same MCFAs: Monolaurin and its vital mid-chain fatty acid companions, Monomyristin, Monocaprin and Monocaprylin.



SPORTS and ENERGY

Another interesting area of recent studies is the effect these MCFAs have on high energy use activities. Sports, exercise, and hard physical labor all use a lot of energy. I have written about the benefits of nutritional supplementation for Athletes - how it can affect (and effect) performance and help injury recovery. NEW: MCFAs are metabolized to ketones which can be used like glucose for energy production. It is as readily available as glucose. It should be taken before exercise for more strength and endurance. If taken afterwards it leads to faster recovery and provides energy to prevent muscle loss.

SENILE DEMENTIA and ALZHEIMER's

Another area of interest is brain function when there is senile Dementia or Alzheimer's. Because the brain can also benefit from ketones, which are a product of MCFA metabolism, we have pointed out that Monolaurin should be considered when there is concern about senile dementia or Alzheimer's. That is in addition to substituting coconut oil for other fats in the diet.

Let me pause here and comment that adding MCFAs to the diet does NOT replace the need for the essential, PREformed, polyunsaturated *long* chain fatty acids. **Ultra Omega-Linic** is still required to fulfill the need the body has for these ESSENTIAL fatty acids. In fact, some of the MCFA studies showed poor results BECAUSE the EFAs were omitted from the diet. **Ultra Vites** are also necessary to provide cofactors for all metabolic processes.

“Because MCT oil bypasses some digestive and absorptive processes required by the longer chain fatty acids, it provides a form of calories that is easy to absorb for people with digestive disorders. This benefits patients with cystic fibrosis, pancreatitis, intestinal disorders such as Crohn's disease and even newborn babies with malabsorptive problems. The pediatric department at the University of Louisville cautions that MCT oils do not contain the *essential fatty acids* required for optimal nutrition and therefore cannot be the sole source of fats in the diet.”

What is less clear is how much to take! One study we found was using the equivalent of 10 scoops per day. Each scoop of Ultra Monolaurin is equivalent to 750 mg monolaurin. So about 2 ½ tsp equals about 22 grams of MCFAs. How much you might take or recommend to patients depends on the severity of the problem, what the problem is, and how much coconut oil is being consumed in the daily diet.

WARNING

When chronic conditions exist begin the use of Ultra Monolaurin or pure coconut oil slowly as there is the *probability* of a reaction to the die-off of unwanted organisms. Many of the articles address stomach upset, but the response may be any one of a variety of symptoms. Increase the amount used per day as symptoms subside.

To sum up my recommendations: 2 Ultra Vites per day, 2-4 Ultra Omega-Linic (or more, depending on the needs of the body) and a minimum of 1 scoop – up to perhaps 10 scoops per day Ultra Monolaurin (while substituting coconut oil and coconut products for daily cooking and eating needs)

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Supplement Facts: Serving Size: 750 mg, Servings per Container: 280

Each scoop (1/4 tsp) contains 750 mg Monolaurin (glyceryl monolaurate). No fillers, no binders, no dyes.

Suggested Use: Take 1 scoop (1/4 tsp, approximately 750 mg) 3 or 4 times per day or as directed by a health professional. Swallow beads with your beverage of choice. Do not chew beads. Do not take with hot liquids. For maintenance take 1 or 2 times per day.

Consider the following companion products Ultra Elderberry Plus, BladrEase and/or PhytoBiotic.

Distilled from coconut oil, our unique Monolaurin is produced with recently developed technology yielding a highly pure, extremely effective and economical product. Our easy to swallow beads contain a minimum of 90% Monolaurin along with Monomyristin, Monocaprin and Monocaprylin.

How Ultra Monolaurin is Supplied:

VMUML 210 gram bottle

Related Products: BladrEase, PhytoBiotic and Ultra Elderberry Plus



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*These statements have not been evaluated by the Food and Drug Administration
Products are not intended to diagnose, treat, cure, or prevent any disease*