

## Gut Healer



- Key Deliverables:** Daily supplement to repair damaged physical gut lining/ leaky gut (possibly due to antibiotic overuse)
- Format:** Ready to mix drink (Cherry)
- Key Ingredients:** L-Glutamine, L-Glycine, Fibersol2, Zinc
- Indication:** Daily supplement to repair damaged physical gut lining/leaky gut.
- Problem/Complaint:** Gut Issues
- My Teen:** Antibiotic associated diarrhoea (which can affect up to 35% of patients). Leaky gut symptoms like bloating, gas, cramps, food sensitivities & getting sick often.



### Symptoms Associated:

Bloating

Diarrhea

Constipation

Fatigue

Brain fog

Digestive Issues

Hormonal Imbalances

Low Energy

Irritability

### Functional Benefits:

- ✓ **Supports Gut Health**  
Rebuilds and strengthens the intestinal lining and reduces inflammation in the gut.
- ✓ **Immune Support:**  
L-Glutamine is a critical fuel source for immune cells, including white blood cells.
- ✓ **Supports the Gut Microbiome:**  
Supports the gut microbiome by providing prebiotics, a source of food for the healthy bacteria in the gut.
- ✓ **Blood Sugar Management:**  
Helps reduce sugar cravings and supports blood sugar balance.

# GUT HEALER

Active ingredient	Main mechanism of action
<b>L-Glutamine</b>	As an amino acid, L-Glutamine plays a significant role in gut health. It serves as a primary fuel source for intestinal cells, contributing to the integrity and repair of the gut lining, often referred to as the intestinal epithelium. In conditions of stress or injury, the demand for L-Glutamine increases, particularly in the gut, where it aids in reducing intestinal permeability, often referred to as "leaky gut". This helps to maintain a strong barrier between the intestines and the rest of the body, thereby preventing the migration of potentially harmful substances into systemic circulation.
<b>L-Glycine</b>	This non-essential amino acid plays a significant role in the production of several important compounds, including glutathione, DNA, and proteins. Within the context of gut health, glycine can act as a protective agent for the digestive system. It's known to stimulate the production of gastric acid, which aids digestion and nutrient absorption, and reduces the risk of gastrointestinal conditions such as gastroesophageal reflux disease (GERD) and certain types of stomach ulcers. Moreover, glycine may exert anti-inflammatory effects in the gut, thereby contributing to the maintenance of intestinal integrity.
<b>Fibersol 2</b>	This soluble corn fiber helps to enhance gut health by functioning as a prebiotic, providing nourishment for beneficial gut bacteria. It resists digestion in the small intestine and proceeds to the large intestine, where it's fermented by the gut microbiota. This fermentation process produces short-chain fatty acids (SCFAs), such as acetate, propionate, and butyrate, which can provide numerous health benefits including improved gut integrity, reduced inflammation, enhanced immune function, and potentially improved blood glucose control.
<b>Zinc</b>	This essential mineral is critical for maintaining the integrity of the intestinal lining and supporting immune health. Zinc influences gut health on several fronts - it aids in the repair and regeneration of intestinal cells, supports the tight junctions that form the intestinal barrier, and has an anti-inflammatory effect within the gut. Furthermore, zinc has an important role in immune function, including the modulation of gut inflammation and defense against pathogenic organisms.
<b>Vitamin C</b>	Known primarily for its antioxidant properties, Vitamin C contributes to gut health in several ways. It aids in the synthesis of collagen, a protein that provides structure and support to the gut lining. Vitamin C also possesses anti-inflammatory properties that can protect the intestines from damage caused by inflammation.

		
1 heaped scoop in 200-250ml of cool water	Mix in a glass.	On an empty stomach. 1 serving per day or as recommended by a health practitioner

## Supplement Facts

Serving size: 11.5g (1 heaped scoops)

Servings per container: 30

	Amount per serving	% DV
Energy (kJ)	16.1	
Protein (g)	0.0	
Glycaemic carbohydrates (g)	0.1	
of which total sugar (g)	0.0	
Total fat (g)	0.0	
of which saturated fat (g)	0.0	
Dietary Fibre** (g)	2.2	
Sodium (mg)	157	
Potassium (mg)	52.3	
<b>Gut Repair Complex</b>		
L-Glutamine (mg)	5000	
L-Glycine (mg)	2000	
Fibersol®-2 (mg)	2400	
Zinc (mg) as Albion® Zinc glycinate	5.5	50%
Vitamin C (mg) as Ascorbic acid	200.0	200%

\* Percent Daily Value based on a 2000 calorie diet

\*\*\* Daily Value not established