

**JUST
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WELL** **SUPER FOOD**

GUT SUPPORT



Gut Support Supplementation

Gut Support is a comprehensive nutritional formula designed to support optimum gastrointestinal health and function.* The lining of the gut must have proper permeability and integrity so it can not only absorb nutrients, but also become a gatekeeper and promote healthy nutrition exchange with the blood stream.* As such, maintaining gut health is the key to maintaining overall wellness.

This naturally flavored and easy-to-digest drink mix provides key nutrients and herbal ingredients that assist the gastrointestinal tract, thereby promoting healthy digestive function, nutrient absorption, and waste removal.*

Key Benefits and Quality Differences of Gut Support Include:

- Support for gastrointestinal tract integrity and function*
- Support for healthy digestive function*
- Support for nutrient absorption*
- Promotes waste removal*
- Features 78 mg of zinc-carnosine
- Naturally flavored, gluten-free, dairy-free, and vegetarian
- No GMOs, preservatives, or added sugars

How the Ingredients in Gut Support Work

Gut Support features a carefully crafted spectrum of herbs and nutrients that are backed by research and demonstrated to be effective for supporting the gastrointestinal tract.* Read on to learn more about the science and research behind the Gut Support formula.

L-Glutamine, Glucosamine HCl, and Zinc-Carnosine Complex

Quantitatively, L-glutamine is the most important form of fuel for intestinal tissue, with research showing it is imperative for gastrointestinal integrity and healthy immune response.*¹

Glucosamine HCl is an amino sugar that acts as a precursor to many glycosylated proteins and lipids throughout the body. A recent meta-analysis suggests that supplemental glucosamine HCl modulates the inflammatory response in the gastrointestinal tract, which may promote a healthy gut environment.*²

Gut Support also contains chelated zinc, as zinc-carnosine complex. This specific form of zinc has been shown to promote healthy gut function and support gut integrity.*³

For more information, visit: www.justbewell.info

DGL Licorice, Apple Pectin, Aloe Vera, Slippery Elm, and Mucin

The root of licorice (*Glycyrrhiza glabra*) is abundant with novel phytochemicals, namely isoliquiritigenin, hispaglabridin B, and paratocarpin B. Clinical research suggests that these compounds help soothe the gastrointestinal tract by supporting the mucosal lining of the intestines and stomach.*⁴ Gut Support contains deglycyrrhizinated (DGL) licorice which is free from substantial parts of glycyrrhizin and a safer option for long-term use.*⁵

In addition, Gut Support contains apple pectin, aloe vera leaf extract, slippery elm, and mucin, providing one of the most comprehensive ranges of plant-derived biologically active constituents for supporting and soothing the gastrointestinal tract, such as vitamins, enzymes, minerals, mucopolysaccharides, fiber, lignin, saponins, and amino acids.*^{6,7}

Herbal Extracts, MSM, and Quercetin

Gut Support contains an array of herbal extracts, methylsulfonylmethane (MSM), and quercetin that work in synergy to attenuate everyday free radical bombardment of the gastrointestinal tract and support healthy gut inflammatory response.*^{8,9}

Why Use Gut Support?

Gut Support is the ideal nutritional formula for those looking to support their GI tract in a healthy and herb-based manner.* If you're experiencing GI tract symptoms, such as indigestion, nutrient malabsorption, or constipation, Gut Support may help.*

References:

1. De-Souza, D. A., & Greene, L. J. (2005). Intestinal permeability and systemic infections in critically ill patients: effect of glutamine. *Critical care medicine*, 33(5), 1125-1135.
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3. Mahmood, A., Fitzgerald, A. J., Marchbank, T., Ntatsaki, E., Murray, D., Ghosh, S., & Playford, R. J. (2007). Zinc carnosine, a health food supplement that stabilises small bowel integrity and stimulates gut repair processes. *Gut*, 56(2), 168-175.
4. Sadra, A., Kweon, H. S., Huh, S. O., & Cho, J. (2017). Gastroprotective and gastric motility benefits of AD-lico/Healthy Gut™ Glycyrrhiza inflata extract. *Animal Cells and Systems*, 21(4), 255-262.
5. Isbrucker, R. A., & Burdock, G. A. (2006). Risk and safety assessment on the consumption of Licorice root (*Glycyrrhiza* sp.), its extract and powder as a food ingredient, with emphasis on the pharmacology and toxicology of glycyrrhizin. *Regulatory Toxicology and Pharmacology*, 46(3), 167-192.
6. Kar, S. K., & Bera, T. K. (2018). Phytochemical Constituents of Aloe Vera and Their Multifunctional Properties: A Comprehensive Review. *International Journal of Pharmaceutical Sciences and Research*, 9(4), 1416-1423.
7. Meletis, C. D., & Zabriskie, N. (2008). Supporting gastrointestinal health with nutritional therapy. *Alternative & Complementary Therapies*, 14(3), 132-138.
8. DLangmead, L., & Rampton, D. S. (2001). Herbal treatment in gastrointestinal and liver disease—benefits and dangers. *Alimentary pharmacology & therapeutics*, 15(9), 1239-1252.
9. Ke, F., Yadav, P. K., & Ju, L. Z. (2012). Herbal medicine in the treatment of ulcerative colitis. *Saudi journal of gastroenterology: official journal of the Saudi Gastroenterology Association*, 18(1), 3.

Supplement Facts

Serving Size: About 1 Scoop (7 g)

Servings Per Container: About 28

Ingredients:	Amount	%DV*
Calories	15	
Total Carbohydrate	4 g	1%*
Dietary Fiber	<1 g	3%*
Total Sugars	<1 g	**
Iron	0.49 mg	3%
Zinc (as zinc-carnosine)	16.1 mg	146%
L-Glutamine	3 g	**
Glucosamine HCl	1 g	**
Apple Pectin Powder (fruit; <i>Malus pumila</i>)	1 g	**
Deglycyrrhizinated Licorice Powder (root; <i>Glycyrrhiza glabra</i>)	400 mg	**
Aloe Vera Leaf Gel Extract	300 mg	**
Slippery Elm Powder (bark; <i>Ulmus rubra</i>)	200 mg	**
Mucin	200 mg	**
Marshmallow Powder (root; <i>Althea officinalis</i>)	100 mg	**
Chamomile Powder (flower; <i>Matricaria chamomilla</i>)	100 mg	**
Okra Powder (fruit; <i>Abelmoschus esculentus</i>)	100 mg	**
Cat's Claw Powder (bark; <i>Uncaria tomentosa</i>)	100 mg	**
MSM (methylsulfonylmethane)	100 mg	**
Quercetin (as quercetin dihydrate)	100 mg	**
Prune Powder (fruit; <i>Prunus ssp.</i>)	100 mg	**
L-Carnosine (as zinc-carnosine)	62 mg	**

Other Ingredients: Inulin, Citric Acid, Natural Flavor, Silicon Dioxide, Stevia Leaf Extract.

Directions: Mix one scoop (7 g) with 6-8 ounces of water or as directed by your healthcare practitioner.

Caution: If taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

Warning: Do not use if pregnant or nursing.



NON-GMO



GLUTEN-FREE



DAIRY-FREE



VEGETARIAN



PRODUCED IN A cGMP FACILITY

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* 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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