

# G.I. Fortify<sup>†</sup>

## Supports intestinal barrier function and digestive health<sup>†</sup>

### INDICATIONS

- Ages 18 and up
- Gut and intestinal health and integrity support<sup>†</sup>

### BENEFITS

- Helps maintain gut integrity<sup>†</sup>
- Supports intestinal detoxification, occasional constipation and overall colon health<sup>†</sup>

### FEATURES

- Blend of high-impact fiber, herbs and nutrients
- Part of the PureGI™ product line
- Convenient powder formula for easy dispensing
- Made with high-quality vegan ingredients backed by verifiable science

### VERIFIABLE SCIENCE

This product is a blend of high-impact fiber, herbs and nutrients, supporting overall gastrointestinal function and occasional constipation. Psyllium is a valued source of soluble fiber, helping to promote larger and softer stools for healthy bowel movement frequency. It is fermented in the intestines, producing short chain fatty acids (SCFAs) that provide an energy source for the colon to maintain healthy colon cell function and promote beneficial microflora.<sup>1</sup> Flaxseed provides a source of lignans, fatty acids, and both soluble and insoluble fibers, enhancing the gut health potential of this complex.<sup>2</sup> In times of stress or increased metabolic demand, glutamine is an especially important source of energy for the G.I. tract.<sup>3</sup> It also maintains the integrity of the intestinal barrier.<sup>4</sup> G.I. Fortify<sup>†</sup> provides a combination of deglycyrrhizinated licorice (DGL), aloe, slippery elm and marshmallow root to support gut integrity and provide a soothing effect.<sup>5,6</sup> Triphala is a standardized blend of three fruit extracts, *Terminalia chebula*, *Terminalia bellerica* and *Embilica officinalis*. It is an Ayurvedic blend prized for supporting intestinal detoxification, occasional constipation and overall colon health.<sup>7†</sup>

### SUGGESTED USE

As a dietary supplement, add 1 serving to 8-12 oz water. Shake, stir or blend briskly and drink immediately. Drink an additional 8-12 oz serving of water following. Daily water intake should be increased when consuming this product.

### STORAGE

Store in a cool, dry place.

### WARNING

Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use.

### SOURCE

- Psyllium husk powder is derived from *Plantago indica*, and flaxseed powder is derived from *Linum usitatissimum*
- L-Glutamine (free-form) is derived from the fermentation of vegetables
- Deglycyrrhizinated licorice extract is derived from *Glycyrrhiza glabra* root
- Marshmallow root extract is derived from *Althaea officinalis*
- Aloe vera extract (200:1) is derived from the inner fillet of *Aloe barbadensis*
- Slippery elm extract is derived from *Ulmus fulva* bark
- Triphala is a blend of *Terminalia chebula*, *Terminalia bellerica* and *Embilica officinalis* fruit extracts
- Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil

### NOTES

Serving size 1 heaping scoop (approx. 8.9 grams)

Servings per container approx. 45

Order code GIF4

Bottle size 25 oz

### REFERENCES

1. Kies C. ACS Symposium Series. 5(214); 61–70.
2. Dahl WJ, et al. *J Med Food*. 2005 Winter;8(4):508-11.
3. Peng X, et al. *Burns*. 2004 Mar;30(2):135-9.
4. Lima AA, et al. *Clinics (Sao Paulo)*. 2014;69(4):225-33.
5. Das SK, et al. *J Assoc Physicians India*. 1989 Oct;37(10):647.

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6. Joseph B, et al. *Int J Pharm Sci.* 2010;4(2):106-10.
7. Mukherjee PK, et al. *IJPT* 2006;5:51-54.

### SUPPLEMENT FACTS

Add 1 serving to 8–12 oz water. Shake, stir or blend briskly and drink immediately. Drink an additional 8-12 oz serving of water following. Daily water intake should be increased when consuming this product.

Serving size: 1 heaping scoop (approximately 8.9 grams)

Servings per container: approximately 45

Each heaping scoop (approximately 8.9 g) contains:

Calories	25
Total carbohydrate	5 g
Dietary fiber	4 g
Total sugars	<1 g
Protein	1 g
Psyllium powder (husk)	4 g
Flax ( <i>Linum usitatissimum</i> ) powder (seed)	2.25 g
L-Glutamine (free-form)	1 g
Deglycyrrhizinated licorice ( <i>Glycyrrhiza glabra</i> ) extract (root)	600 mg
Marshmallow ( <i>Althaea officinalis</i> ) extract (root)	400 mg
Aloe vera ( <i>Aloe barbadensis</i> ) extract (inner fillet) (standardized to contain 10% polysaccharides)	100 mg
Slippery elm ( <i>Ulmus fulva</i> ) extract (bark)	200 mg
Triphala (a proprietary blend of chebula myrobalan ( <i>Terminalia chebula</i> ), belleric myrobalan ( <i>Terminalia bellerica</i> ), and amla ( <i>Embolica officinalis</i> ) extracts (fruit))	90 mg

Other ingredients: stevia leaf extract, ascorbyl palmitate

**Not to be taken by pregnant or lactating women.**



G.I. Fortify <sup>†</sup>	Quantity	Order Code
	14.1 oz (400 g)	GIF4

Visit [PureEncapsulationsPro.com](http://PureEncapsulationsPro.com) for more information about our GMO policy.

<sup>†</sup>These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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