

## G.I. SUPPORT / IRRITABLE BOWEL SYNDROME

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*A Suggested Nutritional Protocol for Gastrointestinal / IBS Support*

### **Intestamine®**

A combination of glutamine, dietary fibre and N-Acetyl-D-Glucosamine designed to support the health of the intestine and provide nutrients to intestinal cells.

**Suggested usage:** *Two capsules, three times daily.*

OR

### **L-Glutamine Powder** (Pure Encapsulations)

In the gut, glutamine maintains healthy integrity of the intestinal tract and enhances the protective mucosal lining. This helps to ensure proper nutrient utilization and absorption while limiting the amount of toxins that pass through the intestinal barrier

**Suggested usage:** *2–6 teaspoons per day, in divided doses, between meals.*

### **G.I. Fortify powder** (Pure Encapsulations)

This blend of high-impact fibre, herbs and nutrients, supporting overall gastrointestinal function and occasional constipation. Included in this formula is an Ayurvedic blend prized for supporting intestinal detoxification and overall colon health.

**Suggested usage:** *Add one serving to 8-12oz of water. Shake, stir or blend briskly and drink immediately. Drink an additional 8-12oz serving of water following. Daily water intake should be increased when consuming this product. Use one to three times daily.*

### **Opti-EPA™ Liquid**

A great tasting, natural lemon flavoured, ultra-refined fish oil liquid providing over 2300mg of omega-3 essential fatty acids per serving.

**Suggested usage:** *One teaspoon daily.*

### **Probiotic-5** (Pure Encapsulations)

This dairy-free, multi-strain formula contains 10 billion CFU of beneficial bacteria that are key to help support immune and gastrointestinal health. This product requires refrigeration to maintain culture viability.

**Suggested usage:** *One to two capsules daily, in divided doses, with or between meals.*

# CLINICAL PROTOCOLS

OR

## **Probiotic 50B** (soy and dairy free) [acid resistant capsules]

Probiotic 50B provides 50 billion CFU of the beneficial bacteria *Lactobacillus acidophilus*, *Lactobacillus rhamnosus*, *Lactobacillus plantarum*, *Bifidobacterium longum* and *Bifidobacterium lactis* offered in acid-resistant capsules with pH targeted release to deliver maximal viable organisms to the digestive tract. These five researched strains promote healthy intestinal ecology to support gastrointestinal and immune health.

**Suggested usage:** *Take 1 capsule daily, with or between meals.*

## **Ultrazyme™**

A full spectrum, cold-processed, high potency, digestive enzyme supplement which is specifically formulated with bovine bile extract. Bromelain is also included in this formula to help prevent allergens from crossing the GI tract.

**Suggested usage:** *One to two tablets daily, with meals.*

OR

## **Digestive Enzymes Ultra** (Pure Encapsulations)

Includes an all-encompassing profile of vegetarian digestive enzymes that support the breakdown of proteins, carbohydrates, fats, fibres and dairy.

**Suggested usage:** *One to two capsules with each meal.*

