

# Schüssler Express

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## Wheat Starch & Gluten... Scientific Facts

Following a number of recent questions we once again publish the information regarding **Wheat Starch** and **Gluten** for your attention.

### What is Wheat Starch?

Starches are typically derived from corn or potato, but can also be derived from wheat. Starches are used in the pharmaceutical industry for a wide variety of reasons, such as an excipient, a tablet and capsule diluent, a tablet and capsule disintegrant, a glidant, or as binder. Disintegrants enable tablets and capsules to break down into smaller fragments (dissolve) so that the drug can be released for absorption. Starches also absorb water rapidly, allowing tablets to disintegrate appropriately.

Starches are also used in the food manufacturing industry for processing, and as food thickeners or stabilizers. There are many other diverse uses for starches in the manufacturing industry. Pre gelatinized starch derives primarily from corn; has been cooked and then dried. Instant puddings, pie fillings, soup mixes, salad dressings, candy often contain pre gelatinized starch.

Pre gelatinized starches (dried, cooked starches) are highly digestible. Consumption of excessive quantities of raw starch has resulted in obesity and iron-deficiency anaemia in human subjects. However, there is no evidence to suspect a hazard to the public when they are used at levels that are now current or that

might reasonably be expected in the future; indeed corn starch is often used in daily cooking.

### What is Gluten?

Gluten (from Latin *gluten*, "glue") is a protein composite found in foods processed from wheat and related grain species, including barley and rye. Gluten gives elasticity to dough, helping it rise and keep its shape and often gives the final product a chewy texture. Gluten may also be found in some cosmetics, hair products, and other dermatological preparations. *And can equally cause reactions.*

Gluten is the composite of a *gliadin* and a *glutelin*, which is conjoined with starch in the endosperm of various grass-related grains. The prolamin and glutelin from wheat (gliadin, which is alcohol-soluble, and glutenin, which is only soluble in dilute acids or alkalis) constitute about 80% of the protein contained in wheat seed. Being insoluble in water, they can be purified by washing away the associated starch. Worldwide, gluten is a source of protein, both in foods prepared directly from sources containing it, and as an additive to foods otherwise low in protein.



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## TGA / AQIS Regulations for Gluten

**General requirements for labels for medicines: Clauses 3 (1) general sub clause (a) and (b), 3 (2) sub clause (l), 3 (3) sub clause (a), 3 (15) sub clause (a), 4 (5), 4 (12), and First Schedule page 40 column 1 – Gluten**

“It is recognised that formulations of medicines do not usually include gluten as a separate excipient, although it may be present naturally as a constituent of some excipient ingredients, such as wheat starch. The Therapeutic Goods Administration (TGA) agrees that medicines can be regarded as **“Gluten Free”**, if the product contains **NO detectable gluten and contains no oats or malt.**”

All Australian Quarantine Inspection Service Regulations regarding wheat starch contained in DHU minerals have been met under condition C9564 commercial sub paragraph 2(b) as specified in condition C9839 – and further that:

- Gluten medicines containing more than **0.3% gluten** **require the label statement “Gluten”**

DHU MINERALS SUPPLIED IN AUSTRALIA ARE PHARMACEUTICALLY CERTIFIED BY THE GERMAN GOVERNMENT AS CONTAINING **0.0004% - THEREFORE ARE REGARDED AS GLUTEN FREE.** *The excipient in this case is undetectable and regarded as pharmacologically inactive.*

*DHU minerals contain a small insert in which, for the value of everyone, we announce the fact that the*

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tablets contain wheat starch, however it is in insufficient quantity to cause any inconvenience and once again, as the tablets must be dissolved in the mouth, none of the ingredient, even though **inactive**, reaches the digestive tract but is absorbed by the buccal mucosa and sublingual tissue. This insert is placed in each package as these minerals are also distributed throughout the Asia Pacific Region, and it is essential we conform to various regulatory requirements.

*The Institute of Biochemic Medicine (Asia Pacific)*

## Biochemic Tip No. 4

### Schüssler-Salts for Heavy Legs

**F**or “heavy legs” **No. 3 Ferrum phosphate 12X** is initially recommended, especially when the problem gets worse at night but also through warmth or exercise. Resting brings relief – sometimes a cooling ointment brings relief. Note: Schüssler-Salts can also be administered as ointment. **No. 6 Potassium sulphate 6X** should be considered when problems worsen in the late afternoon or evening.

If in addition a vein inflammation occurs **No. 3 Ferrum phosphate 12X** and **No. 4 Potassium chloride 6X** should be taken. Patients who get relief with No.3 often have red cheeks, and everything improves with coolness. In contrast No.4 patients profit from warmth – an indication to quickly select the correct remedy. However, a venous spasm requires **No. 5 Potassium phosphate 6X**.

*Peter Emmrich*

