



### **Prevention of amiodarone-induced cardiac toxicity in male BALB/c mice by a nutrient mixture**

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Amiodarone is a frequently used medicine for arrhythmias that are especially difficult to treat. However, it is associated with widespread and serious side effects, some of which are interstitial lung disease, visual disturbances, thyroid dysfunction, liver injury, and worsening of arrhythmias. Various antioxidants have been used to prevent such toxic effects.

We compared the protective effects of a micronutrient mixture (including vitamin C, lysine, and proline, among others) on vital organs such as the heart and the liver of mice after the administration of amiodarone. Amiodarone treatment caused marked increases in the blood markers (CPK and AST) in unsupplemented mice. However, the group of mice that were given the micronutrient mixture supplementation prior to the amiodarone doses had reduced heart damage as evident by the blood CPK levels.

### **Prevention of Adriamycin-induced hepatic and renal toxicity in male BALB/c mice by a nutrient mixture**

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In a similar study conducted with an anticancer agent, Adriamycin, which is very toxic to the heart and the liver, we noticed that the dietary supplementation with NM reduced hepatic and renal damage in the mice given a very high dose of ADR. While the control group of mice given just the drug had markedly increased levels of liver and kidney markers (AST, ALT, creatinine, blood urea nitrogen (BUN), etc.), the supplemented group of mice retained these markers at normal levels.