

## NEWSLETTER

August - September 2013

INSIDE ISSUE '13.04



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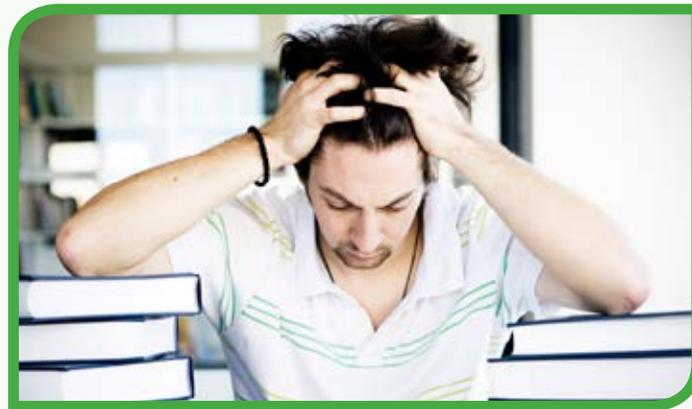
Defining Gluten-Free



Part of Your Team Dan Ang

We are half-way through the summer break, and we have those back-to-school thoughts of getting ready for new beginnings. At Ultimate Labs we are approaching five years in business. Through this journey we've grown into the company we are by listening to you and accommodating your needs. As we reflect on who we have become we've changed our logo and our website to an identity that we feel reflects our personality. Through it all we remain committed as ever to performing the highest quality work and providing the friendliest customer service, dedicated to helping you save lives.

- Kim



## HOW THE USP MAKES CHANGES

The U.S. Pharmacopeial Convention (USP) is a scientific nonprofit organization that sets standards for the identity, strength, quality, and purity of medicines, food ingredients, and dietary supplements manufactured, distributed and consumed worldwide. USP's drug standards are enforceable in the United States by the Food and Drug Administration.

The United States Pharmacopeia and The National Formulary (USP-NF) is a book of public pharmacopeial standards. It contains standards for (chemical and biological drug substances, dosage forms, and compounded preparations), excipients, medical devices, and dietary supplements. The USP-NF is continuously revised and presented annually in the USP-NF, in twice-yearly Supplements, and as Accelerated Revisions on the USP website ([www.usp.org](http://www.usp.org)).

The Accelerated Revision process is used to expedite revisions to the USP-NF. These include Revision Bulletins, Interim Revision Announcements (IRAs), and Errata.

There are 30 changes (new and revised) to the General Chapters in the USP 36 - NF 31. These changes are for the First Supplement that becomes effective August 1, 2013. It is official August 1, 2013 through November 30, 2013 with the Second Supplement coming out December 1, 2013. Changes include those made to <643> Total Organic Carbon, <645> Water Conductivity, and <1231> Water for Pharmaceutical Purposes. If you use Sterile Purified Water, Sterile Water for Inhalation, Sterile Water for Injection, and Sterile Water for Irrigation we recommend that you read the General Chapters and the water Monographs to see what has changed. Or ask us for help.

# HELPING



## Ultimate Labs Builds with Habitat for Humanity

More than 15 Ultimate Labs team members spent a weekend in the South Bay restoring a home with Habitat for Humanity. The single family home project is set for completion in late July. This is one of several team building community projects the company has participated in this year. Kim Lim, CEO at Ultimate Labs, says, "One of our core values is helping people save lives and this is our way of reaching out into the community to help people. It will be very rewarding to know that we helped a family in need have a new home."

San Diego Habitat for Humanity is a nonprofit organization that builds simple and affordable homes for ownership by local families in need. Mike Shear, a project superintendent, says he truly enjoys seeing projects like this one from beginning to end. "I think it's wonderful to have volunteers who don't have any construction skills learn on the job training and contribute to a large project. We get professional and smart people who pick up on things right away and finish up in record time. Our organization appreciates groups who give up weekends to make a difference in a family's life."

Habitat partner families are selected on the basis of housing need and ability to repay a zero percent interest mortgage loan. A low income qualifying family will be selected from a list to occupy the home this summer.

Ultimate Labs will be participating in a San Diego Food Bank community outreach event later this summer along with a beach cleanup project.



## Bug Spotlight: Meet Pseudomonas

*Pseudomonas aeruginosa* is the strain of Pseudomonas most commonly associated with infections in humans. It is a Gram-negative rod, motile by means of a single flagellum, and is a common inhabitant of soil and water as well as surfaces in contact with soil or water. Because of this and its ability to tolerate a wide variety of physical conditions, including temperature, weak antiseptics, high concentrations of salt and dyes, as well as some commonly-used antibiotics, Pseudomonas

is gaining more significance as a clinical pathogen. In fact, according to the CDC Pseudomonas is the fourth most-commonly isolated nosocomial pathogen, accounting for about 10% of all hospital-acquired infections. It almost never infects uncompromised tissue however it has been responsible for causing urinary tract infections, gastrointestinal infections, respiratory infections, bone and joint infections, and systemic infections in patients with severe burns, cancer, or who are immunosuppressed.

Though the most serious Pseudomonas infections generally occur in those who are hospitalized, with blood infections, pneumonia, and post-operative infections among the most severe, Pseudomonas is also responsible for causing mild infection in healthy people. Contact with a contaminated water source, such as an improperly chlorinated swimming pool or hot tub can cause ear infections or generalized skin rashes. Additionally, there have been reports of eye infections caused by extended-wear contact lenses.

Following proper hand washing guidelines and sanitization protocols for equipment are the keys to preventing Pseudomonas infection both in the hospital setting as well as in our daily lives.

# New and Improved Website

## Visit today!

We've made changes to our website, with you in mind. Our top goal was for you to easily find all the information you need. But we also wanted you to enjoy visiting the site and interacting with us. One of the first things you'll notice is the new URL and logo. We are migrating from [www.ultimatelab.com](http://www.ultimatelab.com) to [www.ultimatelabsinc.com](http://www.ultimatelabsinc.com) to avoid confusion with our name. The new logo goes along with the new site to better reflect the true personality of Ultimate Labs since we stated business five years ago. The website takes this further with the use of striking imagery that portrays scenes of where our testing helps save lives.

We organized the website for simplicity and ease of navigation. You can learn all about our company, the team, and take a tour of the lab. You can get an overview of our testing process to help you understand what happens in the lab from sample to report. Most importantly, you can learn all about the services we offer in environmental monitoring and microbial, food, and water testing.

We provide a test menu for each of the services we offer, including any customized testing you need.

Another feature you'll find informative is our Government Approval tab. Here we touch on various industry regulations, lab audits, and the consulting and guidance we offer. Finally, through our new blog, we'll keep you current on events in the lab and in the industry. So go ahead, take a look at [www.ultimatelabsinc.com](http://www.ultimatelabsinc.com) and send your feedback to [pr@ultimatelabsinc.com](mailto:pr@ultimatelabsinc.com).



## Food Safety at School

Can I have a side of perfringens with my chicken nuggets? *Clostridium perfringens*, that is. They don't call it the "cafeteria germ" for nothing! Each day, about 27 million children get their lunch through the National School Lunch Program. But there doesn't seem to be a nationwide standard on how to conduct food safety in our school cafeterias. Depending on your state, schools are being required or recommended to implement food safety practices.

Some of the food safety practices are: formal food safety self-inspections, basic food safety training, and educating staff on detection, prevention and response.

With the new school year fast approaching we can also teach our kids some basic food safety skills that will help them in and out of the classroom like washing hands with soapy water before and after they eat, cleaning lunch boxes after use, and checking expiration dates.

## Defining "Gluten-Free" in Food Labeling

The White House is conducting a final review of which foods can be labeled "gluten-free." The effort to regulate gluten-labeling was started in 2005 by the Food and Drug Administration. In addition to a list of forbidden ingredients, "gluten-free" foods will need to have less than 20 ppm of detectable gluten. Current methods used by Ultimate Labs can screen products for gluten at even lower detection levels.

Gluten is the composite of gliadin and glutenin proteins found in certain grains, and the FDA's concern stems from certain allergic reactions to gluten that can be life-threatening. Celiac disease is the most well-known gluten-related disorder; it is a chronic digestive disease that damages the small intestine and interferes with absorption of nutrients from food.

Between 0.5-1.0% of people in the US are sensitive to gluten due to celiac disease and somewhere between 3 and 15% of the normal population have anti-gliadin antibodies (AGA). Studies reveal that undiagnosed or untreated individuals with AGA have an increased risk for lymphoid cancers.

Although most commonly found in kneaded dough, gluten can be found in a wide variety of foods. Gluten can be found in imitation meats, beer and soy sauce, and as a stabilizing agent in ice cream and ketchup. If you want to know if the food and drink you're consuming has gluten, please feel free to contact Ultimate Labs.



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# Part of Your Team

## Dan the Services Man

**D**an Geronimo Ang (Yes! That really is his middle name); or DanGer Ang as we like to call him, feels that as part of client services, it is most important for him to focus on visiting with our clients and listening to their needs. His experience has taught him that our clients value direct interaction and appreciate having a single point of contact to manage their data and answer their questions. Even though we do live in the digital era, Danger feels strongly that a personal visit or phone call to follow up on emails is far more valuable than merely communicating electronically. Most companies overlook the value of personal interaction and neglect to take the time to provide service that goes above and beyond. Don't be surprised if you receive a call from him in the very near future.



Dan Ang, Client Services

## Q&A

### **W**hy did you change your logo?

After five years in business, we wanted the new logo to reflect our personality and the type of work that we do. If you look closely, you'll see a microscope in the logo. We spend a lot of time looking at microbes under the microscope, thus the logo is now a true reflection of what we do.

### **W**hat other changes have you made?

The only changes we have made are changing the look of our logo and website. You'll see our new logo on our cars that pick up your samples, on our building where we perform your testing, and on any documents we use to communicate with you. But nothing else has changed. You can still count on us to

provide reliable and accurate testing and reporting.

### **W**hat is the best way to reach you?

There are many ways to reach us at Ultimate Labs. We always prefer to talk to you in person. You can reach us by phone at (866) 932-9594 or (858) 677-9297. If it's more convenient for you to send an email, you can reach us at [pr@ultimatelabsinc.com](mailto:pr@ultimatelabsinc.com) for comments on the newsletter or [info@ultimatelabsinc.com](mailto:info@ultimatelabsinc.com) for questions about services. And we welcome you to stop by and schedule an audit. You can find us east of I-805 off Mira Mesa Blvd at 5940 Pacific Mesa Court, Ste 209, San Diego, CA 92121.

**What's your question? Send it to us at [pr@ultimatelabsinc.com](mailto:pr@ultimatelabsinc.com)**

LOGO  
WEBSITE  
TESTING  
RELIABLE  
ACCURATE  
REPORTING  
AUDIT  
MICROBES  
SAMPLES  
MICROSCOPE

## We Want To Hear From You

If you have a story that you want us to include in one of our issues or on our online web site, please write, call, or email and we will get back in touch with you. We love to hear new stories of technology, business, and bugs. For us it's all about uncovering the paths to success and removing the barriers. Write to us at the address below.

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**CONNECT**  
[www.ultimatelabsinc.com](http://www.ultimatelabsinc.com)  
LinkedIn: Ultimate Labs

## Thank you!

*"Ultimate Labs have been testing our water for the last four years and they consistently provide us with timely and professional support, high quality reports, and great customer service. They are a model vendor and I wouldn't hesitate to recommend them to anyone in need of a laboratory service provider."*

**Shawn Carr - SEQUENOM**