

# Digestive Support Complex



## Clinical Applications

- Gastrointestinal Support
- Enhanced Production of Short Chain Fatty Acids

*Digestive Support Complex features four focused ingredients - glutamine, Arabinogalactan, aloe vera and deglycyrrhized licorice- to optimally support gastrointestinal health including growth of the mucosal lining, promotion of gut microflora and beneficial short-chain fatty acid production.*

All 3rd Opinion Inc. Formulas Meet or Exceed cGMP Quality Standards

## Discussion

**L-Glutamine**, the most abundant free form amino acid in the body, is very important for maintaining gastrointestinal and stimulated immune cell functioning. It is an important transporter of nitrogen (and carbon) in the body and therefore, is vital in wound healing. Although glutamine can be synthesized by the intestinal mucosa, during periods of physiological stress when needs can not likely be met by the body alone, gut epithelial atrophy, ulceration and even necrosis are possible.<sup>[1]</sup> L-glutamine is metabolized to ammonia and glutamate.

**Arabinogalactan**, a polysaccharide derived from the Larch tree, contributes fermentable fiber to this formula in addition to having immuno-stimulatory properties. It minimizes ammonia synthesis and absorption, enhances production of short chain fatty acids and increases the gut microflora population.<sup>[2]</sup>

**Licorice Root Extract 10:1**(deglycyrrhized) is a concentrated extract that has been processed to remove glycyrrhizin, thus eliminating any risk of licorice-associated side effects. It is anti-inflammatory, antispasmodic and has laxative and soothing effects. Aspirin-induced mucosal damage has been shown to be reduced by administration of deglycyrrhized licorice.<sup>[3]</sup>

**Aloe Leaf Extract** (standardized to 50% polysaccharides), used for thousands of years, is perhaps most well-known for healing of damaged epithelial tissue, including the bowel lining. Despite the lack of scientific published studies there is anecdotal evidence to suggest that aloe vera helps inflammatory conditions of the gastrointestinal tract. In some individuals it may increase G.I. transit time, improve protein digestion and absorption, increase stool bulk and normalize stool bacteria where high levels of yeasts previously existed.<sup>[4]</sup> The aloe extract used in Digestive Support Complex does not have a laxative effect because the bitter principles have been removed.





## Supplement Facts

Serving Size: One Scoop (5.6 grams)

Servings Per Container: 30

	Amount Per Serving	%Daily Value
L-Glutamine	3000 mg	**
Arabinogalactan	2000 mg	**
Licorice Root Extract 10:1 (deglycyrrhizinated)	500 mg	**
Aloe Leaf Extract (Standardized to 50% [50 mg] polysaccharides)	100 mg	**

\*\* Daily Value not established.

**Other Ingredients:** Stevia.

## Dosage

Mix one scoop in 2-4 oz. water one to three times daily or as directed by your healthcare practitioner.

## References

1. L-Glutamine. [www.naturaldatabase.com](http://www.naturaldatabase.com) {accessed 4.3.07}
2. Arabinogalactan. [www.naturaldatabase.com](http://www.naturaldatabase.com) {accessed 4.3.07}
3. Rees WD, et al. Effect of deglycyrrhizinated liquorice on gastric mucosal damage by aspirin. *Scand J Gastroenterol.* 1979;14(5):605-7. [PMID: 493863]
4. Davis K, et. al. Randomised double-blind placebo-controlled trial of aloe vera for irritable bowel syndrome. *Int J Clin Pract.* 2006 Sep;60(9):1080-6 [PMID: 16749917]

## Cautions

Keep out of reach of children. Take only under supervision of a healthcare practitioner.

\*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.

