Mastic Ox Bile Complex

Soothing GI Formula*

Mastic Ox Bile Complex provides natural ingredients which humans have been using for millennia for their unique digestive and overall health-promoting properties.* Each ingredient supports gastrointestinal (GI) mucosa and digestion in unique ways, promoting the natural healing of irritated GI tissues.*

Authentic Chios mastiha (mastic gum) is combined with bovine-sourced bile acids, and the demulcent herbs deglycyrrhizinated licorice (*Glycyrrhiza glabra*) and marshmallow root (*Althaea officinalis*) to soothe the GI tract.* Allergy Research Group uses only authentic mastic gum approved by the Chios Mastiha Growers Association.

Key Features

- Mastic Gum supports a healthy GI microbial balance, which may help reduce digestive discomfort.*
- Ox bile supplements the body's natural bile production, has been shown to promote cytokine balance, and helps preserve epithelial barrier integrity.*
- Deglycyrrhizinated licorice root (DGL) supports the production of protective mucous in the gut and has been shown to modulate proinflammatory mediators.*

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Mastic Gum is a resin from Pistachia lentiscus, that has long been used by Greeks, Egyptians, and Babylonians for digestive health and support.* Recently, the traditional knowledge of Chios mastiha production was recognized as an Intangible Cultural Heritage of Humanity by UNESCO. Clinical studies as early as 1984 validated the use of mastic gum as a digestive agent, showing an improvement in digestive symptoms and mucosal healing in as little as two weeks.*

Mastic gum has been shown to modulate NF-kB, TNF-α, IL-6, and C-reactive protein, along with COX-2 and reactive oxygen species (ROS) production. Human studies have shown that mastic gum reduces upper digestive tract discomfort and improves microbial balance, discouraging unfriendly bacteria that can lead to mucosal damage of the stomach and duodenum.* Mastic gum also helps protect the stomach lining from damage associated with NSAID use.*

Consuming **Ox Bile** helps supplement the liver's natural bile production.* Bile is produced by the liver, stored in the gallbladder, and released in the small intestine when foods with fats or oils are consumed. Bile acts to emulsify fat (triglycerides) with water into small molecules, allowing natural digestive enzymes to break them into monoglycerides and free fatty acids which can be absorbed into the body. Bile also assists with absorption of fat-soluble vitamins A, D, E, and K.*

Supplement Facts

Serving Size	2 Capsules
Servings Per Container	30

Amount Per Serving		% Daily Value
Pistacia lentiscus var. Chia (*A proprietary Mastiha blend, Mastic Gum (min. 83%)*)	350 mg	†
Licorice (Root) Extract (4:1) (*Glycyrrhiza glabra*) Deglycyrrhizinated	50 mg	†
Marshmallow (Root) Powder (*Althaea officinalis*)	50 mg	†
Bile (Bovine)	50 mg	†

† Daily Value not established.

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, stearic acid, silicon dioxide.

Suggested Use: As a dietary supplement, 2 capsules, one to three times daily with food, or as directed by a healthcare practitioner.

Warning: If GI distress occurs, discontinue, or use a lower dose. Consult a qualified healthcare practitioner before using if you have a history of liver or gall bladder dysfunction.

Beyond digestion, bile acids are shown to activate a major receptor called the farnesoid X receptor (FXR) found in intestinal and endothelial linings. Research suggests that FXR may downregulate key proinflammatory cytokines including TNF-α, helping to preserve epithelial barrier integrity.* Bile acids appear to have microbial balancing properties, supporting friendly intestinal microbes.* Bile acids may also play a role in supporting normal, healthy vascular function and blood lipid profiles.*

Licorice (*Glycyrrhiza glabra*) root, also called sweetwood, contains active compounds including flavonoids and saponins. Deglycyrrhizinated licorice root extract is commonly used for its gastroprotective properties.* DGL supports the production of protective mucous in the gut and has been shown to modulate proinflammatory mediators including LPS-induced nitric oxide, IL-1 ß, and IL-6.* DGL does not contain glycyrrhizin which may have adverse effects on blood pressure and electrolyte balance.*

Marshmallow (*Althaea Officinalis*) has been used as a traditional remedy for at least 4,000 years. It is known today for its soothing effects on the GI tract, and its ability to calm respiratory irritation and cough through demulcent activity. Mucilage polysaccharides absorb moisture and swell, creating a gel that adheres to mucus membranes, soothing and protecting the tissues from further irritation.* Marshmallow root has been shown to reduce ROS generated during mitochondrial oxidative metabolism, and to reduce TNF-α and IL-6 cytokines.* Marshmallow has also been shown in vitro to support normal, healthy migratory capacity of macrophages.*

References:

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