**Supports GI Barrier Health and Integrity*
**Promotes Inflammatory Balance and Healthy Gut Epithelium*
**Provides Concentrated Nutrition for GI Cells*

GASTROINTESTINAL HEALTH

GUTguard is designed to promote the health and barrier function of the gastrointestinal (GI) lining. Its unique formula includes nutrients that support the gut mucosal epithelium. The purpose of the epithelium is to allow the digestion and absorption of dietary nutrients while keeping unwanted toxins, microbes and food particles from passing directly into the body. GUTguard includes a high dose of L-glutamine (4 g), which serves as nutrition for the gut lining. It provides 400 mg of deglycyrrhized licorice root extract (DGL) and 75 mg of aloe vera extract, both of which protect and promote the health of the gut mucosa. N-acetyl glucosamine and zinc boost GI integrity.

Overview

A healthy GI tract has an epithelial mucosal barrier that prevents the passage of food antigens (proteins), toxins, and microorganisms from crossing into the bloodstream. Stress, overconsumption of alcohol, food intolerance, microbial imbalance and poor nutrition can affect the integrity of the epithelial barrier. The health of the GI tract is dependent on the modulation of these factors. The ingredients in **GUTguard** help regenerate and maintain GI enterocytes while supporting the health of the intestinal mucosal barrier.

Deglycyrrhized Licorice Root Extract (DGL)†

DGL is a form of licorice root that has been specially processed to contain only biologically active flavonoids, without glycyrrhizin. This allows for higher dosing of the active ingredient, which helps maintain a healthy mucosal surface. Traditionally used to support GI-related complaints,[1] DGL has been shown to promote bacterial balance, protect the intestinal lining, and promote normal levels of inflammation. Studies have shown that glycyrrhetic acid blocks the activity of two enzymes involved in the metabolism of prostaglandins E and F2-alpha, resulting in extra protection for the gastric mucosa.[1] Furthermore, 760 mg DGL a day given over a period of one month was shown to promote the health of the GI mucosa, compared to placebo.[1] In addition, several large studies of over 100 subjects using similar dosages of DGL have shown that less negative effects occur in those taking DGL compared to placebo.[2,3]

Aloe Vera Leaf Gel Extract†

A demulcent that has been used throughout history, aloe vera has long been known to promote a normal inflammatory response. Studies have shown aloe vera is specifically beneficial to the gastric mucosa, in part by its ability to balance stomach acid levels and promote healthy mucus production.[4,5,6] One animal study examining the effects of aloe vera on gastric acid secretion and gastric mucosal health found aloe vera balanced acid secretion and, at low doses, protected mucosa from excess gastric acid.[7]

L-Glutamine†

L-glutamine is a main source of fuel for the cells of the small intestines and essential to tissue repair throughout the body. Enterocytes use the amino acid to help maintain the health of the mucosa.[8] Inflammatory signals released when the body is exposed to unwanted toxins and proteins can trigger cortisol to increase the breakdown and increased utilization of L-glutamine in the small intestines[9] When the body is under stress, L-glutamine has been shown to become a conditionally

†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.

essential amino acid for the regeneration and protection of a healthy mucosal barrier.[10]

N-Acetyl Glucosamine†

N-acetyl glucosamine is the acetylated form of glucosamine. It is a mucin precursor and has been shown to increase the production of mucus within the GI tract.[11] Colonic mucus production has been shown to be deficient in individuals with GI challenges. Research has indicated that the step involving N-acetylation of glucosamine is also deficient in patients with intestinal challenges.[12-13] This can result in a decrease of glycoproteins that protect the intestinal mucosa.[13]

Zinc†

Zinc is an essential mineral widely recognized for its role in gut and immune health. Zinc has been shown to strengthen GI barrier function by supporting the structure of tight junctions.

Directions

Mix 1 scoop (6.9 grams) of **GUTguard** with water or the beverage of your choice, once daily or as recommended by your health care professional.

Does Not Contain

Gluten, yeast, artificial colors and flavors.

Cautions

If you are pregnant or nursing, consult your physician before taking this product.

Supplement Facts V2

Serving Size 1 Scoop (6.9 grams)
Servings Per Container 30

1 scoop contains	Amount Per Serving	% Daily Value
Calories	25	
Total Carbohydrate	1 g	0%*
Sugars	<1 g	**
Vitamin A (as Palmitate)	2,000 IU	40%
Zinc (as TRAACS® Zinc Bisglycinate Chelate)	10 mg	67%
L-Glutamine USP	4 g	**
N-Acetyl-D-Glucosamine	500 mg	**
Deglycyrrhized Licorice Root Extract	400 mg	**
Aloe vera Leaf Gel Extract	75 mg	**

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established

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