



G.I. Fortify

INTRODUCED APRIL 2003

What Is It?

GI Fortify is a blend of high-impact fiber, herbs and nutrients, providing far-reaching support for gastrointestinal function and occasional constipation. By combining psyllium with Nutra-Flax™ high-lignan flax seed, glutamine, DGL Plus® and triphala, this formula is designed to promote function, microflora balance, integrity, tone, comfort, cellular health and detoxification of the gastrointestinal tract.*

Uses For G.I. Fortify

GI Motility: Psyllium, *Plantago indica* or blond psyllium, is grown primarily in India, Europe and the United States and is a valued source of soluble fiber. Soluble fiber increases stool volume when taken with appropriate amounts of water, supporting larger and softer stools for healthy bowel movements. As the bulk moves through the intestine, it helps to collect and eliminate other waste and toxins from the intestinal walls. This helps to minimize the amount of exposure of the gastrointestinal tract to toxins. Nutra-Flax™ provides a source of lignans, fatty acids, and both soluble and insoluble fibers, enhancing the gut health potential of this complex. Triphala, literally meaning "three fruits", is a standardized blend of three fruit extracts in equal proportions, *Terminalia chebula*, *Terminalia bellerica*, and *Embilica officinalis*. It is an Ayurvedic blend prized for supporting intestinal detoxification and occasional constipation. Triphala has a long traditional history of use for bowel tonification and consists of various nutritive compounds, including antioxidants, tannins and polyphenols.*

GI Integrity: L-Glutamine is the most abundant amino acid in the body. In times of stress or increased metabolic demand, glutamine is an especially important source of energy for the GI tract. In the gut, glutamine maintains healthy integrity of the intestinal tract and enhances the protective mucosal lining. This helps to ensure proper nutrient utilization and absorption while limiting the amount of toxins that pass through the intestinal barrier.*

GI Cell Health: Soluble fiber is fermented in the large intestines by intestinal microflora, producing short chain fatty acids (SCFAs). SCFAs are extremely important energy sources for the colon and have protective effects for healthy colon cell function. Furthermore, SCFAs keep the intestinal environment acidic, providing optimal conditions for lactobacillus and other beneficial bacteria to thrive. The fiber content of flax seed provides additional support for healthy intestinal function, microflora balance, and overall colon health. The ability of lignans to support colon cell health has been reported in numerous studies and may be due in part to antioxidant protection and the ability to promote healthy beta-glucuronidase activity and detoxification.*

GI Comfort: GI Fortify contains a synergistic combination of deglycyrrhizinated licorice (DGL), aloe, slippery elm and marshmallow root that enhances the protective mucous lining throughout the gastrointestinal tract, promoting gut integrity and providing a soothing effect.*

What Is The Source?

Each serving of G.I. Fortify typically provides 3 grams soluble fiber, 1 gram insoluble fiber and 11 mg lignans from psyllium and flaxseed. 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.

(continued)

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.



Recommendations

Pure Encapsulations recommendations: 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. Take 1–3 times daily.

Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women. Psyllium and flaxseed may cause gastrointestinal discomfort, including bloating, flatulence, abdominal pain or diarrhea. In rare cases, psyllium has been associated with headache, backache, rhinitis, increased cough, and sinusitis. Psyllium should be consumed with adequate water, as case reports indicate a potential for bowel obstruction when it is consumed without water. Rarely, individuals can have an allergic response to psyllium, with symptoms including runny nose, sneezing, conjunctivitis, skin rash, itching, flushing, chest and throat tightness, congestion, hypotension or anaphylactic shock. Consult your physician for more information.

Are There Any Potential Drug Interactions?

L-Glutamine is contra-indicated with anticonvulsant medications. Psyllium, flaxseed and marshmallow root may be contra-indicated with oral anti-hyperglycemic medications. Psyllium and flaxseed may also be contra-indicated with certain blood thinning medications. Consult your physician for more information.

G.I. Fortify

each scoop contains	V
calories	25
total carbohydrate	5 g
dietary fiber	4 g
sugars	<1 g
protein	1 g
ascorbyl palmitate (fat-soluble vitamin C)	30 mg
psyllium husk powder (Plantago indica)	4 g
flax seed powder	2.25 g
L-glutamine (free-form)	1 g
deglycyrrhizinated licorice extract (root)	600 mg
marshmallow root (Althaea officinalis) extract (8:1)	400 mg
aloe vera (Aloe barbadensis) extract (inner fillet) (200:1)	100 mg
(standardized to 10% polysaccharides)	
slippery elm (Ulmus fulva) extract (bark)	200 mg
triphalā	90 mg
(a proprietary blend of Terminalia chebula, Terminalia bellerica, and Emblica officinalis fruit extracts)	
stevia	40 mg
serving size:	8.9 g. (1 heaping scoop)
servings per container:	45
<i>Not to be taken by pregnant or lactating women.</i>	
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— Your Trusted Source —

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