

SUGGESTED USE: 2 capsules three times per day or as recommended by your health care professional. Formulated to be free of allergens derived from: Gluten, yeast, artificial colors and flavors. Do not consume this product if you are pregnant or nursing. Consult your physician for further information. As with all dietary supplements, some individuals may not tolerate or may be allergic to the ingredients used. Please read the ingredient panel carefully prior to ingestion. Cease taking this product and consult your physician if you have negative reactions upon ingestion. **KEEP CONTAINER TIGHTLY CLOSED. STORE AT ROOM TEMPERATURE. KEEP OUT OF REACH OF CHILDREN.** This product was sealed for your protection. Do not use if outer logoed neck seal or inner-seal is missing or damaged. 510.0040

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Product #510180



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Glcalm

Helps establish a microbial balance that maintains gastrointestinal comfort.

DIETARY SUPPLEMENT
180 CAPSULES

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 90

2 capsules contain	Amount Per Serving	% Daily Value
Biotin	300 mcg	1,000%
Sodium (from Sodium Caprylate)	20 mg	<1%
Berberine Hydrochloride Hydrate	150 mg	*
Oregano Leaf Extract	150 mg	*
Sodium Caprylate	150 mg	*
Cinnamon Bark Extract	100 mg	*
German Chamomile (Flower)	100 mg	*
Ginger Root	100 mg	*
Pau D'Arco Inner Bark Extract	100 mg	*
Rosemary Leaf Extract	100 mg	*

* Daily Value not established

Other Ingredients: Natural Vegetable Capsules, Microcrystalline Cellulose, Magnesium Stearate, and Calcium Silicate.



† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**Promotes Microbial Balance *Provides Nutrients that Increase Antioxidant Protection
*Enhances Immune Function *Helps Maintain Gastrointestinal Comfort*

GASTROINTESTINAL SUPPORT

Glcalm provides a blend of nutrients, potent botanicals and essential oils to promote healthy microbial balance and immune support. Formulated with the goal of building a healthy gastrointestinal (GI) flora, Glcalm includes biotin, a nutrient that inhibits yeast from converting into the more aggressive fungal form. In addition, sodium caprylate is included to disrupt the metabolism of *Candida* and create a hostile environment for colonization. It also includes potent botanicals, such as berberine HCl, Pau d'Arco, oregano, rosemary, cinnamon and ginger, to sooth the GI tract, provide potent antioxidant support, and ensure microbial balance.

Overview

Gastrointestinal health is directly affected by factors such as poor diet and a stressful lifestyle. The prevalence of refined sugars and carbohydrates and lack of fiber in modern diets have been directly linked to changes in the intestinal and colonic environments.¹ Since more than 70% of the body's immune system resides in the gut, establishing a healthy microbial balance is critical to reducing immune challenges and maintaining inflammatory balance.

Biotin†

Biotin is a water-soluble vitamin and cofactor for carboxylases. The nutrient affects several key systemic functions such as tissue growth, development, immunity and metabolism. Deficiencies in biotin have also been linked with mild immune impairment.² Biotin establishes microflora balance in the GI

tract by preventing yeast, especially *Candida albicans*, from converting to its more invasive fungal form. In the presence of biotin, yeast is unable to change into the mycelium form.

Oregano†

Phytonutrients from oregano, such as rosmarinic acid and quercetin, have been shown to play a role in supporting antioxidant mechanisms and healthy microbial balance in the body.^{3,4} In addition, the high ORAC (oxygen radical absorbance capacity), value of oregano indicates its significant antioxidant-scavenging capacity to combat free radicals. Oregano oil also contains two naturally occurring microbial balancing agents, carvacrol and thymol. Research suggests these compounds relieve GI dysbiosis and promote a healthy GI microflora.

Pau d'Arco†

The inner portion of the Pau d'Arco bark has been used by Native Americans for thousands of years to support microbial health.⁵ This botanical has been shown to be effective in promoting healthy intestinal flora and is recommended by herbalists for a wide variety of gastrointestinal challenges. In vitro studies have shown fractions from Pau d'Arco support microbial balance.⁶

Sodium Caprylate†

Sodium caprylate is the stable sodium salt of caprylic acid, a fatty acid found in coconuts. In vitro studies show that sodium caprylate inhibits aerobic and anaerobic growth, provokes loss of cytoplasm organization and organelles, inhibits budding,

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triggers potassium loss and is destructive to the cellular integrity of *Candida albicans*.^{7,8} Caprylic acid has been shown to contribute to microbial balance⁹ and to increase cell telomere size to a desirable 750 ng BDORT.¹⁰

Berberine HCl†

An alkaloid extracted from plant roots, berberine HCl has been found to express strong microbe balancing activity in vitro, and was found to be the best of four agents studied in inhibition of *Candida albicans*' adherence to HT-29 epithelial cells. Berberine HCl was also found to inhibit SAP (secreted aspartyl proteinases) activity by 70.2% +/-6%, a marker of yeast conversion to the aggressive fungal form.¹¹ In an in vitro study, mice given 1 mg/kg body weight of berberine HCl saw an increase in microbial balance¹² and displayed synergistic effects with fungal balancing agents.¹³

Rosemary†

The essential oil of rosemary has been shown to exhibit broad-spectrum microbial-balancing and antioxidant effects. Rosemary extract has also been shown to decrease oxidative stress in various tissues.¹⁴

Cinnamon Bark Extract†

In an in vitro study examining different strains of microbes, including MRSA and *Candida* species, the essential oil of cinnamon showed consistent ability to maintain microbial balance.^{15,16} In vitro research has shown cinnamon extract causes a change in cell morphology, destruction of organelles, and cellular burst in microbes.¹⁷

Directions

2 capsules three times per day or as recommended by your health care professional.

Does Not Contain

Gluten, corn, yeast, artificial colors and flavors.

Cautions

Do not consume this product if you are pregnant or nursing. Consult your physician for further information.

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Serving Size 2 Capsules		
Servings Per Container 45		
2 capsules contain	Amount Per Serving	% Daily Value
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Ginger Root	100 mg	*
Pau D'Arco Inner Bark Extract	100 mg	*
Rosemary Leaf Extract	100 mg	*
* Daily Value not established		

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