

GI Soothe

Mucosa & Digestive Support*



Available in 90 chewable tablets

Discussion

Gastrointestinal (GI) tract integrity and functioning are critical to all aspects of good health. Certain medicinal herbs have a rich history of use in GI wellness that is rooted in how they nourish and protect the GI tract. The mechanisms of such herbs include supporting a healthy microbial presence, replenishing mucus, and providing mucilage that coats the tissues lining the GI tract.¹⁻³ Herbs also provide antioxidant activity and cytokine-balancing benefits via their phytochemical constituents. Boosting antioxidant defenses helps by addressing free radical- and cytokine-mediated processes that play a role in the etiology of GI health challenges.⁴ GI Soothe combines key herbs to support a healthy GI lining, promote good digestion, and help maintain overall gut health.*

Licorice (*Glycyrrhiza glabra*)

The roots and rhizomes of licorice are used for many therapeutic applications, and its medicinal use in Western and Eastern cultures dates back several thousand years.⁵ Licorice is known as a demulcent, and it enhances mucous secretion.^{5,6} Additionally, licorice flavonoids, including glabridin and isoliquiritigenin, positively influence inflammatory mediator production and impart antioxidant benefits.^{6,7} Results of in vitro research have also suggested that licorice flavonoids benefit *Helicobacter pylori* activity in the GI tract; animal research showed that deglycyrrhizinated licorice is effective in alleviating ulcerated gastric mucosal damage.⁸ Human trials from the 1970s also indicate that licorice could benefit gastric ulcerations, popularizing its clinical use in support of GI health.*²

GutGard®

GutGard is a deglycyrrhizinated licorice extract standardized to 3.5% glabridin and 10% total flavonoids. Results from in vitro and in vivo research showed that GutGard limits TNF- α -induced epithelial permeability in human intestinal Caco-2 cell monolayers; in an animal model of leaky gut, GutGard protected tight junctions and reduced intestinal permeability.⁹ A randomized, double-blind, placebo-controlled study was designed to evaluate the efficacy of GutGard in subjects (N = 50) experiencing functional dyspepsia. Subjects given 75 mg of GutGard twice daily for 30 days tolerated it well and showed a significant decrease in total symptom scores, suggesting efficacy in managing

Clinical Applications

- » Promotes GI Lining Health*
- » Supports Digestive Comfort*
- » Supports Gut Health*

*GI Soothe features mucosa-targeting GutGard®—a deglycyrrhizinated licorice—paired with herbs traditionally used for gastrointestinal (GI) wellness. These herbal ingredients help preserve and maintain the mucosal lining and sustain digestive comfort. GI Soothe is a preventive, protective supplement for individuals exposed to irritating factors that may induce mild GI symptomatology.**

functional dyspepsia.² Randomized trials have also evaluated GutGard for addressing *H pylori* load. Subjects (N = 107) received 150 mg of GutGard or placebo once daily for 60 days. The results showed a statistically significant difference in *H pylori* load, with GutGard being greater than 70% more efficacious in test subjects when compared with the control group, suggesting that GutGard is effective for the management of *H pylori*.^{*10}

Slippery Elm (*Ulmus fulva*)

Native to North America, slippery elm was historically used by indigenous tribes and early settlers as an herbal remedy. The inner bark of slippery elm has been used orally for its soothing properties within the GI tract.¹¹ In modern times, slippery elm has become popular among individuals with recurrently irritated small or large intestines.¹² Its supportive mechanism is attributed to mucilage, which is composed of polysaccharides and is responsible for its demulcent and emollient effects.^{11,13} In an in vitro study using human fecal matter, slippery elm demonstrated beneficial modulation of gut microbiota and enhanced butyrate production—benefits that are predicted to improve colonic epithelium function, reduce intestinal cytokine activity, and diminish relative populations of opportunistic microorganisms.¹³ Slippery elm is also reported to cause stimulation of nerve endings along the GI tract, leading to mucous secretion.*¹

Marshmallow (*Althaea officinalis*)

As an ancient herb with a rich history, marshmallow has been used in traditional European medicine for more than 2,000 years.¹⁴ Mucilage is its principal active constituent, but marshmallow also contains flavonoids, phenolic acid, and scopoletin.¹⁵ Though historical applications are broad, a primary benefit associated with marshmallow root ingestion is the demulcent gel that forms over irritated mucosal tissues resulting from its bioadhesive and mucilaginous polysaccharides.³ According to the European Scientific Cooperative on Phytotherapy and the German Commission E, marshmallow is indicated to support gastrointestinal comfort and to address local mucosal irritation.*^{14,16}

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GI Soothe™ Supplement Facts

Serving Size: 1 Chewable Tablet

| | Amount Per Serving | %Daily Value |
|--|--------------------|--------------|
| Marshmallow (<i>Althaea officinalis</i>)(root) | 150 mg | ** |
| Slippery Elm (<i>Ulmus fulva</i>)(bark) | 100 mg | ** |
| Licorice Extract (<i>Glycyrrhiza glabra</i>)(root)(3.5% glabridin) ^{S1} | 75 mg | ** |
| ** Daily Value not established. | | |

Other Ingredients: Xylitol, microcrystalline cellulose, ascorbyl palmitate, natural flavors, sea salt, and monk fruit extract.

DIRECTIONS: Take 1 tablet before meals, or use as directed by your healthcare professional.

Consult your healthcare professional before use. Individuals taking medication should discuss potential interactions with their healthcare professional. Do not use if tamper seal is damaged.

STORAGE: Keep tightly closed in a cool, dry place out of reach of children.

FORMULATED TO EXCLUDE: Wheat, gluten, yeast, soy, animal and dairy products, fish, shellfish, peanuts, tree nuts, egg, sesame, ingredients derived from genetically modified organisms (GMOs), artificial colors, and artificial sweeteners.

S1. GutGard® is a registered trademark of Natural Remedies Ltd.

GI Soothe incorporates key herbs that nourish and protect the GI lining and promote digestive health. It is ideal for individuals with sensitive GI tracts who have a history of GI distress related to exposure to stress, certain foods, or other predisposing factors.*

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All XYMOGEN® Formulas Meet or Exceed cGMP Quality Standards.

*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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