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Inspiration

Education

Transformation



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## THE APPLE TEST

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Wow! What happened to January? *Maybe it's just me....* but it feels like the beginning of 2011 has flown by. I hope that this finds you feeling empowered in your New Year commitments and on your way to your healthiest year ever.

I want to tell you about a really fun experiment I did recently as part of a health seminar that I co-presented. It demonstrates the tangible difference in the antioxidant potency of different qualities of multi-vitamins. Here's how it worked: using the **Nutrisearch Comparative Guide to Nutritional Supplements** I selected 3 grades of vitamins supplements. If you aren't familiar with the Comparative Guide, it is a third-party research compendium that rates over 1500 supplement products available in the U.S. and Canada. Based on 18 different health criteria, each product is evaluated and assigned a rating between 0 and 5 stars. For the purpose of this experiment I used 3 different ratings of multi-vitamins:

1. One-A-Day Women's - rated 0 out of 5 stars
2. Multigenics by Metagenics - rated 3 out of 5 stars
3. Mega-antioxidant by USANA - rated 5 out of 5 stars

Using the products of your choice, do this experiment for yourself. Take 3 glasses or glass jars; place 1 cup of water warm in each container and add the recommended daily dosage of each multi-vitamin to a separate glass. Stir each glass to begin dissolution and allow to sit for 30 minutes. (Vitamins should dissolve in 30 minutes if they are to be properly available for absorption). After 30 minutes, place 1/4 of a cored apple in each glass/jar and cover. I allowed my "apple test" to sit for 6 days. Whew! Glad I had lids on my jars. Take a peek at the results:



The apple in the One-A-Day jar began to turn black in the first 24 hours. The Multigenics apple fared much better, with deterioration starting about day 3. After 6 days the USANA apple clearly looked (and smelled) the freshest of them all. Which would you want to feed your cells?

The important part of taking vitamins is to nourish our cells with enough anti-oxidants to counter the free radicals producing cellular oxidative stress - which is the root cause of all chronic degenerative disease. The apple demonstrates the anti-oxidant's ability to preserve organic cells and there is a clear difference.

Sadly, it isn't easy to even find a quality multi-vitamin in the U.S. My colleague and I went through an entire aisle of supplements at our local grocery store and could not find a single product that rated more than 1/2 star in the Comparative Guide. Metagenics, the 3-star product we used, was found at the People's Pharmacy in Austin and they did not carry anything that was rated more than 3 stars. All of that to say that it takes education and dedication to recognize and seek out quality. Aren't you glad that you're one of the educated and dedicated?  
P.S. This could be a great science experiment Mom and Dad!

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