



GI Sustain™

Gastrointestinal Nutritional Support*

Form: Powder

Flavor:

Size: 1 lb 13.63 oz (29.63 oz) (840 g) Powder

GI Sustain™ is designed to provide gastrointestinal nutritional support. The formula is uniquely designed to help promote the growth of beneficial bacteria by including prebiotic nutrients, combined with readily digestible macronutrients.*

GI Sustain features L-glutamine and prebiotic isomalto-oligosaccharides (IMO) to promote gastrointestinal health.*

- Nourishes the cells of the intestinal mucosa*
- Features rice protein concentrate supplemented with L-lysine and L-threonine for an naturally-derived amino acid profile*
- Formulated with rice syrup solids as a naturally-derived energy source*
- Features medium-chain triglycerides, a readily absorbed and metabolized lipid source*
- Features prebiotic IMO to selectively nourish beneficial bacteria, including *lactobacilli* and *bifidobacteria**
- Formulated with zinc and L-glutamine to nutritionally support gastrointestinal mucosa integrity*
- Features methylated vitamin B₁₂ and calcium L-5 methyltetrahydrofolate, a bioavailable folate*

Ingredients	Amount Per Serving	% Daily Value
Serving Size	About 2 Scoops (60 g)	
Servings Per Container	14	
Calories	220	
Calories From Fat	45	
Total Fat	5 g	8%*
Saturated Fat	1.5 g	8%*
Total Carbohydrate	32 g	11%*
Dietary Fiber	3 g	12%*
Sugars	9 g	
Protein	13 g	
Vitamin A (2,500 IU as beta-carotene and 1,500 IU as retinyl palmitate)	4,000 IU	80%
Vitamin C (as ascorbic acid)	102 mg	170%
Vitamin D (as cholecalciferol)	50 IU	13%
Vitamin E (as d-alpha tocopheryl acetate)	50 IU	167%
Thiamin (as thiamin HCl)	0.525 mg	35%
Riboflavin	0.595 mg	35%
Niacin (as niacinamide)	7 mg	35%
Vitamin B ₆ (as pyridoxine HCl)	0.7 mg	35%
Folate (as calcium L-5-methyltetrahydrofolate [†])	140 mcg	35%
Vitamin B ₁₂ (as methylcobalamin)	2.1 mcg	35%
Biotin	105 mcg	35%

Pantothenic Acid (as D-calcium pantothenate)	100 mg	1,000%
Calcium (as calcium citrate and dicalcium phosphate)	300 mg	30%
Iron (as ferrous fumarate)	3.6 mg	20%
Phosphorus (as dipotassium phosphate and dicalcium phosphate)	175 mg	18%
Magnesium (as magnesium citrate)	121 mg	30%
Zinc (as zinc gluconate)	7.5 mg	50%
Copper (as copper gluconate)	0.5 mg	25%
Manganese	1.3 mg	65%
Chromium (as chromium picolinate)	75 mcg	63%
Sodium	20 mg	<1%
Potassium (as dipotassium phosphate)	300 mg	9%
Isomalto-oligosaccharides	3.4 g	**
L-Glutamine	500 mg	**
Glycine	100 mg	**
DL-Methionine	100 mg	**
L-Lysine (as L-lysine HCl)	35 mg	**
L-Threonine	34 mg	**
L-Cysteine (as L-cysteine HCl)	25 mg	**

Other Ingredients: Rice protein concentrate, rice syrup solids, rice flour, olive oil, medium-chain triglycerides, gum acacia, silica, natural flavors,^{††} and rice maltodextrin.

Directions: Blend, shake, or briskly stir about 2 level scoops (60 grams) of GI Sustain into 8 ounces of chilled water or juice twice daily or as directed by

your healthcare practitioner. For highly sensitive individuals, consider reducing consumption to ½ to 1 scoop with 4 to 5 ounces of chilled water or juice twice daily during the first 3 to 4 days before starting a full daily dose.

This product is non-GMO and gluten-free.

Warning: Excess vitamin A intake may be toxic, may increase the risk of birth defects, and may contribute to osteoporosis. Pregnant women and women who may become pregnant should not exceed 10,000 IU of preformed vitamin A (retinyl palmitate) per day unless instructed to do so by a healthcare practitioner.

Caution: Keep out of the reach of children.

Storage: Keep tightly closed in a cool, dry place.

Tamper Evident: Do not use if safety seal is missing or broken.

Contents sold by weight, not volume. Some settling may occur during shipping and handling. Serving size is measured by weight with a scoop included for your convenience. The amount of product contained in two scoops may be above or below 60 grams due to variations in handling and product density.

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

[†]As Metafolin®. Metafolin® is a registered trademark of Merck KGaA, Darmstadt Germany

^{††}No MSG.

WARNING: Consuming this product can expose



you to chemicals including lead, which are known to the State of California to cause cancer and birth defects or other reproductive harm.

For more information go to
www.P65warnings.ca.gov/food