

Apricot Seeds and B17

What You Need to Know






Introduction

There is a small radiant, velvety, orange-colored fruit you may have seen nestled among the other fruits in your grocery store. This fruit packs a lot of nutritional value within its skin and its meat. It is used to make Italian amaretto and marzipan and is packed with enzymes, protein, fiber, vitamin A, vitamin E, magnesium, potassium, and iron. The fruit I'm talking about is the apricot.

Dried apricots are now a staple in many diets in the world, but you would be surprised to know that they were cultivated over 4,000 years ago in China and Central Asia. Apricots eventually found their way to the Middle East by way of the Great Silk Road where they were used to liven up meat dishes and featured as desserts. From preserves to jams and fruit pies apricots grew in popularity.

Today, this versatile fruit can be found in the fruits and vegetable department at your local grocery stores. You'll also find dried apricots, apricot jelly and jams, and apricot juice on your grocer's shelves. Oil extracted from apricot seeds is known to be beneficial to the skin. Apricot oil contains vitamins, antioxidants, fatty acids, essential fatty acids and more. Each is unique and each is beneficial for skin. Out of each group, apricot oils high content of antioxidants makes it especially strong in protecting, preventing and rejuvenating all skin types. Apricot oil has anti-aging properties; helps prevent blackheads; rejuvenates dry, mature skin types; protects against dehydration; and softens and soothes the skin.

And then there's the seeds. They are the part of the apricot that conjures up the many discussions found on the Internet. Let's learn more about them.

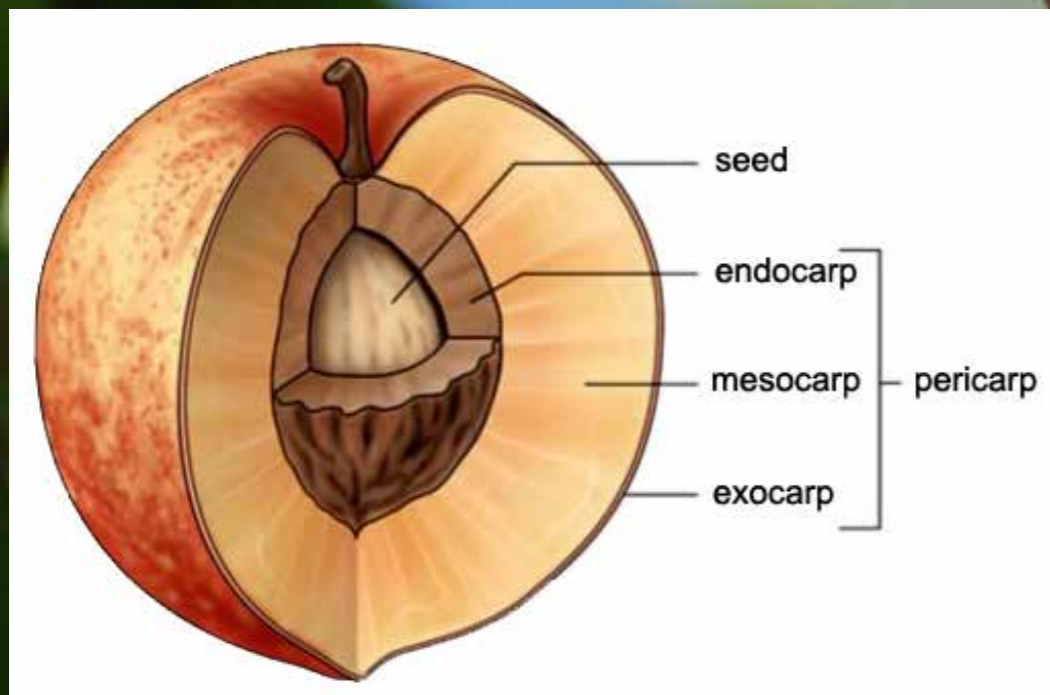
A traditional Chinese ink and wash painting. In the upper left, a woman is depicted in profile, wearing a vibrant red robe. To her right, a man with a large, dark, textured hairstyle is shown in profile, looking towards the right. The background is a textured, light brownish-gold. On the right side, a dark, thin branch with several small, pointed leaves extends upwards. A large, round, reddish-brown fruit, likely an apricot, is partially visible on the far right. In the lower center, a small, dark, round object, possibly a seed or a small insect, is shown. The overall style is characteristic of traditional Chinese art, with fine lines and a focus on naturalistic elements.

Hundreds of years ago, the Chinese discovered medicinal purposes for the bitter seeds that are found inside the pit of the apricot. They still use bitter apricot seeds as a CFI (Chinese Functional Ingredient) incorporating them into compounds used to help boost their immune system.

The Chinese also use apricot seeds to support gut health. Those who eat apricot seeds find they have increased bowel activity.

Which Part of the Apricot is the Seed?

Many confuse the part they eat down to as the seed, but it's not. That part is actually called the "pit" (or in scientific terms the "endocarp".) You have to crack open the pit to get to the actual seed (or kernel as it is also known).



Top 10 Super Seeds



Apricot Seeds - A Top Ten Super Seed

The 2015-2020 Dietary Guidelines for Americans suggests that we should focus on varied proteins, heart-healthy mono-unsaturated, and polyunsaturated fats. Seeds provide all three of these nutrients.

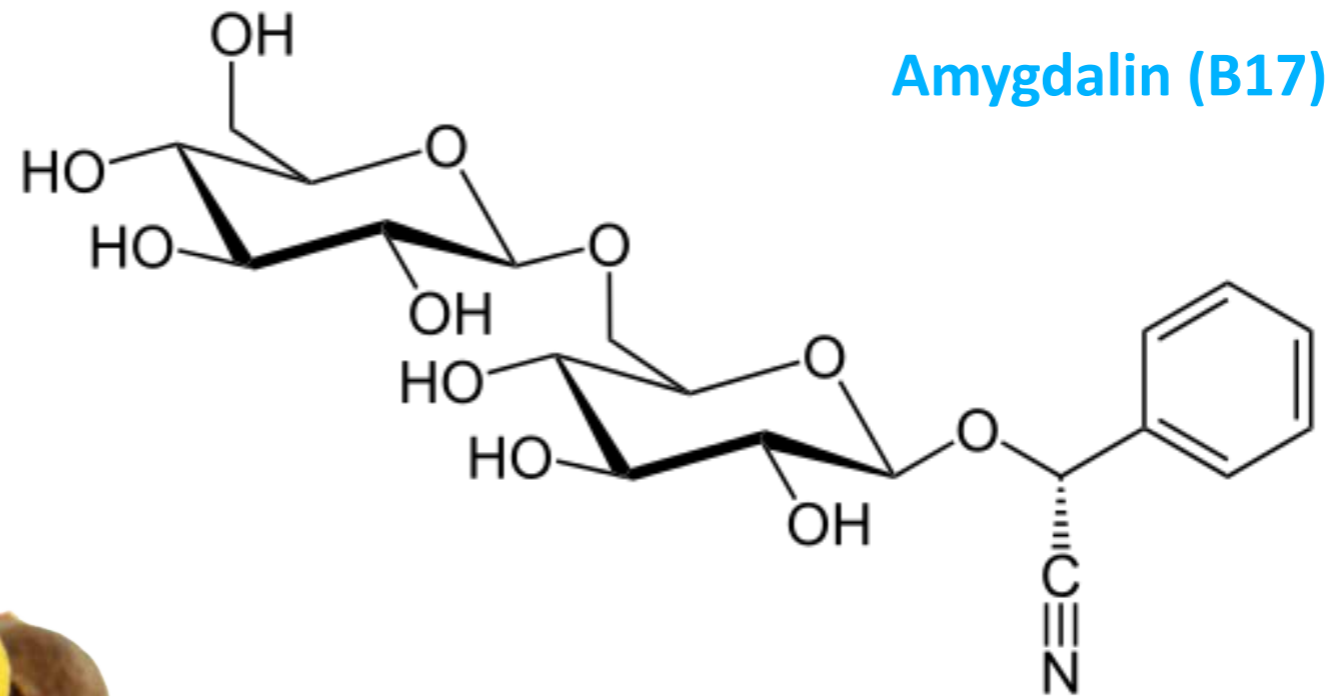
Apricot seeds are part of a select group of 10 seeds known as “Super Seeds”. Super Seeds offer a wide range of essential nutritional value. Their use in cooking, essential oils, health and beauty products and enhancing foods is a great way to get additional nutrition into your diet.

Nutritional Benefits of Apricot

- Protein
- B vitamins
- Fiber
- Calcium
- Zinc
- Vitamin A
- Vitamin E
- Enzymes

The Key Active Ingredient in Apricot Seeds

One of the key active ingredients found in bitter apricot seeds is something called Amygdalin or B17. In scientific terms Amygdalin is a “D-mandelonitrile-b-D-gentiobioside” (cyanogenic disaccharide).



In general terms B17 is a “nitrioloside”, a large group of water-soluble, essentially non-toxic, sugary, compounds found in over 1,200 edible plants such as macadamia and cashews nuts; grains such as flax, millet, buckwheat; vegetables such as yams, and sweet potatoes; and the seeds of apples, plums, pears, cherries, prunes, grapes, strawberries, and raspberries.

But the highest levels of B17 can be found in apricot seeds.

If you’ve been eating any of the 1,200 foods you’ve been getting the benefits of B17 all along and you didn’t even know it.

Pangamic Acid (Vitamin B-15)

Another nutrient found in apricot seeds said to have many benefits is pangamic acid (Vitamin B-15). It is also found in brown rice, brewer's yeast, sesame seeds and pumpkin seeds.

Potential B15 Benefits

Pangamic Acid is used by some athletes who believe it may lower serum lactic acid and enhance oxygen delivery to exercising muscles. Others believe it may have antioxidant qualities.



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Other Nutrients

Apricots share many similar properties and uses with almonds. Apricot kernels are made up of the following nutrients:

- 45 to 50 percent oil
- 25 percent protein
- 8 percent carbohydrates
- 5 percent fiber

They're also loaded with healthy fats that may help to lower "bad" cholesterol. The kernels contain essential fatty acids (omega-6s and omega-3s). These may help improve mental and physical health.



All Apricot Seeds Are Not the Same

Bitter apricot seeds are grown primarily in Turkey, China and a few other countries. But the best seeds come from an area of the US where 85% of the apricots are grown — the Central Valley of California. The unique growing conditions in this area give it distinct advantages over foreign-grown apricot seeds.

Can I see the differences between seeds?

The short answer is, “Yes”. But rather than discuss the apricot seeds that come from the other countries that grow them, let’s focus on the seeds that come from China and the US.

Chinese bitter apricot seeds are darker and much smaller compared to California-grown seeds. They tend to have a musky, earthy taste.

RNC’s California-grown bitter apricot seeds are much larger in size and have a lighter appearance. They also have a distinguishing nutty taste... an identifiable mild sweetness to them.



What you can’t see.

RNC’s bitter apricot seeds are certified to be pesticide and herbicide-free. They are packaged in our certified organic facility in Central California. Our seeds are lab-tested to check the levels of natural Amygdalin to ensure our customers receive the best product we can possibly provide.



Why California Apricot Seeds are the Best

The sweetness in the taste and the richness in their flavor have a lot to do with the place where they are grown and the methods used to grow them. As mentioned, the best seeds come from the Central Valley in California. At one time this area was an inland sea. It has the towering Sierras to its east and the coastal mountain range to its west.

The soil is alluvial, which is very fertile and rich in nutrients. The melting snow of the Sierras provides the required water for these orchards. The soil and weather in the Central Valley are very conducive to growing apricots. While the chill of the winter increases the productivity of the apricot trees, the spring ensures all the blooms get pollinated by millions of bees that visit these orchards.



After being picked by hand, the apricots are separated into the fruit and the pit. The fruit is sent off to be turned into a multitude of apricot products. The wet pit inside is taken to a drying yard and air-dried to insure the highest content of nutrients.

The dried pits are then moved to RNC's state-of-the-art facility and separated into two parts — the whole shelled apricot seed and the outer shell of the pit. Special processing removes defects or foreign material and they are graded to various USDA standards. Only the highest grade seeds make it into the Richardson Nutritional Center line.

The Basic Controversy

B17 also has cyanide as one of its metabolic products. Wait...cyanide?! Does that mean I'm risking my life by eating marzipan and drinking amaretto? Not unless you're concerned about packing on the pounds. This is a naturally occurring metabolic process that occurs in your body.



Although technically not a vitamin, Vitamin B17 was the name given to “Amygdalin” by biochemist Dr. Ernst T. Krebs in 1952. Vitamin B17 is a molecule made up of four parts: 2 parts Glucose, 1 part Benzaldehyde, and 1 part Hydrogen Cyanide.

Again, it is NOT like drinking a bottle of cyanide or inhaling cyanide gas. Normal healthy cells contain the enzyme rhodanese which neutralizes (or detoxifies) the Benzaldehyde and Hydrogen Cyanide in B17. It converts them to the useful nutrient compounds Thiocyanate and Benzoic acid.

“Rhodanese is an ubiquitous enzyme active in all living organisms from bacteria to man. It is a multi-functional enzyme that plays a central role in cyanide detoxification. By binding the cyanide to sulfur, it is converted to a cyanate which is a neutral substance. Then it is easily passed through the urine with no harm to the normal cells.”

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Cyanide Forms B12 In Your System!

You might be shocked to learn that your blood, right at this moment, contains cyanide that it gets from foods, smoking, the environment and other sources. Low amounts of cyanide are normal byproducts of metabolism. Your body can handle small amounts. It does so 24/7: the liver enzyme Rhodanese catalyzes the conversion of cyanide into thiocyanate, which is less harmful and is excreted in urine.

The Mayo Clinic states that normal blood has a concentration of cyanide of 0.2 mcg/mL or less. The average adult human possesses 4.7 liters of blood, which means that the average adult is walking around with as much as 940 mcg of cyanide, just in the blood.

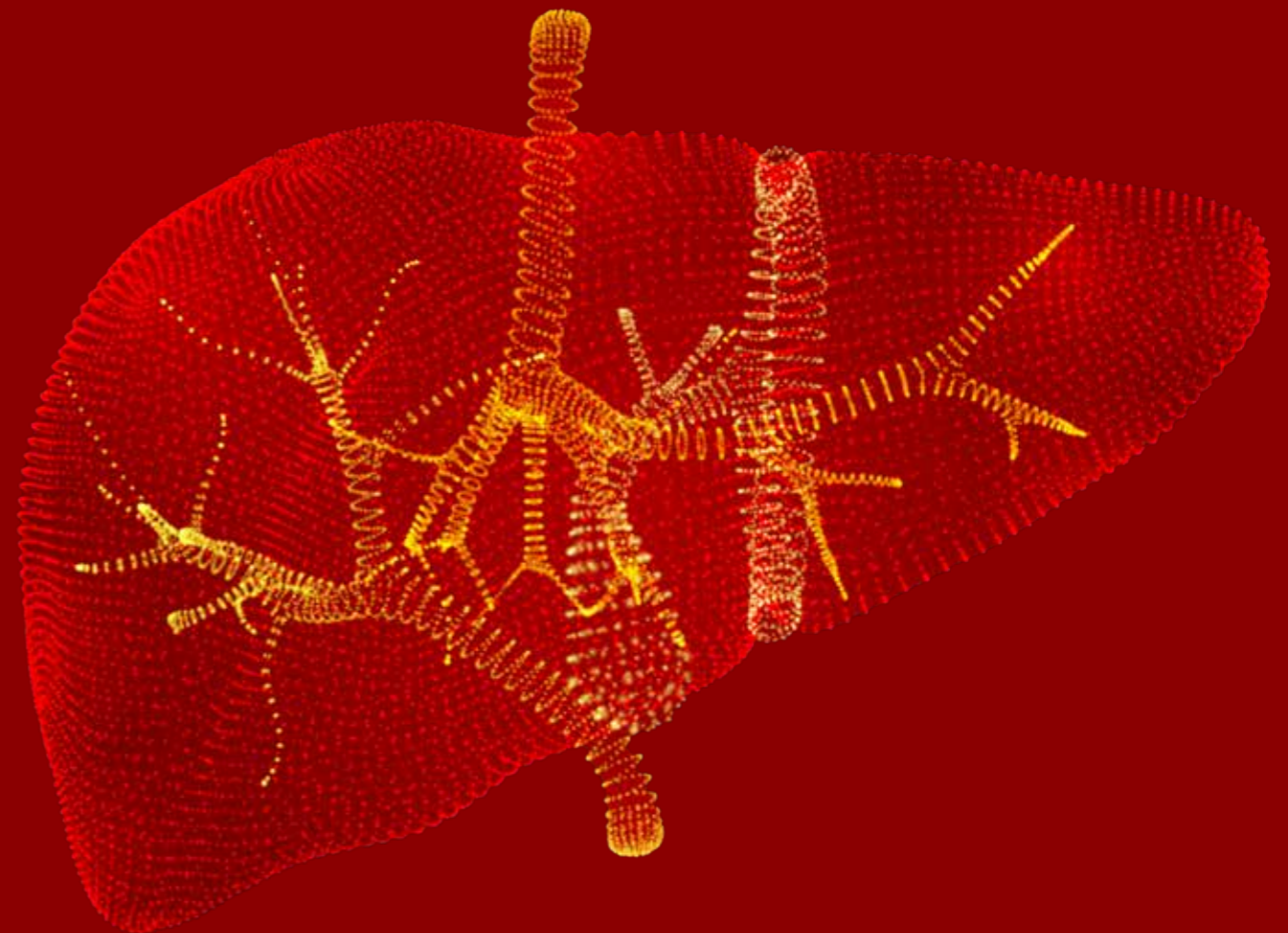
In the body, cyanide in small amounts can also combine with another chemical to form vitamin B12, which helps maintain healthy nerve and red blood cells.

Your Body and Liver Protect You

In his paper titled “Roles of Sulfur Metabolism and Rhodanese in Detoxification and Anti-Oxidative Stress Functions in the Liver: Responses to Radiation Exposure”, Tetsuo Nakajima, PHD in Molecular Biology stated the following.

“Organisms must confront various environmental stresses. The liver is central to protecting against such stresses in mammals, and it has many detoxification and anti-oxidative stress functions. Radiation is a source of oxidative stress and is known to affect the liver and induce anti-oxidative responses. The detoxification enzyme rhodanese, which is also called thiosulfate sulfurtransferase (TST), has been demonstrated to be induced in the liver in response to radiation.”

Dr. Nakajima further stated that, “Cyanide detoxification is a function of the liver, and rhodanese is a key enzyme involved in sulfur metabolism in that detoxification. Though the anti-oxidative stress system in which sulfur molecules such as thiol compounds are involved has attracted attention as a defense against radiation, detoxification enzymes may have other roles in this defense.”

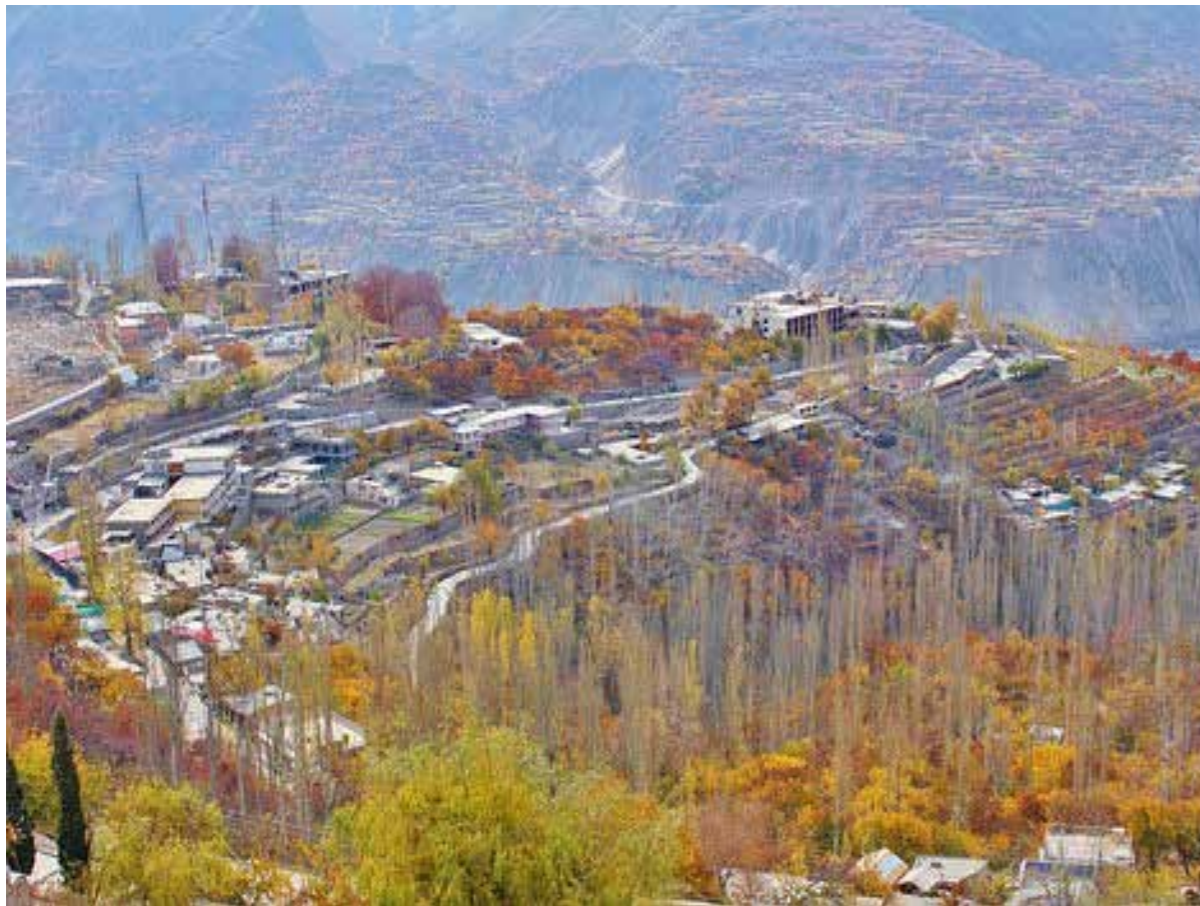


Several Cultures Consume Bitter Apricot Seeds

Many cultures in the world consume apricot seeds. The Abkhazians, the Hopi and Navajo Indians, the Hunzas and the Eskimos all have a diet rich in foods with a high content of Amygdalin (B17). What these cultures have in common is the integration of apricot seeds in their diets.

Hunza People - Long, Healthy, Vital Lives

Hunzukuts (Burusho or Hunzas as they are also known) live in the Himalayan region of northern Pakistan. They speak an isolated dialect and live peacefully in a community of around 87,000. Hunzas are masters of yoga and practice breathing exercises daily. Their diet is mostly plant-based consisting of raw food including nuts, fruits and seeds added with yogurt. Grains like buckwheat, millet, barley and wheat are also included in their diet.





The Secret of the Hunza People

Hunzas drink glacial water. A typical cooked meal would consist of “daal”, a type of cooked lentil and chappatis, a type of bread. Meat dishes are eaten at most, once a week. Why is their diet so important to know? Because of the remarkable traits these people have.

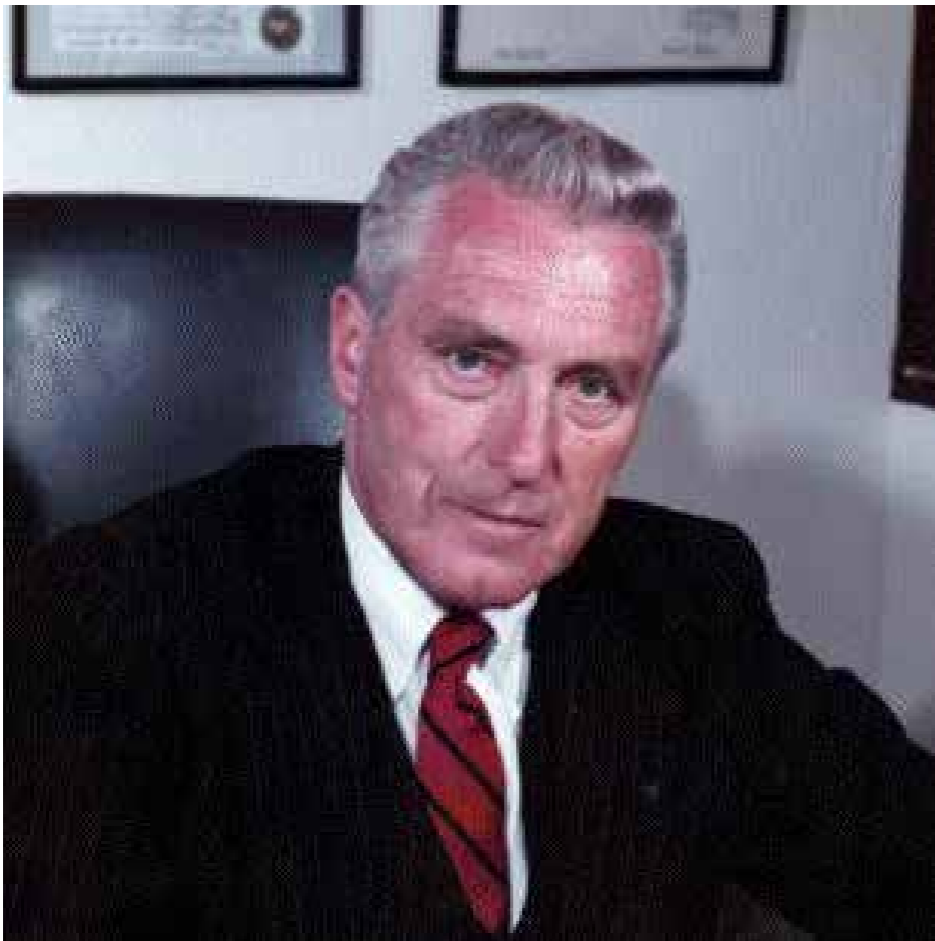
It is thought that the Hunza have an average lifespan of well over 100 years old; however, no one really knows how long they live. Physicians who examined them have made their best guesses to how old the people were, but the truly extraordinary fact is, all reports of the Hunza mention that the elderly population is fit, full of vitality, and virtually free from disease. The Hunza people also have a very steady staple, an important fruit in their diets—apricots, apricot oil and apricot seeds. Apricots and bitter apricot seeds have been a principle part of their diet for over 2,000 years. It is not uncommon for the Hunzas to eat thirty to fifty bitter apricot seeds as an after-lunch snack. They cook their food in apricot oil on special days and even ingest a spoonful of it when needed.

Could it be that the secret of the health, vitality and longevity of Hunza people has to do with the inclusion of apricots, apricot seeds and oil into their diet? Many researchers believe this to be the case.

Dr. John A. Richardson, MD

Dr. John A. Richardson was a pioneer in the use of vitamin and nutritional therapy to treat degenerative diseases. His battle with the FDA to have the right to use laetrile therapy as an alternative form of treatment incurred the wrath of orthodox medicine. It ultimately cost him his medical license and took a heavy toll on his life; however, many to this day attribute dramatic changes in their lives due to the nutritional therapy he advocated.

Dr. Richardson's strict protocol would be deemed today as a reasonable and logical approach on the path to good health. It combined maintaining a healthy diet void of red meats, no tobacco or other unnatural stimulants. Drinking lots of fresh water, ingesting high intakes of Vitamin C, mega enzyme supplements, and B15 are also included in the procedure. Maintaining a healthy weight and getting regular exercise are also important.

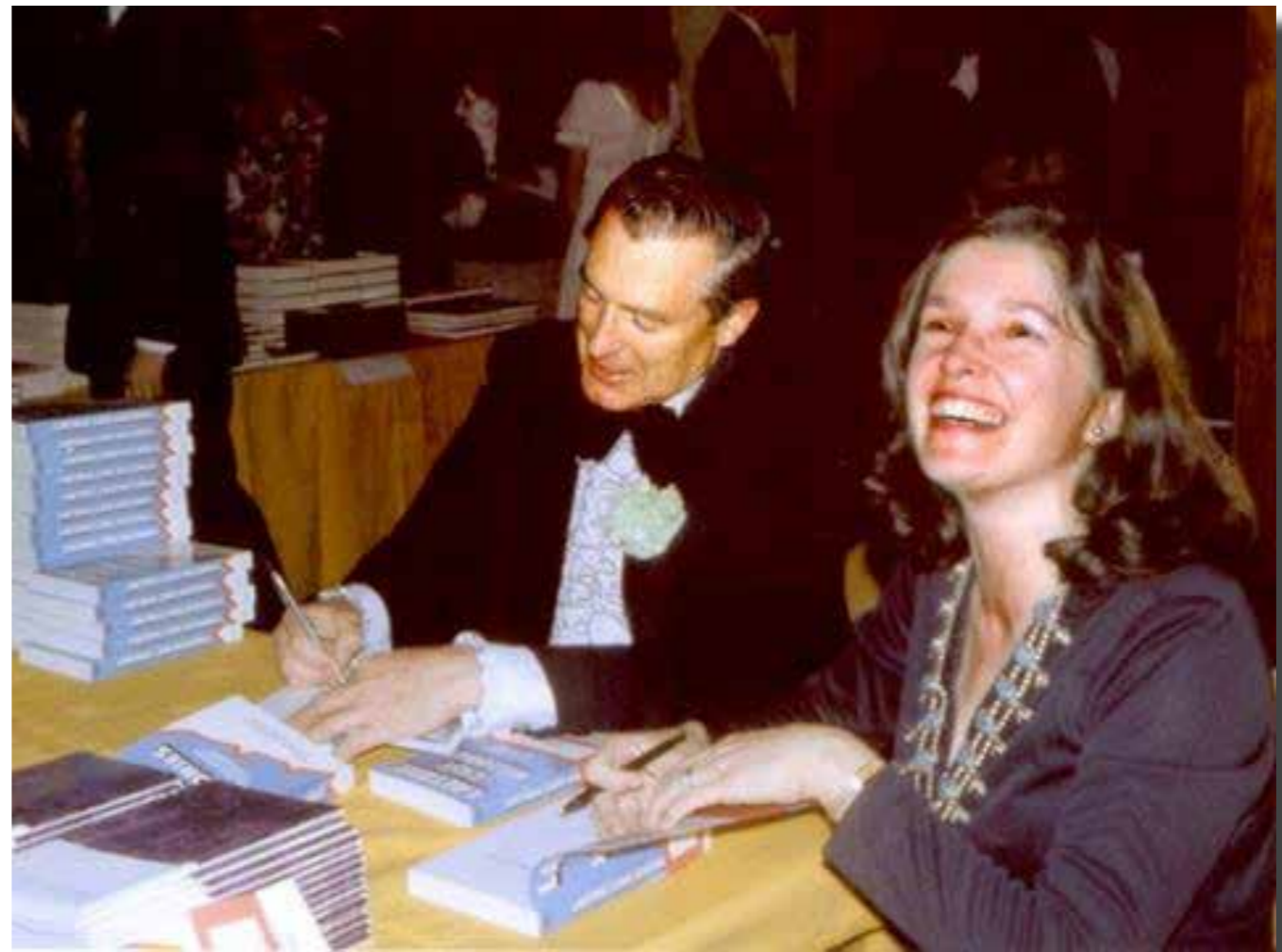
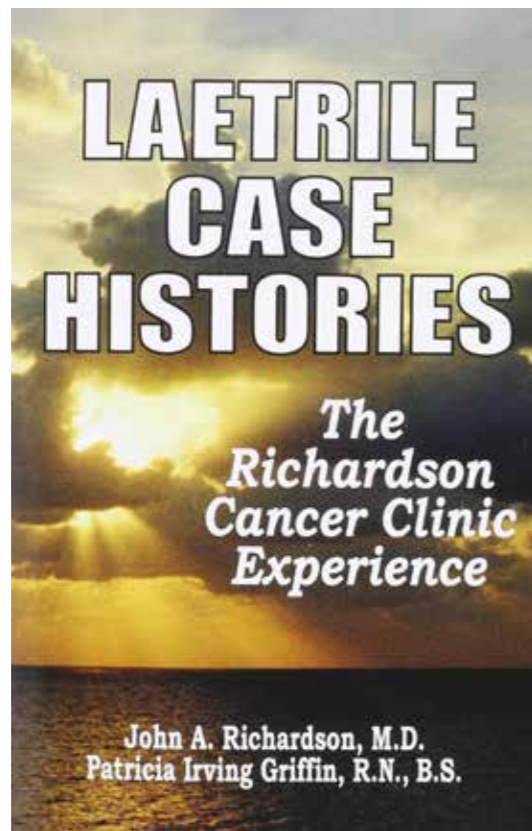


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Laetrile Case Histories

In 1977 John A. Richardson M.D. along with Patricia Irving Griffin R.N., B.S. published what would prove to be a seminal book that documented 62 case histories of his patients who followed his specific vitamin and health protocols and the use of laetrile. The case histories were not anecdotal stories or cases of people who were never sick to begin with. Each history was authenticated by a firm diagnosis and meticulous medical documentation.

30 years after the original publication of this pioneering book, a follow up was included in a revised edition. Proof is in the actual life-span of these people who, previously, had been told by their doctors that they had just a few months or weeks to live.



Dr. Ernst Krebb, Jr.

In 1952, a biochemist named Dr. Ernst Krebb, Jr. in San Francisco decided that specific major disease was a metabolic reaction to a poor diet, and a missing nutrient from modern man's diet could be the key to overcoming them. His research led to a compound called amagdylin. Dr. Krebb called it B17 due to its resemblance to the 16 types of B vitamins that had been isolated.

Dr. Krebb patented a simpler semi-synthetic derivative of Amygdalin in 1961 he called "laetrile". Laetrile is synthesized from Amygdalin by hydrolysis. He injected himself with laetrile to ensure there would be no toxic side effects along with conducting further lab animal and culture experiments to conclude that laetrile would be effective. In fact, Dr. Krebb's even stated that gram for gram laetrile was less toxic than table sugar.



Laetrile vs. Amygdalin (B17)

The terms "Laetrile" and "Amygdalin (B17)" are mistakenly used interchangeably. They are related but different substances.

Laetrile is a concentrated form of nitriloside derived primarily from the seeds of bitter almonds. It can be administered intravenously or taken orally.

Amygdalin (or B17 as it is commonly called) is a naturally occurring substance found in over 1,200 foods. The highest amount of B17 can be found in the seeds of apricots. B17 is also available in a powdered form.

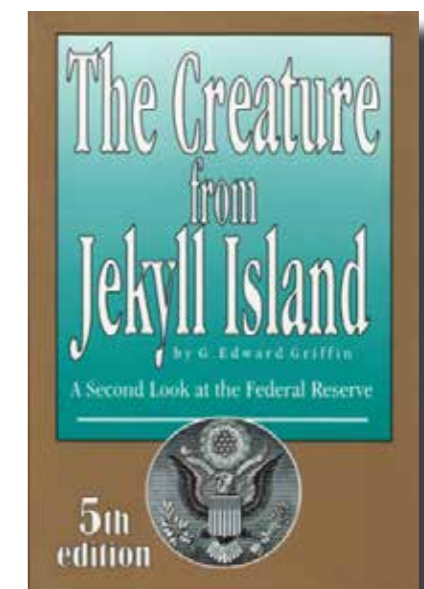
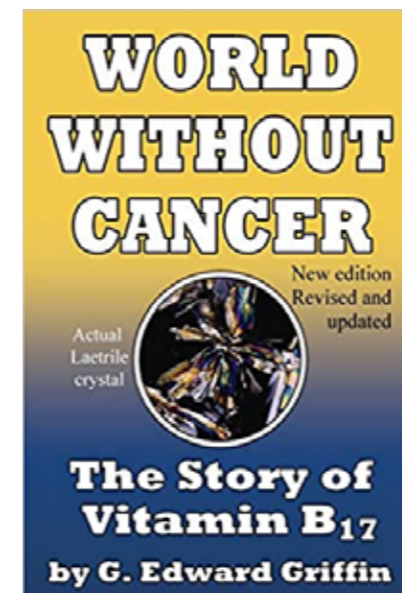
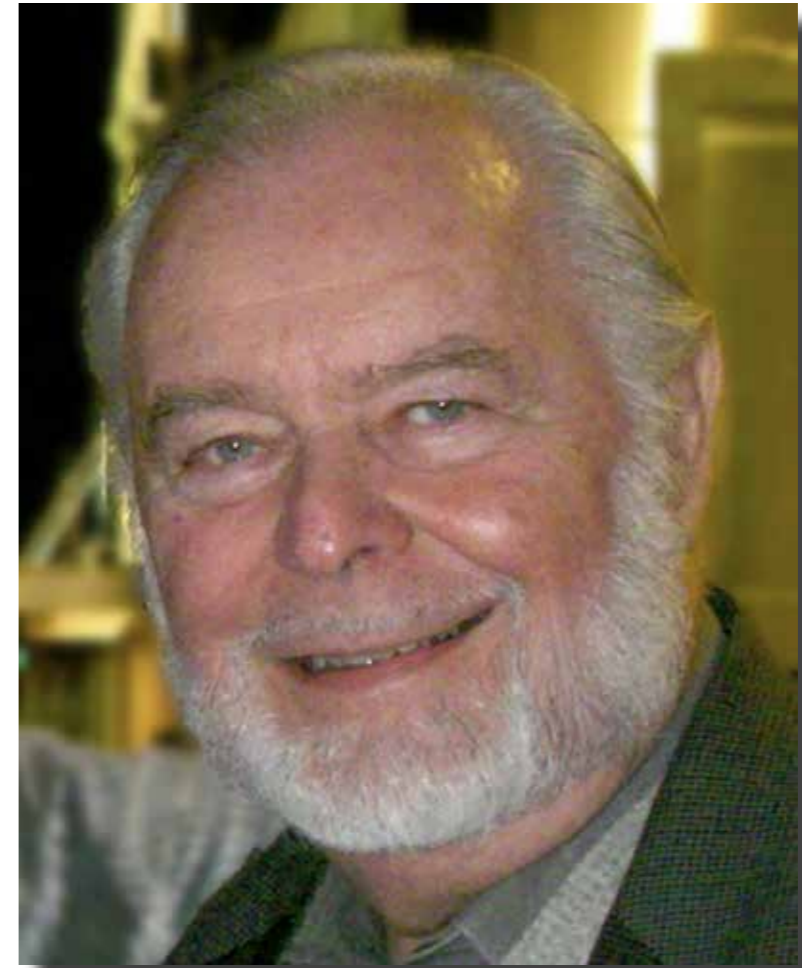
G. Edward Griffin

G. Edward Griffin is an American author, writer, documentary film producer, and “Founder of Freedom Force International”. Listed in “Who’s Who in America”, he is well known because of his talent for researching difficult topics and presenting them in clear terms that all can understand.

His exposé of the Fed “The Creature from Jekyll Island” has become one of the best-selling books in its category and is in its 5th edition having been printed 16 times. Griffin’s “World Without Cancer; The Story of Vitamin B17” is the most complete and authoritative treatise available on this topic. It is in its 25th printing and was revised in August 2011.

As a good friend and supporter of Dr. Richardson, Mr. Griffin is a staunch advocate for B17 as the title to his book proudly states. Mr. Griffin has a way of making complicated topics flow so they can be understood by just about anyone.

In a very recent conversation with John Richardson, Jr. Ed told him that “World Without Cancer” continues to enjoy excellent sales.



What The Press Says

Because the topic of Amygdalin (B17) has been made controversial you can imagine there are many different biased perspectives on it's nutritional benefits and overall value in terms of promoting health. Alternative medicine and the health solutions it offers are difficult for conventional medicine to embrace many of which are more about social, economic and political systems than they are about the promotion of good health. Someday, maybe everyone will decide to put economic and politics aside in favor of promoting good health.

Fortunately, those who choose to believe in the health benefits of B17 are not easily swayed by articles that weigh in against it. But now, the genie is out of the bottle and B17 continues to grow in popularity.



Common Misconceptions Only Lead to Confusion

Article after article warns of how dangerous B17 is. Over-dosing, poisoning and death, oh my. They paint a very scary and dangerous picture of B17 use. Stories of people being rushed to the emergency room with cyanide poisoning become front page news. When the level of alarm is raised to include an alleged death attributed to B17 it catches our interest and you can bet we follow up on each and every one of those stories to the extent that we can.

Fortunately, these sorts of stories are very few and far between, and many of them have been debunked, but like all news, these stories are sensationalized for maximum impact on those who read them. Again, people who favor alternative medicine understand these scare tactics and know they are meant to bias and change people's opinions.

We Cannot Make Claims

An oft repeated theme you read about is the idea of the health claims by those who make and sell B17. RNC does not make or print unsubstantiated claims. We recognize and respect the authority of the FDA and their ability to monitor what we communicate and hope our customers understand our position.

BuzzFeed Article

Fraught with bias and peppered by sensationalized subheadings like, “The Internet has created an unstoppable, hydra-headed ecosystem of B17 buyers and sellers”, this 2017 article tries very hard to throw guilt and shame on those who promote the benefits of B17 and sell bitter apricot seeds, and B17-enhanced products.

While many chose not to respond to BuzzFeed’s calls for comments and interviews, RNC’s John Richardson, Jr. did quite the opposite. He not only accepted an invitation for an interview, but had several lengthy discussions with the author trying very hard to clarify some of the misconceptions that were in the article. John did his best to convey the nutritional benefits of B17 and its role in a larger health regimen. Although he was by and large unsuccessful at convincing the author of these benefits, he showed a willingness to engage in an open dialogue where others declined.

RNC fully understands the nutritional benefits of B17. We also understand that the road to good health is paved with many other actions such as the need to drink lots of fresh water, eat healthy, get regular exercise, and adding vitamins to supplement a daily diet.



Recommended Literature

Following is a list of literature you may want to consider reading. Some of the books are out of print and a bit challenging to find; however, if you can get a used one they are well worth the read.

But the stories that may matter the most to us, are the ones we hear from people who in the 70s were patients of Dr. Richardson's and thanks to his protocol many of whom are still alive today. His son, John, Jr. actively lectures at wellness conventions and apricot festivals throughout the US advocating the benefits of B17. He enjoys meeting people who are anxious to share their B17 experiences with him.

Books

- "World Without Cancer; The Story of Vitamin B17" - G. Edward Griffin (Also available as an audio book.)
- "Laetrile (The Anti-Cancer Drug): Control for Cancer" - Glenn D. Kittler
- "Vitamin B17 Forbidden Weapon Against Cancer: The Fight for Laetrile" - Michael L. Culbert
- "Laetrile Case Histories" - John A. Richardson and Patricia Griffin
- "A World without Cancer" - Margaret I. Cuomo MD (Audio Book)
- "The Case for Cancer as a Deficiency Disease" - James K. Ocansey (Ph.D.)
- "Cancer Cure Is Found: Laetrile is the Answer" - Dr. Om Verma
- "Outsmart Cancer: Defeat Cancer With Vitamin B17, Healthy Nutrition and Alternative Medicine" - MB Foundation
- "The Little Cyanide Cookbook : Delicious Recipes Rich in Vitamin B17" - June De Spain
- "Alive and Well" - Philip E. Binzel, Jr. M.D.
- "The Heavenly Case for Cancer...Is there one?" - Lynette Blake, ND

Recommended Videos

Following are videos that can be found on the Internet on the topic of B17 and laetrile. There are many videos on the topic of Amygdalin, B17 and laetrile on the Internet, but these three videos are powerful and telling.

Videos

- ["Second Opinion: Laetrile at Sloan Kettering"](#) - Merola Productions
- ["World Without Cancer. The Story of Vitamin B17 Seminar"](#) - G. Edward Griffin
- ["Amygdalin & The Power of Apricot Seeds"](#) - John A. Richardson Jr.
- "Cancer The Forbidden Cures" - Massimo Mazzucco
- "The Science and Politics of Cancer" - G. Edward Griffin
- "The Cancer Victors (Remarkable Success Stories)"
- "Spot Light" - Host Larry Pearson (Guest: Dr. John Richardson MD)





We Pledge to...

-  Carry the highest quality California-Grown Apricot Seeds
-  Provide the best US-Manufactured Amygdalin products
-  Develop products making consuming Amygdalin easier and more enjoyable
-  Provide a consistent reliable source of Vitamin B17 products



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