

CasePerformance

March Newsletter Part II



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Here is the news that we'll cover in Part II of this month's newsletter....

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Hello,

Glad to see that you're tuning into Part II of this month's newsletter! Hopefully you enjoyed [Part I](#) of this month's newsletter which featured an interview with powerlifter Dustin Leibfried and our performance tip, “Is Sitting Killing You?” contributed by Alex Leaf.

As mentioned there, Part I of our newsletter will now feature performance tips from YOU, the CasePerformance Community members, to be shared with the rest of us. Thus, I **strongly encourage** other community members to contact me via [facebook](#) or [email](#) and share your training, nutrition, supplement or healthy cooking tips and recipes. Intimidated about the writing aspect of things but still have a good tip to share? No problem, I'll help you on the writing aspect of things. We look forward to sharing your knowledge and experiences!

- The CasePerformance Team

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II. Donations for CasePerformance Are Welcomed

As you've probably noticed while surfing around the CasePerformance website, we do not litter our pages with advertisements or have "Members Only" sections that require a paid subscription.

Why do we do this?

My goal is to reach as many individuals as possible. If an individual truly wishes to improve their health and performance, I want them to succeed. This holds true regardless if they are a multi-millionaire or a college student pinching pennies.

A Potential Downside & What You Can Do To Help

The cost of running a website in conjunction with paying for full access to the various sport science and nutrition research journals I use is extremely expensive. Also, all of the authors at CasePerformance put considerable time into writing the articles for this site. If you enjoy the free information provided on this site, we humbly ask you to show your support by making a small donation. Thanks for your support!

[CLICK HERE](#) to make a donation. Please know that **ANY AMOUNT** is greatly appreciated!

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III. Article News at CasePerformance

One new article has been added to the CasePerformance library since the last newsletter was sent out:

- 1) [Interview with the Expert: Adel Moussa – Part III](#) with Sean Casey

In the 3rd, and final installment of our interview together, Adel Moussa takes a philosophical approach in sharing his thoughts with us regarding the “adrenal fatigue” pandemic as well as his thoughts in regards to the Paleo diet. In addition, I share with you my “Top 5 SuppVersity Article Countdown”

Top Read Article in March at CasePerformance...

- 1) [24-Day Challenge Diets & Common Sense Approaches When Evaluating a Diet's Effectiveness](#) by Sean Casey

The rate at which this article has been viewed at CasePerformance has **ABSOLUTLEY SMASHED** that of all previous articles. Thanks extended towards all those who read and shared it. Haven't read it yet? If so, this is what you're missing...

The Advocare ® 24-Day Challenge™ and similar 30 day supplement challenges are all the rage today. Are they worth investing in as you pursue your health and performance goals? This article may give you some things to consider before pulling the trigger.

Upcoming Articles at CasePerformance:

- 1) Interview with the Expert: Ultramarathon Champion – Zach Bitter
- 2) Prolotherapy 2.0: Platelet Rich Plasma Therapy, Orthokine and HGH Injections

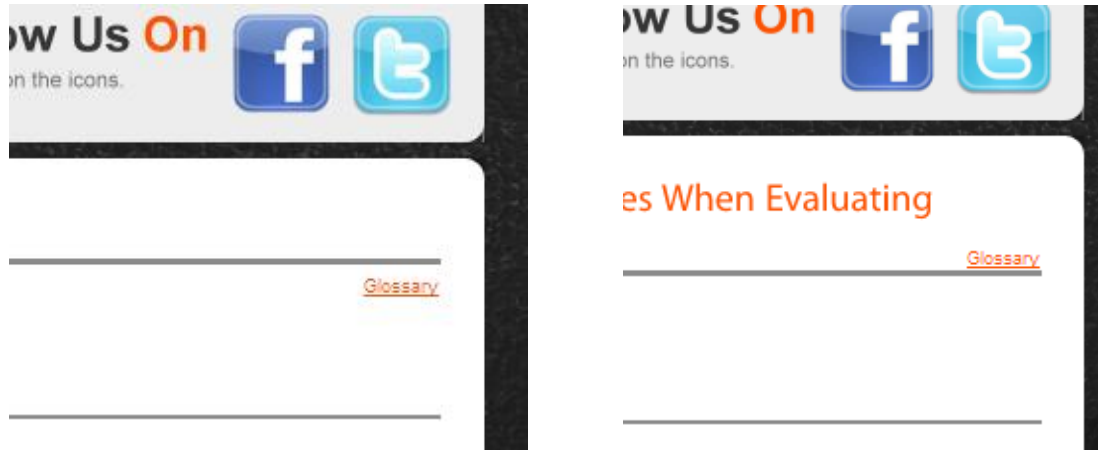
(This will follow-up are soon to be released article *Prolotherapy – Body Heal Thyself?*)

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Have You Noticed The Glossary Associated with Our Articles?



Let me apologize before I go any further into this discussion ... seeing the words “glossary” probably brings up bad elementary or secondary school memories of reading through boring text books and stumbling across words that make absolutely no sense. Thus, I understand if you’re not instantly excited about seeing the words “glossary” in our newsletter. Then again, CasePerformance is *never* boring so this can’t be too bad of a thing, right?!

The [glossary](#) section was added to CasePerformance to assist your understanding of the words used in our articles that potentially may be new to you as I realize that those in the CasePerformance community come from a wide range of backgrounds. Often I’ll try to hyperlink words directly to the glossary. However, if you do stumble across a word that is new to your vocabulary and it’s not directly hyperlinked in the article, you can still easily access the glossary (to find its meaning) by scrolling to the top of the article and clicking on the permanent glossary hyperlink. As depicted in the figure above, it can be found on the right hand side, directly under the article title. In most of the articles, the glossary link will be underneath the gray line (left image); however, sometimes it will appear above the gray line depending on the web browser.

If for some reason you come across a word that you’re unsure of and can’t find it in the [glossary](#), PLEASE contact us via [facebook](#) or [email](#) and I’ll be sure to add the word to the glossary as my guess is that you aren’t the only one who has questions regarding it.

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IV. Performance Tip:

There has been a PRETTY POPULAR RUMOR that has hit the masses as of late in regards to supplements that I've received a few questions about...

Namely, magnesium stearate, often listed under the “inactive/other ingredient” section of many of your supplement labels, was preventing your body from absorbing the active ingredients in a propriety blended product. Rather the source of this rumor (whose identity I will not reveal), said it was best to buy raw ingredients, which happened to be connected to stuff he was selling, and mix them yourself. I wasn't aware of this so I dug down a little to check it out. My cursory Pubmed search on magnesium stearate and a "blocking effect" turned up zilch in this regards. Thus I asked Brian Putchio, who has experience in the supplement field to share his thoughts on the subject matter

"Magnesium Stearate is used for the proper blending of ingredients TO ENSURE BATCH ACCURACY. The source of this rumor CLEARLY does NOT have any manufacturing experience whatsoever, plain and simple. Magnesium Stearate is necessary to prevent the caking/sticking of two or more ingredients during the HIGHLY SCIENTIFIC BLENDING PROCESS. If it wasn't added, there would be strong potential of wildly inconsistent batches...which would not be sellable under cGMP rules.

"The concept of taking each individual ingredients and mixing them up on your own is fine if you don't mind purchasing a micro-ingredient digital scale, buying all the individual ingredients, and only doing one serving at a time."

"As far as Magnesium Stearate blocking absorption – complete and utter BS. Do the research ... find one study that even discusses it decreasing bioavailability. Even if you find a study that touches on this topic, I'd bet it was done in vitro, which is completely different. If you do find an in-vivo one, I bet the dose of Magnesium Stearate used in the studies is considerably more than the trivial amount used in products I have direct knowledge of.... For example, Product X uses a whopping 0.55 mg per capsule; Product Y has 1.65mg of Magnesium Stearate per 1000mg capsule, Product Z has 2.5mg of Magnesium Stearate per 1000mg capsule!"

[Editor Note – Per [website policy](#), the names of the referenced products are not mentioned on this newsletter but are available upon request. If interested, please contact via [facebook](#) or [email](#) for product names.]

"Anyway, to sum it up – that rumor is completely uneducated garble and SPAM IMO."

- Brian Putchio

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(Performance Tip Cont.)

The one thing I'd like to add to add to Brian's comments is a rational thought to keep in mind when you hear this claim. Namely what is Magnesium Stearate? Well last time I checked...

Magnesium Stearate = Magnesium + Stearate

Or written another way...

Magnesium Stearate = essential mineral+ fatty acid....

...Yes, both things that the body can utilize in healthy fashion upon digestion and absorption from the GI Tract. In fact, the body converts ~10% of the dietary stearic acid into the widely considered "healthy" monounsaturated fatty acid known as oleic acid. I'm guessing that Mr. /Mrs. Supplement Guru "X" or quite likely "forgot" to tell you this info as he/she was selling you his/her "superior" non magnesium stearate supplements while, on an ironic note, telling you to consume more the oleic acid rich foods such as olive oil and avocados!

Moral of the story... don't fret if you find that your supplement contains magnesium stearate! You should be much more concerned about the stress hormone spikes caused by worrying over such a minute detail (or worry about the expense of the overpriced supplements bought from the retailer who sold you "superior" non mg-stearate based supplements!)

- Sean Casey

That wraps up this CasePerformance newsletter. Thanks for being a part of the team and we look forward to hearing your thoughts on [FACEBOOK](#).

And as always... Train smart, train hard and leave the excuses to someone else!

Sincerely,

The CasePerformance Team