

G.I. Fortify

SUPPORTS GASTROINTESTINAL HEALTH AND PROVIDES GENTLE RELIEF OF CONSTIPATION

CONVENIENT POWDER FORMAT

G.I. Fortify provides a blend of fibre, herbs and supplements that supports gastrointestinal health and provides gentle relief of constipation.

Features:

- Fibre blend includes psyllium husk and flax seed, promoting bowel movements by increasing bulk volume and water content
- Contains 1 g L-glutamine and 100 mg aloe vera leaf gel per scoop
- Herbal blend of deglycyrrhizinated licorice root, marshmallow root, slippery elm, and an Ayurvedic Triphala blend
- Convenient powder format for easy dispensing
- Made with high-quality vegan ingredients



Good for those who are looking for **assistance with regularity.**



The Research

This product is a blend of high-impact fibre, herbs and supplements, supporting overall gastrointestinal function and occasional constipation. Psyllium is a valued source of soluble fibre, helping to promote larger and softer stools for healthy bowel movement frequency. It is fermented in the intestines, producing short chain fatty acids (SCFAs) that provide an energy source for the colon to maintain healthy colon cell function and promote beneficial microflora.¹ Flaxseed provides a source of lignans, fatty acids, and both soluble and insoluble fibres, enhancing the gut health potential of this complex.² In times of stress or increased metabolic demand, glutamine is an especially important source of energy for the G.I. tract.³ It also maintains the integrity of the intestinal barrier.⁴ G.I. Fortify provides a combination of deglycyrrhizinated licorice (DGL) root, aloe vera leaf gel, slippery elm and marshmallow root to support gut integrity and provide a soothing effect.^{5,6} Triphala is a standardized blend of three fruits: *Terminalia chebula*, *Terminalia bellerica* and *Embolica officinalis*. It is an Ayurvedic blend prized for supporting intestinal detoxification, occasional constipation and overall colon health.⁷

REFERENCES

1. Kies C. ACS Symposium Series. 5(214): 61-70.
2. Dahl W J et al. J Med Food. 2005 Winter; 9(4):508-11.
3. Peng X, et al. Burns. 2004 Mar; 30(2):135-9.
4. Lima AA, et al. Clinics (Sao Paulo). 2014;69(4):225-33.
5. Das SK, et al. J Assoc Physicians India. 1989 Oct;37(10):647.
6. Joseph B, et al. Int J Pharm Sci. 2010;4(2):106-10.
7. Mukherjee PK, et al. IJPT. 2006;5:51-54.

Formula

Adults: Add 1 scoop to 240-360 mL water. Shake, stir or blend briskly and drink immediately. Drink an additional 240-360 mL of water following. Take once daily, a few hours before or after taking other medications or natural health products. Daily water intake should be increased when consuming this product. Effects observed 12-24 hours after first dose and may take 2-3 days.

Each scoop [approximately 8.9 g] contains:

Vitamin C (ascorbyl palmitate)	12.6 mg
Psyllium (<i>Plantago ovata</i>) Husk	4 g
Flax (<i>Linum usitatissimum</i>) Seed	2.25 g
L-Glutamine	1 g
Deglycyrrhizinated licorice (<i>Glycyrrhiza glabra</i>) Root Extract	600 mg
(8-10:1, 4800-6000 mg dried equivalent)	
Marshmallow (<i>Althaea officinalis</i>) Root Extract	400 mg
(4:1, 1600 mg dried equivalent)	
Slippery Elm (<i>Ulmus fulva</i>) Inner Bark	200 mg
Chebulic Myrobalan (<i>Terminalia chebula</i>) Mature Fruit	30 mg
Belleric Myrobalan (<i>Terminalia bellerica</i>) Mature Fruit	30 mg
Embic (<i>Embolica officinalis</i>) Fruit	30 mg
Aloe Vera Leaf Gel Extract	100 mg
(180:1, 18 g dried equivalent; standardized to contain 10% polysaccharides)	

Non-Medicinal Ingredients: Stevia leaf extract



G.I. Fortify	Quantity	Order Code	NPN	UPC
	400 g powder	GIF4C-C	80028380	766298009919

Support your gastrointestinal health with one scoop daily.

Visit PureEncapsulations.ca/g-i-fortify-400-ca.html

Looking for extra GI support, consider adding **Digestive Enzymes Ultra with Betaine** to your supplement routine.

