

## ¿MDR? of/for Magnesium Stearate

Have you consumed and met the MDR (Minimum Daily Requirement), or your daily quota for Magnesium Stearate (E470b) today?

Well, first off – so that there be no confusion or any possible deception, *there is no such thing* as a Minimum Daily Requirement for Magnesium Stearate. However, there are certain organizations; many companies; medium and large sized to mega-size- companies that would wish, hope, and desire for such a thing. These groups base their thinking and motivations upon profit margins, corporate earnings, and good old greed – not on benefitting humanity. Therefore, this subject is *heated* and *hotly controversial*. Huge companies depend upon this product for profits – they say it is safe. And indeed, the FDA (United States Federal Food and Drug Administration) list it as Generally Recognized As Safe (GRAS) for human consumption in amounts not greater than 2.5 grams per one kilogram of body weight.

Pill manufacturing companies, both medical (pharmaceutical) and nutritional supplement (neutraceutical) industries, claim that it is necessary to keep their pill/capsule manufacturing and capsule filling machinery lubricated and to keep it from caking up and clogging the mechanisms some of which are intricate.

But many organizations, more concerned about human health than corporate profits - *believe it not!* In large amounts [*amounts greater than 2.5 grams (2,500 milligrams) per kilogram of body weight by FDA reckoning*] the government recognizes Magnesium Stearate to be a skin irritant and that it is toxic to the liver. OSHA classifies pure Magnesium Stearate as a Hazardous Substance to health; it also is recognized as a fire danger and as an explosive

when and where the atmosphere contains sufficient quantities of the powder/dust particles, as in the manufacturing of this compound.

Some of the health concerns that are frequently expressed by 'Watchdog' groups and Health Activists are that: Magnesium Stearates or Vegetable Stearates compromise the immune system (specifically in that that they compromise/inhibit the T-Cells (specialized Killer white blood cells in the blood by causing collapse of cell membrane integrity); they reduce the bio-availability of the medicines, supplements, and nutrients with which they coat and are so packaged with; they are associated with gastroenteritis and respiratory problems and bio-films in the digestive tract; they are ubiquitous and universally present in almost all medical and nutritional pills, tablets, capsules, many supplements and most vitamins.

Proponents of the use of Magnesium Stearates claim that the compound does not, in any way at all, cause collapse of T-Cell membranes; but that it is only Stearic Acid which does this; and not the compound Magnesium Stearate which is formulated from Stearic Acid and a Magnesium Salt.  
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1384169/>

Proponents of the use of Magnesium Stearates claim that the compound does not, in any way at all, inhibit absorption of the medicine, or the nutritional supplement with which it is combined and packaged with; but, rather, that Magnesium Stearate slows down the absorption of its accompanying medical or nutritional ingredients, just as or much in the same manner as a time release agent might.

My thinking is that it may be, perhaps, so; but consider if the absorption of the medicine or nutrient is slowed down to the point that either the liver

breaks down the substance into unusable components; or if the kidneys excrete the substances before it has time enough to be fully absorbed by the body; or should the bowels pass the substance before there is adequate time for adequate or complete absorption of the substance – then their argument is merely a matter of semantics – the end results are the same: Absorption of the medicine, vitamin, supplement, or nutrient that accompanies the Magnesium Stearate is impaired.

1. What is Magnesium Stearate – (sometimes just called Stearate or Vegetable Stearate)?

A metallic salt derivative of a saturated fatty acid which is manufactured by combining two equivalents of stearate (long-chain fatty acids) and one magnesium cat'ion (positively charged ion). The resulting compound is a white waxy powder. Magnesium Stearate is alternatively defined as a saturated fat; a metallic salt; an excipient. it is major component of soap scum and bathtub ring.

Pork (as a source of Stearic Acid) is often employed in the manufacturing of Magnesium Stearate – so *BEWARE* those of you who observe the difference placed by God between clean and unclean foods!

2. What are Magnesium Stearates used for?

Release agent in rubber molding/tire manufacturing; plastics

Industrial Lubricant

Paint and Varnish Drier

Flow Agent

Binding Agent

Dusting Powder

Thixotropic Agent

Separating Agent

Gelling Agent

Emulsifier

Diluent

Acid Scavenger

Water Repellant

Foam Inhibitor

Manufacture of Ammunition

Hard Candies

Cosmetics

White Coloring Agent

Film Forming Agent

Filling Agent

Emulsifier

Anti-caking agent in powdered products

Vitamin, Nutritional Supplements

Baby Formulas

Baby powders

3. Magnesium Stearates are commonly manufactured from Palm Oils and Hydrogenated Cottonseed Oils.

The danger from these oils (especially and particularly cottonseed oil) is that the oils generally contain Toxic Pesticides and Herbicides, and Toxins from Genetically Modified Organisms (GMO)s. NOTE: Cottonseed Oil is one of the most intensely sprayed with insecticide and herbicide crops in the world. Furthermore, worldwide cotton production is probably, at least if not more than, 50% GMO - but in the United States of America it is approximately 90% GMO. Where GMO cotton crops are grown it is likely that the use of Herbicides is eliminated or not as great – but, in my mind, the danger of Genetically Modified Organisms is with-out-doubt much worse than the danger of herbicides.

The Magnesium Stearate ingredients, Stearic Acid and Magnesium Salt are combined in the presence of high heat and high pressure in the presence of a metallic catalyst which are used in the manufacturing of Magnesium Stearates. The resulting fine white powder is a hydrogenated saturated fat. Opponents of the use of Magnesium Stearate claim that there is a danger of metallic catalyst contamination. Proponents of the use of Magnesium Stearate say that this is the only Hydrogenated Saturated Fat that is harmless to the human body. I suspect and believe that is very disingenuous, if not an out-right untruth.

## Industry and Health Advocate Testimonies

In the following paragraphs are pasted various comments pro and con from company web-sites about the safety, utility, and rationale for use/non-use of Magnesium Stearate. The URLs (Uniform Resource Locaters) or hyperlinks from which these comments have been copied are given next to the

company's name in order that proper credit is given and acknowledged. Let the reader and the consumer make their own informed decisions as to what is healthy for them and their families.

**Thorne Research Products:** <http://thorne.com/articles/MagnesiumStearate.jsp>

Thorne Research's position on magnesium stearate will remain what it has always been: it is an unnecessary additive and it offers no benefit whatsoever to the patient. Using magnesium stearate simply makes it easier for the manufacturer to make the product. Thorne Research has been manufacturing its dietary supplements for 28 years without using magnesium stearate.

**Swanson HealthProducts:** <http://www.swansonvitamins.com/blog/blogging-with-lee-2/magnesium-stearate-safety>

Magnesium stearate is an important ingredient in the manufacturing of dietary supplements. It serves as a filler and flow agent that helps producers maintain ingredients in a proper form for handling, and it prevents material from adhering to manufacturing equipment.

There are few, if any, acceptable substitutes in most cases. I feel confident in the quality and safety of our supplements produced with magnesium stearate because of the evidence I've seen and will share with you below.

**Prevent Disease.com:** [http://preventdisease.com/news/09/042809\\_magnesium\\_stearate.shtml](http://preventdisease.com/news/09/042809_magnesium_stearate.shtml)

## How Much Hydrogenated Lubricant Oils Are You Getting With Your Supplements?

Up to 5% of the average 1000 mg capsule or tablet is magnesium stearate. That's 50 milligrams. Suppose you take 8 capsules or tablets a day. That's 250 a month – or 12,500 mg of this hydrogenated oil, nearly half an ounce. That works out to about 6 ounces of hydrogenated oils a year, from just 8 pills a day. Many people take more supplements, and ingest pounds of this toxic oil we try to avoid in our diets – while directly inhibiting the utilization of the nutrients they're supplementing!

**Natural News:** [http://www.naturalnews.com/039271\\_vitamins\\_supplements\\_magnesium\\_stearate.html](http://www.naturalnews.com/039271_vitamins_supplements_magnesium_stearate.html)

2) **Magnesium stearate.** Believe it or not, many supplements, including those made by more reputable brands, contain a flow agent additive that, over time, can actually block the absorption of nutrients into your body. This ingredient is known as **magnesium stearate**, and regular consumption of it is linked to the development of a harmful "biofilm" in the intestines that may cause digestive problems

Learn more: [http://www.naturalnews.com/039271\\_vitamins\\_supplements\\_magnesium\\_stearate.html#ixzz37N4Riwq0](http://www.naturalnews.com/039271_vitamins_supplements_magnesium_stearate.html#ixzz37N4Riwq0)

**NOW Foods:** <http://www.nowfoods.com/Products/FAQs/FAQs-on-Magnesium-Stearate.htm>

***Is magnesium stearate toxic?***

No. Magnesium stearate is safe, not toxic. We have extensively investigated the safety of magnesium stearate. Allegations of toxicity have been circulating for over 20 years. We have found the “evidence” to be misleading because it is either largely circumstantial based on test tube studies that don't accurately represent the data observed in human clinical trials or based on theoretical dangers (such as a type of processing that is not commonly used to make stearic acid from unsaturated fats). Either way, the reality of dietary fats in the human body is quite different than what these theories present.

***Are there any known risks of consuming stearates?***

Stearates do not share the cardiovascular risks of other forms of saturated fat. Stearates are well absorbed and do not coat the G.I. tract (in fact they discourage certain undesirable biofilms), so comparatively tiny amounts in dietary supplements do not inhibit absorption of nutrients in vivo (in live people)

***Is NOW Foods working on substituting magnesium stearate in its products?***

NOW is reformulating some products with alternatives to mag stearate, using such natural excipients as Ascorbyl Palmitate, but we're doing it where it makes sense and not because we misunderstand the science. These alternatives don't always work, though, having different physical properties.



## My Own Personal Experience and Testimony

I include this here that you might have one more bit of information on the subject. This opinion has no scientific research or study applied to it. I merely am relating my own experience, knowledge, observations, perceptions, opinions, and thoughts.

When sin entered into the world it was rebuked by the holy Creator, **הַהוּא!**. As a result of sin, not only had death entered into the world, but God cursed the ground for man's sake; and He stated that the earth would no longer yield it strength unto man. The net result of the earth no longer yielding its strength unto us is that mal-nutrition is rampant *even when* there is sufficient food to fill our bowels and satisfy our immediate hunger. Lifespans have shortened, health has decreased, and disease has increased.

Supplementation of the diet with certain nutrients, minerals, and vitamins may, to some degree, mitigate the curse. Concentrating nutrients by juicing raw vegetables becomes a desirable thing to do. Avoiding empty calories becomes more necessary than ever as we attempt to energize our bodies with that which is available to eat – for we can only obtain a portion of the nutrients that were formerly available before the fall into sin. We must now, more than ever, eat to live; and not live to eat!

Then on top of the effects of the curse, human manipulation of the food chain as in Genetically Modified Organism (GMOs); human manipulation of the atmosphere and weather (HARP, pollution, and Chem-Trails); human manipulation of the soil of the ground, earth, it self via chemical fertilizers,

herbicides, pesticides, and intensive crop over production (depleted soils). Furthermore, industrial pollution and dumping seem to be almost universal. All these things demand that in order to maintain some degree of health and longevity the *concerned* consumer must be extremely careful in the choices he makes to nourish himself and his family.

Godly wisdom and understanding and knowledge are needed to be applied to our lives that we may survive and continue to provide service as witnesses to the Creator and His Gospel of Salvation, His love, the righteousness of His law of Commandments, and His gift of eternal life in the earth made new. Wisdom dictates to me that Magnesium Stearate offers *no possible benefit* whatsoever to my health and well-being!

My personal experience is that when I have been confronted with physical ailments, dis-abilities, diseases, injuries, or some other calamity; and when, in response, I begin to use supplements, nutrients, vitamins, and etc. initially they seem to work and be effective; but just for a while, and then their effectiveness wears-off and declines over a relatively quick period of time that can be measured in weeks/months.

When I became aware of what Magnesium Stearate is and its negative effects and stopped using/consuming it, I was able to continue to improve in health, healing, and recovery. When I discontinued any and all consumption of Magnesium Stearate I progressively noticed that my healing started to improve once again and I began to regain my health while continuing to utilize a few supplements which contained no Magnesium Stearate content. I hope and pray you do not have to go through periods of needless prolonged illness

and suffering that I have experienced; and which I do attribute to the use to Magnesium Stearate.

Personally, I find it reprehensible that Magnesium Stearate should be found in baby formulas and baby powders. Of all those who might be the most susceptible, the most greatly harmed, and the worst injured are those who cannot chose to protect themselves. In the little book, *FOOD ADDITIVES: A Shopper's Guide to WHAT'S SAFE & WHAT'S NOT!*, Christine Hoza Farlow, D.C. warns her readers that "Caution is advised [in the use of Magnesium Stearate] for certain groups in the population, such as pregnant women, infants, persons with high blood pressure, kidney problems, etc."

If parents simply remain ignorant; or, worse, they willingly remain ignorant; and knowledge is not sought out to discover God's way for their children then innocent lives may be endangered and damaged by companies whose sole goal is to increase and widen profit margins. All those who might benefit from the use of nutritional supplements are being sold a short bill of goods! May the Creator, **יהוה**! reward them with their just deserts! I pray that you will be mightily profited by all the information and materials found on the Angels 3 Bible.com HealthPage! Aw'mane; and Aw'mane.