

GI Mend^{*} with Vegan NAG

As a key organ for the absorption of nutrients and detoxification, a healthy gastrointestinal tract is the seat of systemic wellness. However, many things can compromise the integrity of the gastrointestinal lining including medications, food antigens, and gastrointestinal dysbiosis.

GI Mend^{*} provides comprehensive support for normal gastrointestinal repair, including vitamin E, zinc carnosine, vegan N-acetyl glucosamine, aloe vera extract, and the bioflavonoids rutin and quercetin.* The unique blend of nutrients and botanically-derived ingredients found in GI Mend^{*} provides the building blocks for a healthy gastrointestinal lining and delivers antioxidant protection, supporting not only the health of the gut but also the body systemically.*



#71010
90 vegetarian capsules

Key Features

- N-acetyl glucosamine (NAG) supports the integrity of the gut barrier and the production of protective mucin*
- Aloe vera extract enhances the production of healthy, protective gastrointestinal mucin and reduces acid hypersecretion*
- Bioflavonoids rutin and quercetin support normal histamine-related responses and the integrity of the gut barrier*
- Zinc carnosine provides zinc, a key nutrient for gut epithelial health and intestinal tight junctions, while carnosine additionally provides antioxidant protection*
- Vitamin E supports intestinal integrity under stress*



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N-acetyl glucosamine (NAG) provides glucosamine, utilized by the body for the synthesis of glycosaminoglycans (GAGs), an important part of healthy connective tissue.* NAG may be preferred by cells of the gut lining over glucosamine in certain conditions.* In some settings, abnormal breakdown of GAGs in the gut contributes to increased gut permeability and histological changes, and supplemental NAG can help replenish GAGs and support normal gut integrity.* NAG supports connective tissue repair and health in the joints and skin as well as the digestive tract.*

Aloe vera has a long history of traditional use to support the health of epithelial tissue.* Sold in supermarkets and commonly kept as a house plant, many are familiar with its digestive- and skin-soothing properties.* Aloe vera is well tolerated when taken orally, and supports the gastrointestinal mucus barrier and normal tissue repair.* The polysaccharide compounds found in aloe vera also have a prebiotic effect, supporting healthy bacteria levels in the gut.* Antioxidant activity provided by extracts from aloe support metabolic balance and health systemically.*

Quercetin and **rutin** are bioflavonoids, well known for their effects of balancing the Th1:Th2 immune response.* In the gut, mast cell activation and the related histamine increase contribute to increased permeability, not only in response to allergens, but also as a response to psychological stress. Quercetin and rutin both help decrease the excessive histamine response, also reducing capillary fragility.* Quercetin has been shown in multiple trials to improve the integrity of intestinal tight junctions, reducing gut permeability.*

The gastroprotective effects of **zinc carnosine**, a compound of zinc with L-carnosine, have been demonstrated clinically.* Zinc carnosine helps protect the gut lining from damage due to the use of non-steroidal anti-inflammatory drugs (NSAIDs), exercise, stress, and alcohol use.* Zinc is a critical nutrient for healthy intestinal barrier function, and helps to regulate the levels of occludin and claudin-3, two proteins which form the tight junctions between enterocytes.*

Vitamin E completes this formula, providing additional fat-soluble antioxidant protection for the cells of the gastrointestinal lining.* Vitamin E has been shown to support the health of the gut lining under the experimental stressors of radiation and hypoxia.*

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 90

Amount Per Serving	% Daily Value*
Vitamin E (as 50 IU of d-alpha Tocopheryl Acid Succinate)	33.5 mg 223%
Zinc (from 25 mg of Zinc Carnosine)	5 mg 45%
N-Acetyl Glucosamine (vegan)	250 mg †
Aloe vera (<i>Aloe barbadensis</i>) Extract (standardized to 10% Polysaccharides)	100 mg †
Rutin	75 mg †
Quercetin Dihydrate	75 mg †

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

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, L-Leucine.

Suggested Use: As a dietary supplement, 1 capsule two or three times daily, or as directed by a healthcare practitioner. May be taken with or without food.

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