

# OncoMAR™

## Frequently Asked Questions



### 1. What is OncoMAR?

OncoMAR™, from Xymogen, contains the ingredient Avemar®, fermented wheat germ standardized to methoxy-substituted benzoquinones (DMBQ), a patented nutrient which has been the subject of more than 20 peer-reviewed research publications.

OncoMAR is an instant drink mix that comes in pre-measured, individual-use packets that combine 8.5 grams of Avemar pulvis (powder), the daily usage level used in most clinical trials, with low-glycemic fructose, natural orange flavoring, and sodium chloride (table salt.) The total weight per package is 17 grams.

Each packet is intended to be mixed with 8 oz. of cold water or any other beverage that contains less than 10 mg of vitamin C per 8 oz. serving. OncoMAR is sold in a box of 30, pre-measured, individual-use packets, which is a one month supply for most people.

### 2. What are the benefits of taking OncoMAR?

Daily use is shown to support healthy immune system modulation and the regulation of cell metabolism, supporting the processes of cell differentiation and repair\*.

- Supports cell metabolic regulation\*
- Promotes immune system modulation\*
- Maintains healthy cellular & humoral (Th1/Th2) immune balance\*
- Promotes optimal Natural Killer (NK) cell targeting ability and the coordinated response of macrophages, B-cells and T-cells\*

Research on Avemar, the primary ingredient in OncoMAR can be found at the website, [www.avemarrsearch.com](http://www.avemarrsearch.com), and by searching the National Institute of Health's Pubmed website, [www.pubmed.gov](http://www.pubmed.gov), with the search terms, "Avemar" and/or "fermented wheat germ."

The development of Avemar was initiated by the Hungarian-American physician, Dr. Albert Szent-Gyorgyi, who was awarded the Nobel Prize in Medicine for his part in the discovery of vitamin C and the processes of cell metabolism. Dr. Szent-Gyorgyi theorized that providing supplemental quantities of a naturally occurring molecule called DMBQ (*2,6-dimethoxy-p-benzoquinone*) would help chaperone the process of cell metabolism, keeping cell metabolic function stable within the narrow range of activity that defines good health.

### 3. What is OncoMAR made of?

Scientists inspired by the research of Dr. Szent-Gyorgyi have developed and patented (U.S. patent number 6,355,474) a process to concentrate DMBQ from wheat germ (*Triticum vulgare*), through fermentation with baker's yeast (*Saccharomyces cerevisiae*).

The liquid that results from fermentation is drawn off, filtered and dried at a low temperature with food grade maltodextrin and colloidal silicon dioxide to prevent caking. The result has a standard concentration of DMBQ and a stable shelf life making it suitable for research and human consumption. It goes by the trade name Avemar, which is sometimes referred to, in research, by the code name "MSC."

### 4. Where does OncoMAR come from?

OncoMAR is manufactured by Biopharma of Budapest, Hungary under several quality assurance systems, including HACCP and GMP, and has been assessed and registered as meeting the ISO 9001:2000 standard and the standards for GMP production of pharmaceuticals by the National Institute of Pharmacy, Ministry of Health, Hungary.

Xymogen is the exclusive distributor of OncoMAR in the U.S. and OncoMAR is GRAS (Generally Recognized as Safe), a designation that allows its use in foods, beverages and dietary supplements. According to the expert panel that assessed cell line, animal and human data on the safety and toxicity of the ingredient in OncoMAR, Avemar, it has the toxicological profile of bread, and is very safe to consume at the recommended usage levels.

### 5. What is the recommended usage of OncoMAR?

As a dietary supplement, recommended usage is one packet per day, mixed with 8 oz. (240 ml) of cold water (or any other beverage containing less than 10 mg of vitamin C.) Mixing is best accomplished by shaking in a closed container (*add liquid first, then OncoMAR, close lid and shake.*) It is best to consume within 30 minutes of mixing. OncoMAR should be consumed one hour before or after a meal, and two hours before or after any drugs or other dietary supplements. For best results use daily.

For people over 199 lbs, the recommendation is to use two packets per day. Please consult with a company representative for recommended usage levels for children, for guidance on alternative usage levels, and use in combination with other dietary supplements.

### 6. Who should not consume OncoMAR?

Women who are pregnant or nursing should not consume OncoMAR. It should not be consumed by people who have had an organ or tissue transplant, by those suffering from bleeding GI ulcers, malabsorption syndrome, gluten sensitive enteropathies (celiac sprue), fructose intolerance or who have hypersensitivity to gluten, wheat germ or any of the components or ingredients in this product.

It is recommended to discontinue OncoMAR usage 2 days before barium X-ray contrast examinations and resume 2 days after the completion of the examination.

*The OncoMAR package displays this "Supplement Facts" panel.*

<b>Supplement Facts</b>		
Serving Size: 1 Package 17 g (.6 oz) - makes 8 fluid ounces prepared		
Servings Per Container: 30		
	Amount per serving	% Daily Value
Calories	60	
Total Carbohydrates	13g	4%**
Sugars	13g	—
Protein	2g	
Thiamin (Vitamin B1)	320mcg	22%
Vitamin B6	120mcg	6%
Calcium	24mg	2%
Iron	1125mcg	8%
Phosphorus	135mg	13%
Magnesium	45mg	11%
Zinc	1170mcg	8%
Copper	41mcg	3%
Manganese	2250mcg	56%
Chromium	5mcg	8%
Molybdenum	13mcg	17%
Sodium	24mg	1%
Potassium	153mg	4%
Bioquinones, polyphenols	464mg	*
Flavonoids	500mcg	*

\*\*Percent Daily Values are based on a 2,000 calorie diet.  
\* Daily Value not established.

**Allergen Statement:** OncoMAR contains wheat ingredients. Although the process of making the product removes all gluten, the principal allergen in wheat, the product comes in contact with gluten containing wheat, and the possibility of contamination still exists.

### **7. Are there side-effects associated with using OncoMAR?**

OncoMAR is well tolerated by most people. No serious side effects have been reported in extensive human testing. Occasionally burping, bloating or soft stools may occur when first starting with OncoMAR, but these symptoms usually improve with continued use. If diarrhea occurs, try dividing the daily usage amount into two halves, taking half in the morning and half in the late afternoon.

### **8. How long does someone take OncoMAR before they notice a difference?**

People who take OncoMAR daily often report improvement in appetite, energy and daily activity within 3 weeks. Objective measures of improvement typically occur within 3 months.\*

### **9. How long should someone continue to take OncoMAR?**

For long-term results, one should use OncoMAR for at least 6 months. People in fragile states of health need more help staying healthy than those in more robust good health. Clinical trials involving hundreds of participants taking OncoMAR daily over a period of several years have proven it safe and beneficial for long-term use. Since OncoMAR supports the basic mechanisms which the body utilizes to respond to stress and the daily challenges to health\*, it may make sense to use it continuously.

Determining how long to use OncoMAR comes down to a personal judgment of when one is “healthy enough”. Consulting with a physician may help in evaluating the factors that determine whether to continue or to stop using this dietary supplement. People using OncoMAR can stop at anytime without experiencing side effects or withdrawal. It is non-addictive and non-habit forming.

### **10. Is there a recommendation for using OncoMAR at a lower “maintenance level” of use?**

Since research has shown very dramatic and unique benefits from using OncoMAR at the suggested level of use, and since this level of use is entirely safe and non-toxic, research has not considered the use of OncoMAR at lower levels. Consultation with a physician may help determine whether a lower “maintenance level” of OncoMAR use is appropriate.

### **11. What does it cost to use OncoMAR on a monthly basis?**

OncoMAR comes in boxes of 30 pre-measured, individual serving packets (17g providing 8.5g of Avemar), intended for once-a-day use, providing a one-month supply at a suggested retail price of \$199.95.

### **12. Is that expensive compared with other supplements?**

Use of OncoMAR at the recommended usage level will cost less than \$7 per day. Many dietary supplements recommended for people with serious health problems are not as well supported by scientific research and are far more expensive. At the recommended usage level, a widely recommended “fermented soy drink” will cost \$1,800 per month; for a “palladium lipoic complex” supplement, the cost per month is \$1,075. Most other herbal, enzyme and other natural products, when used at the recommended levels by people with serious illness, cost \$200 to \$300 per month.

Part of the cost of Avemar, the proprietary ingredient in OncoMAR, is derived from the cost of materials and the cost of manufacturing in an ISO 9001:2000 and pharmaceutical GMP compliant process. The fermentation of many kilos of wheat germ by bakers’ yeast yields only a few liters of filtered fermented liquid. When the water is evaporated off, it yields only a very few grams of Avemar powder.

The cost of OncoMAR also reflects the prior research program, resulting in more than 100 studies in cell lines, animals and humans, and the cost of ongoing research in the U.S., Hungary and other countries.

Although it is not the cheapest dietary supplement available, the extensive research with Avemar shows that when OncoMAR is used appropriately, it is a most valuable dietary supplement.

### **13. How does it compare to other wheat germ supplements?**

There is really no comparison. Pure wheat germ, wheat germ oil, and wheat germ extract powder (often found as an ingredient in “green drinks”) may have generally beneficial properties, but research on these products has not shown the effects that OncoMAR has demonstrated on helping to maintain normal, healthy cellular metabolism and immune regulation\* (please see the research on OncoMAR-Avemar for additional information: [www.avemarresearch.com](http://www.avemarresearch.com).)

### **14. Can OncoMAR be used with other dietary supplements?**

There are many dietary supplements and special diets that may benefit people who may wish to use OncoMAR. None of them will interfere with OncoMAR, and OncoMAR will not interfere with them, as long as other supplements are consumed two hours before or two hours after taking OncoMAR. Consult with a health care professional that specializes in natural and nutritional medicine for a comprehensive protocol of diet, exercise and dietary supplements.

### **15. Can OncoMAR be used along with prescription medications?**

The primary ingredient in OncoMAR, Avemar, has been the subject of hundreds of studies resulting in more than 20 peer-reviewed publications, including studies that look at potential drug interactions. An answer as to whether OncoMAR will interact with a specific drug is best obtained by consulting with a pharmacist or physician. Pharmacists and doctors can find research that can answer most questions on interactions at the website, [www.avemarresearch.com](http://www.avemarresearch.com).

### **16. How do I store OncoMAR?**

OncoMAR can be stored at room temperature, but it should not be stored at temperatures above 80° Fahrenheit. Each packet is sealed, so humidity should not be a problem.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. OncoMar and Avemar are registered trademarks of BiroPharma, RT, Budapest, Hungary.  
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