

# GI Care – Helps relieve inflammatory conditions of the gastrointestinal tract

## About GI Care

- GI Care Powder is a comprehensive blend of herbs and zinc L-carnosine that help reduce gastrointestinal discomfort associated with gastrointestinal inflammation, as well as mild digestive upset.
- These botanicals, their phytochemicals, and zinc carnosine stimulate gastrointestinal repair, protect against injury and damage, and restore healthy intestinal barrier function.
- DGL (deglycyrrhizinated licorice) protects the gastric mucosa.<sup>1,2</sup>
- Both chamomile and marshmallow contain multiple phytochemicals that lend healing support, including antioxidant flavonoids.<sup>3,4</sup> They also soothe and protect gastrointestinal tissue to facilitate healing.<sup>5,6</sup>
- Aloe vera gel supports healthy intestinal barrier function, production of demulcent mucus, and healing of intestinal injury.<sup>7,8</sup> Clinical trials with aloe gel have shown improvements in both tissue healing and symptoms.<sup>9,10</sup>
- Zinc carnosine supports intestinal tract healing and integrity by decreasing inflammation and intestinal permeability.<sup>11</sup> In clinical trials, zinc carnosine helped prevent gastrointestinal tissue damage and resulting hyperpermeability from anti-inflammatory medications.<sup>12,13</sup>

## How to Use GI Care

- **Recommended Adult Dose:** Take 1 scoop (approx. 4 g) once daily or as directed by a health care practitioner. Mix with liquid before use. Take with food, a few hours before or after taking other medications or natural health products.

## Cautions and Contraindications

- Ask a health care practitioner before use if you are pregnant or breast-feeding. Ask a health care practitioner before use if you have diabetes. Zinc supplementation can cause a copper deficiency. If you are unsure whether you are taking enough copper, consult a health care practitioner prior to use. Ask a health care practitioner if symptoms persist or worsen. Stop use if hypersensitivity/allergy occurs. Keep out of reach of children.

## Drug Interactions

- Licorice normally contains glycyrrhizic acid, which may interact with anticoagulants, raise blood pressure, or lower potassium levels. While these are unlikely to occur with DGL, as the glycyrrhizic acid has been removed, patients with blood pressure or coagulant conditions should be closely monitored while taking this product.<sup>14</sup> Zinc may decrease levels of certain antibiotics (e.g., quinolones, tetracyclines, and cephalixin).<sup>15</sup> Though aloe latex may increase the adverse effects of cardiac glycosides, GI Care Powder uses latex-free gel.<sup>16</sup>

## Quick Tips for Optimal Health

- Engage in physical activity as it may be protective against some types of gastrointestinal inflammation, according to the findings of a prospective cohort study involving more than 116,000 adults.<sup>17</sup>
- Avoid ultra-processed food, which can worsen gastrointestinal inflammation.<sup>18</sup>
- Be mindful of and reduce sugar intake (particularly fructose), as it can contribute to intestinal permeability issues/leaky gut.<sup>19</sup>
- Consider a trial of gluten avoidance, as gluten may contribute to gastrointestinal permeability.<sup>20</sup>
- Consider avoiding spicy and sour foods if they worsen your symptoms, as they may be irritating to the gastrointestinal lining.<sup>21</sup>

PATIENT NAME: \_\_\_\_\_

**PRACTITIONER NOTES:**

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PRACTITIONER CONTACT INFORMATION:

## References

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