



SCOPE

NEWSLETTER

February 2013

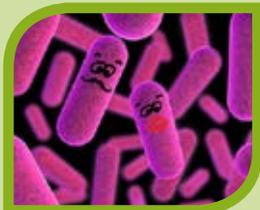
INSIDE ISSUE '13.01



Keeping your Beer Safe & Tasty



Pharmatek Laboratories



Sam n' Ella A Microbial Love Story



Testing the Waters Part 2



Meet the Team Ben Rojas

Welcome to the third issue of SCOPE, the Ultimate Labs bimonthly newsletter!

As we rush in the New Year, it's time to start applying our strategic planning. Our Strategic Think Tank includes professional consultants who run their own businesses. They have really pulled out all the stops in helping Ultimate Labs plan for growth and continued success. For our TEAM Finance leader, Jason Kruger, from Signature Analytics, we'd like to send a big welcome to his new family member. Jason and his wife welcomed their new little girl, Quinn, on January 15. We wish them all the best!

- Kim



FDA RULES TO PREVENT FOODBORNE ILLNESS

The FDA proposed two new rules to help prevent foodborne illness through preventive controls for human food and produce safety standards.

The first rule on preventive controls for human food requires makers of foreign or domestically produced food sold in the U.S. to develop a formal written food safety plan. This applies to facilities that manufacture, process, pack, or hold human food. The plan should identify potential hazards, steps to address them, verify steps are working, and outline how to correct problems that arise. Like any good plan it should include monitoring procedures, corrective actions, verification, and recordkeeping.

The second rule proposes standards for the safe production and harvesting of fruits and vegetables on farms, and certain requirements related to water quality. The standards seek to reduce public health microorganisms found in agricultural water, biological soil amendments, health and hygiene, domesticated and wild animals, and equipment, tools and buildings.

Keep your food products safe and prevent microbial outbreaks that can harm your customers' lives. Join other food companies and partner with Ultimate Labs to develop written plans and comply with testing standards. Call Ultimate Labs today to see how we can help.

mmm...**BEER**

Keeping Your Beer Safe & Tasty on St. Patrick's Day

With St. Patrick's Day upon us we're reminded that our fermented friend has a long history. Thanks to its own built in quality system, beer has helped keep people safe. Humans have been fermenting beverages since the dawn of time. Naturally occurring yeast would simply land in food or drinks, creating a delightful product, and expanding a society's gastronomy. In American colonial times, when water was commonly polluted and impure, beer was the healthful drink of choice. In the brewing process an initial boiling step eliminates any contaminating microbes and the increasing alcohol during fermentation kills off anything else. Years later, in 1856, Louis Pasteur discovered it was yeast that caused fermentation, using the natural sugar in the grain to produce carbon dioxide and ethanol (alcohol).



Anaerobic Fermentation

Pasteur also found that it was the co-growth of other microbes, such as bacteria, molds and wild yeasts, during fermentation that made for a sour product. Using large amounts of the desirable yeast could out-compete the "polluting" microbes. But it was Dr. Emil Hansen, in 1883, who developed single cell cloning to propagate pure yeast for a more consistent product. Of course working in a clean environment and sanitizing equipment helps keep contamination at bay. At Ultimate Labs, we've monitored and tested enough cleanrooms to know that a contaminant can come from anywhere. Hmm... maybe we should try our hand at making a home brew.... What do you think?

Cheers!



Happy St. Patrick's Day



Customer Spotlight Pharmatek Laboratories

"Good job to Ultimate Labs. I want to give Kudos to your two technicians who were here yesterday for testing. I had a client on site in our conference room and they recognized the noise their carts were starting to make as they crossed the lobby floor. They quickly picked up the carts and walked the equipment across the floor so they wouldn't disturb our meeting. I appreciate the consideration."

- Kevin Rosenthal
Director of Manufacturing, Pharmatek

Founded in 1999, Pharmatek Laboratories, Inc. is a premier pharmaceutical chemistry development and manufacturing organization supporting the pharmaceutical and biotechnology industries. Pharmatek recently expanded service by adding two roller compactors to its solid dosage form manufacturing capabilities. This follows the acquisition of a 3 cu. ft. V-blender, Bosch GKF400 automated encapsulator, and a Korsch PH-106 instrumented tablet. All to increase production capabilities.



Ultimate Labs provides environmental monitoring for the cleanrooms at Pharmatek to ensure compliance and help them to safely produce the life-saving pharmaceuticals their customers have developed. We are happy to partner with Pharmatek as they grow, and support their expansion efforts in GMP manufacturing.

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THE CEREAL CONNOISSEUR



WE LOVE TESTING

That's what we do here at Ultimate Labs. Around the lab and office, our inquisitive minds are always curious and since we can test things, we do! But this time we did a taste test of the various cereals we have stocked in the break room.

Did we mention we love food, too? Yes that's right - our break room is stocked with cereal like a college dorm. We wondered if the technicians could taste the difference between branded and generic cereal.

We tested fruit rings, chocolate puffs, cocoa nuggets, and fruity flakes. Overall, most technicians were able to pick the brand names. But it was Ben Rojas who could detect the brand name cereal every time. Now Ben is known as "The Cereal Connoisseur."

Sam n' Ella A Microbial Love Story

From St. Patrick's Day to Valentine's Day, this time of year is full of drinking and dining with friends. While entertaining guests and loved ones is always appreciated, there's a pair of party crashers who can ruin any friendly or romantic engagement: Sam n' Ella.

A pair of love birds who aren't welcome in any nest, Sam n' Ella are inseparable, incorrigible, and unwanted at any social event or household. If they find their way in, these uninvited dinner guests will have the hosts seeing more of the bathroom than the dining room. In the U.S. alone, Sam n' Ella are responsible for over 1.4 million cases of gastroenteritis each year.

Although commonly found in uncooked or improperly prepared poultry or eggs, despite the FDA and USDA's best efforts, Sam n' Ella make appearances in homes, restaurants, produce, and peanut butter. A recent FDA study found that up to 15% of imported Mexican papayas harbor Sam n' Ella. Ultimate Labs is currently validating rapid test methods to ensure that papaya importation testing is as swift and accurate as possible.

To avoid Sam n' Ella turning your romantic Valentine's Day meal into a disaster, follow these tips:

- Cook poultry, ground beef, and eggs thoroughly. Do not eat or drink foods containing raw eggs, or raw (unpasteurized) milk.
- If you are served undercooked meat, poultry, or eggs in a restaurant, don't hesitate to send it back for further cooking.
- Thoroughly wash fruits and vegetables before cutting or consuming them.
- Wash hands, kitchen work surfaces, and utensils with soap and water immediately after they have been in contact with raw meat or poultry.
- Heat at-risk foods to 131°F for one hour, 140°F for ½ hour, or to 167°F for 10 minutes.
- Be particularly careful with foods prepared for infants, the elderly, and the immunocompromised.

Salud!

Testing the Waters

Part 2 in our ongoing water quality study.

Our story on heavy metal testing of bottled water in the last issue of SCOPE was widely popular. We received many emails from our readers inquiring about results and testing other types of water.

In our first study we performed a series of tests at Ultimate Labs of multiple brands of bottled water to determine the levels of heavy metals (copper, zinc, iron, nitrate, and lead) in each.

We're interested in this area since a recent Emory University study linked excess metal ions to neurodegenerative diseases like Alzheimer's. In our bottled water study we found lead and copper levels 1.5 to 4 times and 5 to 10 times higher, respectively, than the EPA standard.

For our tap water study, we looked at eight samples from seven regions of San Diego County. Our results show some areas have levels of lead content above EPA standards. Overall hardness is very high. Compared to the bottled water test, results show tap water is fine to drink. Drinking tap water will not necessarily increase your exposure to metal ions, but high levels of metal ions cannot be deterred by drinking bottled water either. We're happy to share our results! Just email info@ultimatelab.com.

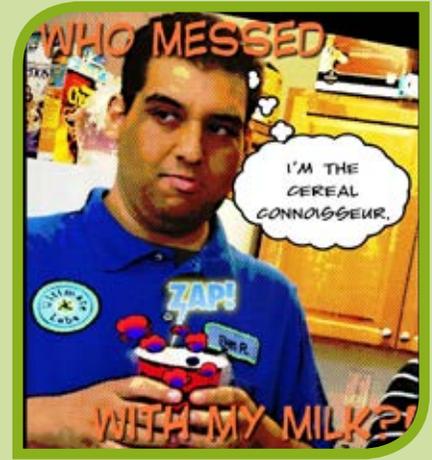
So where can you find a water source with low levels of all metal ions to help lower potential risk for neurodegenerative diseases? How do you think filtered tap water will fare? Check back in the next issue of SCOPE.



Meet the Team

PM Program is now Under Way

Ultimate Labs launched its new Project Manager Program, or PM Program, as part of our strategic plan for 2013. The PM Program is our unique, personal approach to managing your projects. By now you should have met your PM. Ben Rojas, member of the PM Team, says, "The PM Program is working great. By spending more time talking with clients, I can develop better solutions." We want you to reach out to your PM at any time about anything. They understand your testing needs best and will work hard to accommodate any request. Go on, just ask!



Ben Rojas, PM

Q&A

Do you test vomit for food poisoning?

Believe it or not, we get this question quite often at Ultimate Labs. People are sick and they want to know if they have been poisoned by *Salmonella*, *E. coli*, or norovirus in their food. Sure we can understand their curiosity. Instead we take a proactive approach working with food companies to test their products and environment before distribution to help prevent the spread of foodborne illnesses.

Do you test products for litigation?

We get calls from time-to-time requesting testing and testimony for litigation. While there are some testing laboratories that provide this service, at Ultimate Labs we

prefer to focus our expertise on helping our clients stay out of court. We provide guidance and support by implementing a quality system and plan that reduces their risk.

How long does a test take?

The lead time varies depending on the test. Some tests take only a few hours. Some take longer. But at Ultimate Labs, we don't simply run the test and send you the result. Instead we have a quality system built in. Each test and result is subject to our quality review cycle to provide you with the highest quality service. So in addition to the testing time, we add one day to prepare the report and one day for the quality review.

What's your question? Send it to us at info@ultimatelab.com

**FOODBORNE
QUALITY
RESULTS
TEST
WATER
GERMS
PROACTIVE
E-COLI
REVIEW** COMPLIANCE

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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Refer Us!

We'd like to give a shout out to **Paddi Ekhlassi** from SKS Ocular for her referral. We are truly grateful!

Thank you!

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