

The Biblical Chronologist

WHAT HAS BEEN IS REMOTE AND EXCEEDINGLY MYSTERIOUS. WHO CAN DISCOVER IT?

(Ecclesiastes 7:24)

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The RDIs for Vitamins MePA and MePiA Have Now Been Reduced

The RDIs (Recommended Daily Intakes) of the anti-aging vitamins, MePiA (methylphosphinic acid) and MePA (methylphosphonic acid), have now been reduced by a factor of two. This change does not effect the number of drops per day of Dr. Aardsma's Anti-Aging Vitamins one should take. The concentration of the vitamins in new bottles of the supplement has been reduced by a factor of two, so the number of drops per day an individual needs to take stays the same. The present report explains the rationale behind these new RDIs.

A Brief Review

MePiA and MePA are a closely related pair of newly discovered vitamins. The emerging science of these two previously unknown vitamins finds that they were present in natural supplies of drinking water prior to Noah's Flood, but their source was broken by the Flood so that they have been unavailable for the past several thousand years. This has resulted in a pair of vitamin deficiency diseases in the global population for these thousands of years. The development of morbidity and consequent eventual mortality due to these vitamin deficiency diseases in humans is today called "aging." Restoration of these two vitamins to the human diet in sufficient amounts has potential both to prevent and to cure aging. The purpose of the RDIs is to guarantee dietary sufficiency of these two vitamins.

Vitamin MePiA is the principal anti-aging vitamin. Its absence from the diet induces an mtDNA genetic disease early in life, the varied progression of which is responsible for 80% of human deaths at present. Vitamin MePA is a secondary anti-

aging vitamin. Progression of its deficiency disease throughout life is responsible for another 10% of human deaths at present.

Vitamin MePiA is an antioxidant. Because it is relatively easily oxidized to stable MePA, its concentration in natural sources of pre-Flood drinking water, such as lakes and rivers, is expected to have been much lower than the concentration of MePA. Thus it is expected that MePA will ultimately be found to have the larger RDI of the two vitamins.

Up until recently, the RDIs for these two vitamins could only be estimated. It was recognized that:

The best way to determine how much of an anti-aging vitamin is needed by the human body is probably titration experiments with humans to determine how much the body retains.¹

But no way of making the needed measurements of the tiny concentrations of these vitamins in urine existed. This problem has now been solved, making the needed measurements possible and placing the determination of appropriate RDIs on a solid empirical basis.

From the start, the proper RDI for MePiA was predicted to lie probably "within a factor of ten of a few micrograms per day."² In an effort to guarantee sufficiency in the absence of a direct urinary excretion measurement method, the RDI for both vitamins was set on the high end of this range. The first successful measurement of vitamin MePA excretion confirmed that its RDI was higher

¹Gerald E. Aardsma and Matthew P. Aardsma, *Aging: Cause and Cure*, 2nd ed. (Loda, IL: Aardsma Research and Publishing, 2021), 199. www.BiblicalChronologist.org.

²Gerald E. Aardsma, *Aging: Cause and Cure* (Loda, IL: Aardsma Research and Publishing, 2017), 111–112. www.BiblicalChronologist.org.

than necessary, as expected.³ Because MePA is expected to have the higher RDI, the RDI for MePiA was expected to be too high as well.

The concentration of MePiA excreted in human urine has now been successfully measured. This is the first such measurement that I am aware of. Most of the daily intake of MePiA was found to be present in the urine, confirming expectations once again.

Conclusion

To minimize waste, it is expedient to reduce the RDI as much as possible. The present measurements for MePA and MePiA excretion in urine allow the RDIs of these two vitamins to be reduced by a factor of two.

To minimize confusion, new bottles of Dr. Aardsma's Anti-Aging Vitamins will ship with their concentrations of MePA and MePiA half of what they were previously. Adult males, for example, who were formerly ingesting 20 μg of each vitamin per day by consuming 8 drops of Dr. Aardsma's Anti-Aging Vitamins will now be ingesting 10 μg of each vitamin per day while continuing to use 8 drops of the supplement per day.

These new RDIs have been piloted at ARP for several weeks with no differences observed relative to the previous RDIs, as expected.

Further measurements, at the new RDIs, are expected to be made in a few months. These seem likely to result in further RDI reductions. \diamond

³Gerald E. Aardsma, "First Measurement of Vitamin MePA Excreted in Human Urine Confirms Adequacy of RDI," *The Biblical Chronologist* 12.1 (April 26, 2022): 1–4. www.BiblicalChronologist.org.

The Biblical Chronologist is written and edited by Gerald E. Aardsma, a Ph.D. scientist (nuclear physics) with special background in radioisotopic dating methods such as radiocarbon. *The Biblical Chronologist* has a fourfold purpose:

1. to encourage, enrich, and strengthen the faith of conservative Christians through instruction in biblical chronology and its many implications,
2. to foster informed, up-to-date, scholarly research in this vital field,
3. to communicate current developments and discoveries stemming from biblical chronology in an easily understood manner, and
4. to advance the growth of knowledge via a proper integration of ancient biblical and modern scientific data and ideas.

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