

TECHNICAL DATA SHEET



GASTROINTESTINAL SUPPORT PERMEABLE GUT™

Healthy gut function and microflora. Helps protect stomach and intestinal lining.

Good health begins in the gastrointestinal tract. A significant factor may be “leaky gut syndrome,” which often goes unrecognized. Intestinal tract health can be improved by strengthening and supporting gastrointestinal function within the gut mucosa. Damage to the intestinal lining can allow absorption of macromolecules, which include bacteria and toxins as well as incompletely digested proteins, fats, and other wastes that are not normally absorbed in a healthy, non-compromised lining. This leaking of macromolecules triggers reactions in the body that can lead to gastrointestinal disturbances such as abdominal bloating, gas and cramps, fatigue, food sensitivities, and a compromised immune system. **Permeable Gut** formula was formulated in collaboration with Dr. Tom Kruzel ND, a leader in the field of naturopathic medicine, and is a unique combination of nutritional ingredients that aid in the function of the gut mucosa.

Supplement Facts

Serving size: 1 capsule
Servings per container: 90

Amount per serving	%DV
L-Glutamine	200 mg *
Gamma Oryzanol	100 mg *
Marshmallow (root) extract (4:1)(Althaea officinalis)	50 mg *
Slippery Elm (bark) extract (4:1)(Ulmus spp)	50 mg *
Dandelion (root) extract (4:1)(Taraxacum officinale)	50 mg *
Okra (fruit) extract (10:1)(Abelmoschus esculentus)	75 mg *
Turmeric (root) extract (95% curcuminoids)(Curcuma longa)	50 mg *
Licorice DGL (root) extract (Glycyrrhiza uralensis)	50 mg *
Goldenseal (root) extract (4:1)(Hydrastis canadensis)	50 mg *

* Daily Value not established.

Other ingredients: silica, vegetarian capsule (hypromellose, purified water)

INGREDIENTS:

L-Glutamine

Glutamine is the most abundant free amino acid in the body (1). Gastrointestinal tract tissues require glutamine, as does the tissue in the immune system, kidneys and liver (2). Glutamine acts as an inter-organ nitrogen and carbon transporter (3). Glutamine is essential for maintaining intestinal function, immune support, and amino acid homeostasis during times of stress. There is evidence suggesting glutamine, in addition to serving as a metabolic fuel for enterocytes, may play a regulatory role in the intestine, affecting cell proliferation and differentiation (4). The gastrointestinal tract is one of the largest utilizers of glutamine in the body (5). Intake of glutamine can support healthy intestinal function.

Curcumin

Turmeric's major active constituents are curcuminoids, including curcumin (diferuloylmethane), a yellow pigment. Its activity appears to work with chemicals released by the body (6). In a study that analyzed the effects of curcumin, it was found that taking curcumin twice daily for 6 months supported healthy digestion (7).

Gamma Oryzanol

Gamma oryzanol is a naturally occurring mixture of plant chemicals called sterols and ferulic acid esters. It is extracted from rice bran oil and has a wide variety of uses that include antioxidant activity. Gastrointestinal benefits from Gamma oryzanol have been shown in a study which indicated after taking 300 milligrams daily for two weeks, participants had experienced noticeable improvement (8). Gamma oryzanol provides beneficial support for gastric health and comfort.

Replaces all previous versions: 8.24.21

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.

Okra Pods

Okra is a strong demulcent and mucilage that contributes to the health of the gastrointestinal tract. Okra helps to lubricate the large intestine, binds toxins (in bile acids) and assures easy passage out of waste from the body. It contains both soluble and insoluble fiber.

Marshmallow Root and Slippery Elm

These mucilaginous and demulcent herbs support a healthy gut mucosa.

Licorice Root DGL

Deglycyrrhizinated licorice (DGL) is licorice with the substance glycyrrhizin removed. It is removed because glycyrrhizin can cause hypertension and reduce potassium levels, which can create serious health issues. DGL supports the lining of a healthy stomach.

Goldenseal Root

The applicable parts of goldenseal are the dried rhizome and root. The alkaloids hydrastine, berberine, canadine and canadoline are the principle active constituents in goldenseal (9). The berberine constituent may support the reduction of undesirable microorganisms.

Dandelion Root

The applicable parts of dandelion are the above ground parts and root. The sesquiterpene lactones support healthy urination. Dandelion also contains appetite-stimulating bitters identified as eudesmanolides, previously known taraxacin (10). The bitter constituents in dandelion root support healthy bile flow (11).

Patients: Consult with your healthcare professional for the proper use of this formula.

For more information about this and other Condition Specific Formulas® please visit our website at:

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email us: support@mntnpeaknutrition.com



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