

State and Local

Protein causes liver damage

A&M professors discover new effects of sleeping aid

By Scott Sutherland
City Editor

Texas A&M medical researchers have discovered that a previously believed harmless protein sold in health food stores as a sleeping aid causes severe damage to the liver.

Dr. Michael E. Trulson and Dr. H. Wayne Sampson, professors of anatomy in the Texas A&M College of Medicine, studied the effects of large doses of the essential amino acid L-tryptophan on the liver.

Tryptophan has become popular as a natural sleep aid and is sold primarily in health food stores. Trulson says former medical research had concluded that large doses of tryptophan did encourage sleep.

FDA spokesman Brad Stone said the FDA does not monitor the sale of tryptophan because it is neither a controlled nor prescription drug.

Trulson and Sampson focused their research on the liver because it is the organ which metabolizes amino acids found in food.

It has been widely accepted that since tryptophan is an essential amino acid found in nearly all

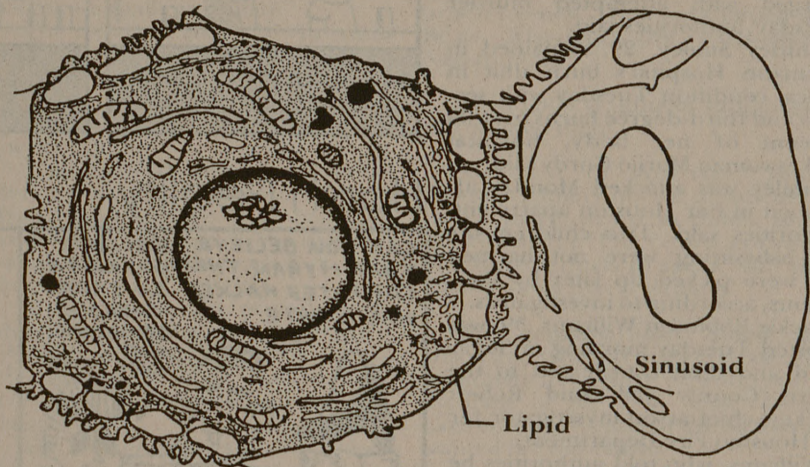
foods, administration even in high doses wouldn't cause organ damage, Trulson says.

Normally the liver derives tryptophan from proteins ingested in foods. The new A&M research shows that excess doses cause a dangerous buildup of fat in the liver.

But Trulson's and Sampson's experiment shows that rats which ingested tryptophan for three consecutive days showed an increase in the size of hepatic sinusoids, channels that carry blood throughout the liver. Also, some of the important cells in the liver had virtually disappeared.

In place of those cells, Trulson says lipid, or fat, appeared. The lipid appeared in varying sizes of droplets that increased in size and abundance as the dosage of tryptophan increased.

Trulson says this fat was growing in place of much more important cells that perform vital functions in the liver. The lipid droplets eventually combined to make large masses throughout the liver, occupying more and more space and preventing the important interaction between



White globules shown near point of contact between cell and sinusoids. Mass of fat eventually can choke off exchange of cell material between blood and cell.

blood in the sinusoids and substances in the cells, he says.

All the treated rats displayed this accumulation of fat while the control group displayed only small amounts of lipid in the liver.

Rats that were treated for three days and then examined 14 days later showed slightly decreased levels of lipid but the majority of the lipid was still present. Some tests indicate that the fat remains in the liver.

Rats that were given tryptophan every other day for 14 days and examined after three days showed the highest fat concentration.

The liver is the largest internal organ and is the site of fat and carbohydrate metabolism, regulates blood sugar, synthesizes vitamin A and detoxifies otherwise poisonous substances.

Trulson and Sampson conclude their report, published in the June edition of Life Sciences Journal, saying that taking tryptophan for sleep induction is not advisable until further research is completed.

Arlington woman kills self following daughter's death

ARLINGTON (AP) — The mother of an 18-year-old girl shot to death in April decided not to live because of unconsolable grief over her daughter's death, her son says.

Mercedes Branch, 50, of Arlington, died Saturday from amityriptyline intoxication. Amytriptyline is a prescription antidepressant drug. Her death was ruled a suicide by the Dallas County medical examiner.

Mrs. Branch's son Claudio, 20, said, "It had everything to do with Teresa. I was expecting it. I wasn't expecting it this soon. To tell the truth, I've been watching my mother die, the deterioration of her personality.

"My mom didn't have many material possessions. Teresa was all she had. She was very proud of her. If she couldn't have Teresa, she didn't want to live."

After the slaying, Mrs. Branch would walk around the house crying and saying, "I want Teresa back," he said.

Miss Branch's car broke down on April 19 while she was on her way to her parents' house. She left a classmate in the car and began jogging to the house, a few blocks away.

The friend called police after Miss Branch did not appear for 1 1/2 hours. Miss Branch's body was

found in a church parking lot across the street from where she was parked at about 10:30 p.m.

Arlington police believe she was forced into a car, shot and her body was dumped in the lot. No arrests have been made.

"I don't think it would have mattered if they had made an arrest," Branch said. "It would never bring Teresa back."

He said Mrs. Branch seemed to take the news well at first, although she thought about the slaying constantly.

"The paranoia started," the son said. "She was afraid the same thing was going to happen to her that happened to Teresa."

She became more distant toward him, his 15-year-old brother John and their father, Kenneth, Branch said.

Mrs. Branch was admitted to Psychiatric Institute of Fort Worth but insisted on leaving after about four days. She went with her husband to a friend's house for Fourth of July weekend and was found suffering from convulsions Saturday night. She died later at a hospital.

5 fast food chains to give nutrition information

AUSTIN (AP) — Some fast food fans might cut down on burgers and chicken as a result of nutrition information that five major chains have agreed to provide, Texas Attorney General Jim Mattox said Tuesday.

"They'll find many of the fast foods are extremely nutritious, but at the same time they may also be very high in calories," he said.

Burger King, Jack in the Box, Kentucky Fried Chicken, Wendy's

and McDonald's — at the urging of several attorneys general — have agreed to provide nutrition and ingredient information at their stores, Mattox and California Attorney General John Van de Kamp led the effort.

Ed Rensi, president of McDonald's USA, said in a Monday statement that his company decided to offer the information because of consumer interest. "We want our

customers to know that we use the same quality ingredients they trust when shopping at their local supermarket," he said.

Mattox said negotiations with the five chains showed two major concerns on the part of company officials.

"Some were concerned about the cost of providing the information," he said. "There were some of them that were concerned about the pub-

lic's desire perhaps not to consume as many calories and as much salt."

Negotiations are continuing with several other fast food chains.

"We hope the competitive pressure will take place that will bring the other fast food chains to the point of publishing this information. Sooner or later, we may ask some of the others to do it, and if they don't, we may encourage people to just eat

at these that do publish the information," Mattox said.

"We hope they haven't got anything to hide," he added.

The attorney general said that as a "single adult male who can't cook, I consume a lot" of fast food.

"If these foods were not part of the normal American's diet, that would be one thing," he said. "But it is what makes up a large portion of our diet in this country."

Mattox said he has some other concerns about the fast food industry — particularly about the packaging in which some hamburgers are served.

"I'm trying to figure out how much they charge for that little box," he joked. "I feel real wasteful after I finish one of those things. What do I do with this perfectly good little box?"

Whole Sale Diamonds! We're Expanding!

We will be expanding soon to a larger location in the same shopping center. To celebrate, we are giving away FREE memberships to Brazos Valley Entertainment Club with a minimum \$25.00 jewelry purchase. Make your selection now and wear it out on the town, compliments of Texas Coin Exchange and Brazos Valley Entertainment Club. Limit 1 per family. Also look for our private safe rentals available soon!

ROUND			ROUND			OVAL		
Weight	Our Price	Compare at	Weight	Our Price	Compare at	Weight	Our Price	Compare at
1/2 pts.	\$2.75 ⁰⁰	6.00	.59 pts.	\$930.00	1800.00	.78 pts.	\$1650.00	3300.00
.01 pts.	5.50 ⁰⁰	11.00	.60 pts.	945.00	1700.00	.83 pts.	1650.00	3300.00
.02 pts.	9.95 ⁰⁰	20.00	.61 pts.	975.00	1800.00	1.15 cts.	2495.00	5250.00
.03 pts.	14.95 ⁰⁰	29.00	.61 pts.	775.00	1500.00			
.04 pts.	19.95 ⁰⁰	40.00	.61 pts.	975.00	1800.00			
.05 pts.	29.95 ⁰⁰	65.00	.65 pts.	815.00	1700.00			
.06 pts.	33.00 ⁰⁰	70.00	.67 pts.	975.00	1790.00			
.07 pts.	38.00	75.00	.67 pts.	1295.00	2600.00			
.08 pts.	41.00	82.00	.70 pts.	1465.00	2850.00			
.10 pts.	63.00	125.00	.71 pts.	1195.00	2300.00			
.14 pts.	105.00	200.00	.76 pts.	1125.00	2350.00			
.15 pts.	111.00	225.00	.84 pts.	1625.00	2900.00			
.16 pts.	118.00	235.00	.86 pts.	1650.00	2900.00			
.18 pts.	135.00	270.00	.93 pts.	1560.00	2900.00			
.19 pts.	140.00	280.00	.96 pts.	1950.00	3450.00			
.20 pts.	165.00	250.00	.97 pts.	1880.00	3400.00			
.23 pts.	235.00	470.00	.97 pts.	1520.00	3200.00			
.27 pts.	270.00	500.00	1.00 cts	2100.00	4200.00			
.28 pts.	325.00	525.00	1.00 cts	2150.00	4000.00			
.34 pts.	445.00	695.00	1.00 cts	2095.00	4100.00			
.35 pts.	445.00	695.00	1.03 cts	2775.00	4400.00			
.42 pts.	660.00	1275.00	1.06 cts	1875.00	3700.00			
.43 pts.	550.00	1100.00	1.08 cts	2795.00	4800.00			
.45 pts.	695.00	1375.00	1.08 cts	2395.00	4700.00			
.46 pts.	595.00	1250.00	1.09 cts	2825.00	4900.00			
.46 pts.	585.00	1200.00	1.09 cts	2825.00	4900.00			
.48 pts.	795.00	1550.00	1.24 cts	2875.00	5300.00			
.49 pts.	795.00	1550.00	1.33 cts	3495.00	6900.00			
.50 pts.	785.00	1500.00	1.41 cts	3900.00	7900.00			
.50 pts.	750.00	1500.00	1.51 cts	4975.00	8500.00			
.50 pts.	765.00	1575.00	1.54 cts	4150.00	8200.00			
.52 pts.	675.00	1350.00	2.02 cts	8395.00	17000.00			
.52 pts.	875.00	1695.00	2.03 cts	6875.00	13500.00			
.53 pts.	810.00	1575.00	2.04 cts	7695.00	14250.00			
.54 pts.	845.00	1695.00	3.00 cts	12900.00	26000.00			
.54 pts.	695.00	1425.00						
.55 pts.	875.00	1650.00						
.55 pts.	865.00	1650.00						
.56 pts.	895.00	1625.00						
.56 pts.	735.00	1495.00						
.56 pts.	895.00	1750.00						
.57 pts.	725.00	1450.00						
.58 pts.	895.00	1700.00						
.59 pts.	850.00	1700.00						
.59 pts.	675.00	1300.00						

MARQUISE		
Weight	Our Price	Compare at
.27 pts.	\$325.00	725.00
.30 pts.	365.00	725.00
.30 pts.	365.00	725.00
.33 pts.	395.00	725.00
.35 pts.	425.00	850.00
.37 pts.	450.00	950.00
.39 pts.	975.00	1800.00
.50 pts.	895.00	1700.00
.70 pts.	1195.00	2300.00
.73 pts.	1235.00	2500.00
1.10 cts.	4340.00	8500.00
1.46 cts.	3750.00	7500.00
1.52 cts.	2750.00	5500.00

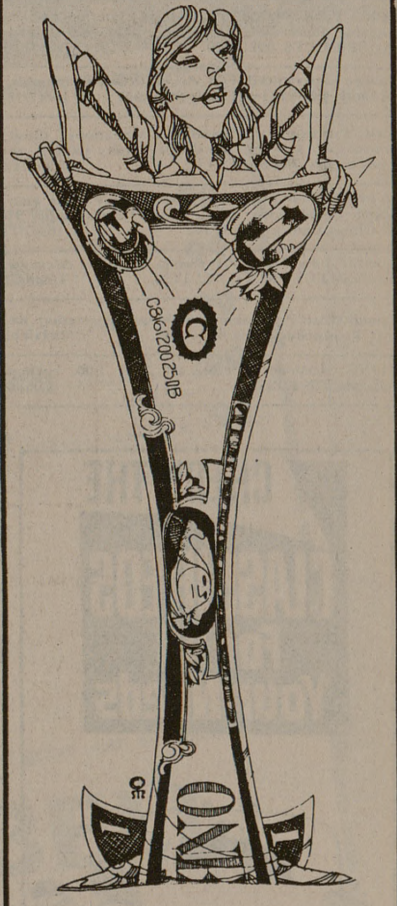
PEAR		
Weight	Our Price	Compare at
.30 pts.	\$350.00	725.00
.47 pts.	1050.00	2100.00
.54 pts.	1195.00	2350.00
.62 pts.	1395.00	2750.00
1.80 cts	2965.00	6200.00

MODIFIED RADIANT		
Weight	Our Price	Compare at
.35 pts.	\$635.00	1350.00
.93 pts.	1945.00	3800.00
1.03 cts.	2600.00	5500.00
2.01 cts.	4350.00	6900.00

EMERALD		
Weight	Our Price	Compare at
1.02 cts.	\$2495.00	4500.00

STRETCH Your Dollars!

WATCH FOR BARGAINS IN THE BATTALION!!



CLASSIFIED ADS For 1001 things



Battalion Classifieds Call 845-2611

Largest Stock of Gold Coin Jewelry in the Area!
All gold chains sold by weight \$15⁰⁰-25⁹⁵ penny weight (\$9⁹⁵-16⁹⁸ a gram)

TEXAS COIN EXCHANGE

404 University Dr. East • College Station • 846-8905 3202 A. Texas • Bryan • 779-7662

Since 1958, One of Texas' Oldest Rare Coin Dealers.

Bryan Store Hours: Mon.-Fri. 9:30-5 Sat. 9:30-3

College Station Store Hours: Mon.-Fri. 9-5:30 Sat. 9-3 Next to Cenare

No questions asked. 30 day money back guarantee on all loose diamonds sold. (Does not include lay-away or mountings).