



— Your Trusted Source —

G.I. Fortify (capsules)

Introduced 2013



What Is It?

G.I. Fortify (capsules) is designed to support G.I. health and bowel regularity as well as promote a healthy G.I. environment, detoxification and colon cell function.*

Uses For G.I. Fortify (capsules)

G.I. Motility: Psyllium, *Plantago indica* or blond psyllium, is a valued source of soluble fiber. Soluble fiber increases stool volume when taken with appropriate amounts of water, supporting larger and softer stools for healthy bowel movements. As the bulk moves through the intestine, it helps to collect and eliminate other waste and toxins from the intestinal walls. This helps to minimize the amount of exposure of the gastrointestinal tract to toxins. Flaxseeds provide a source of lignans, fatty acids, and both soluble and insoluble fibers, enhancing the gut health potential of this complex.*

G.I. Integrity: L-Glutamine is the most abundant amino acid in the body. In times of stress or increased metabolic demand, glutamine is an especially important source of energy for the G.I. tract. 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.*

G.I. Cell Health: Soluble fiber is fermented in the large intestines by intestinal microflora, producing short chain fatty acids (SCFAs). SCFAs are extremely important energy sources for the colon and have protective effects for healthy colon cell function. Furthermore, SCFAs keep the intestinal environment acidic, providing optimal conditions for lactobacillus and other beneficial bacteria to thrive. The fiber content of flax seed provides additional support for healthy intestinal function, microflora balance, and overall colon health. The ability of lignans to support colon cell health has been reported in numerous studies and may be due in part to antioxidant protection and the ability to promote healthy beta-glucuronidase activity and detoxification. Chlorella, the most studied “green food”, is traditionally celebrated for its digestive and cleansing properties. Furthermore, its nutrient rich matrix includes vitamins, minerals, protein, carotenoids, and flavone compounds to support cellular health.*

What Is The Source?

Psyllium powder is derived from *Plantago indica* husks. Flax seed powder is derived from *Linum usitatissimum*. L-Glutamine is sourced from the fermentation of vegetables. Aloe vera extract is sourced from the inner fillet of *Aloe barbadensis* and standardized to 10% polysaccharides. Chlorella powder is derived from *Chlorella pyrenoidosa*.

Recommendations

Pure Encapsulations recommends 3-6 capsules daily, in divided doses, with a meal and 8-12 oz. water.

Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women. Psyllium and flaxseed may cause gastrointestinal discomfort, including bloating, flatulence, abdominal pain or diarrhea. In rare cases, psyllium has been associated with headache, backache, rhinitis, increased cough, and sinusitis. Psyllium should be consumed with adequate water, as case reports indicate a potential for bowel obstruction when it is consumed without water. Rarely, individuals can have an allergic response to psyllium, with symptoms including runny nose, sneezing, conjunctivitis, skin rash, itching, flushing, chest and throat tightness, congestion, hypotension or anaphylactic shock. Consult your physician for more information.

Are There Any Potential Drug Interactions?

L-Glutamine is contra-indicated with anticonvulsant medications. Psyllium and flaxseed may be contra-indicated with oral anti-hyperglycemic and/or blood thinning medications. Consult your physician for more information.

G.I. Fortify (capsules)

three vegetarian capsules contain  v 00

calories	5
total carbohydrate.....	1 g
dietary fiber.....	1 g
psyllium (<i>plantago indica</i>) powder (husk).....	1,100 mg
flax (<i>linum usitatissimum</i>) powder (seed).....	400 mg
l-glutamine (free-form).....	500 mg
aloe vera (<i>aloe barbadensis</i>) extract (inner fillet).....	100 mg
(standardized to contain 10% polysaccharides)	
chlorella (<i>chlorella pyrenoidosa</i>) powder (cracked cell wall).....	100 mg
other ingredients: vegetarian capsule (cellulose, water)	

3-6 capsules daily, in divided doses, with a meal and 8-12 oz. water.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.