



# THERA

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## Managing Gut Permeability with Zinc Carnosine & L-Glutamine

Joni Laiho, CEO  
THERA Nordic UK

# THERA NORDIC

THERA Nordic is a next generation gut health company.

With a focus purely on supplements for gut issues, our natural products deliver what they promise - from renewing and repairing the gut, to providing fast relief from discomfort.

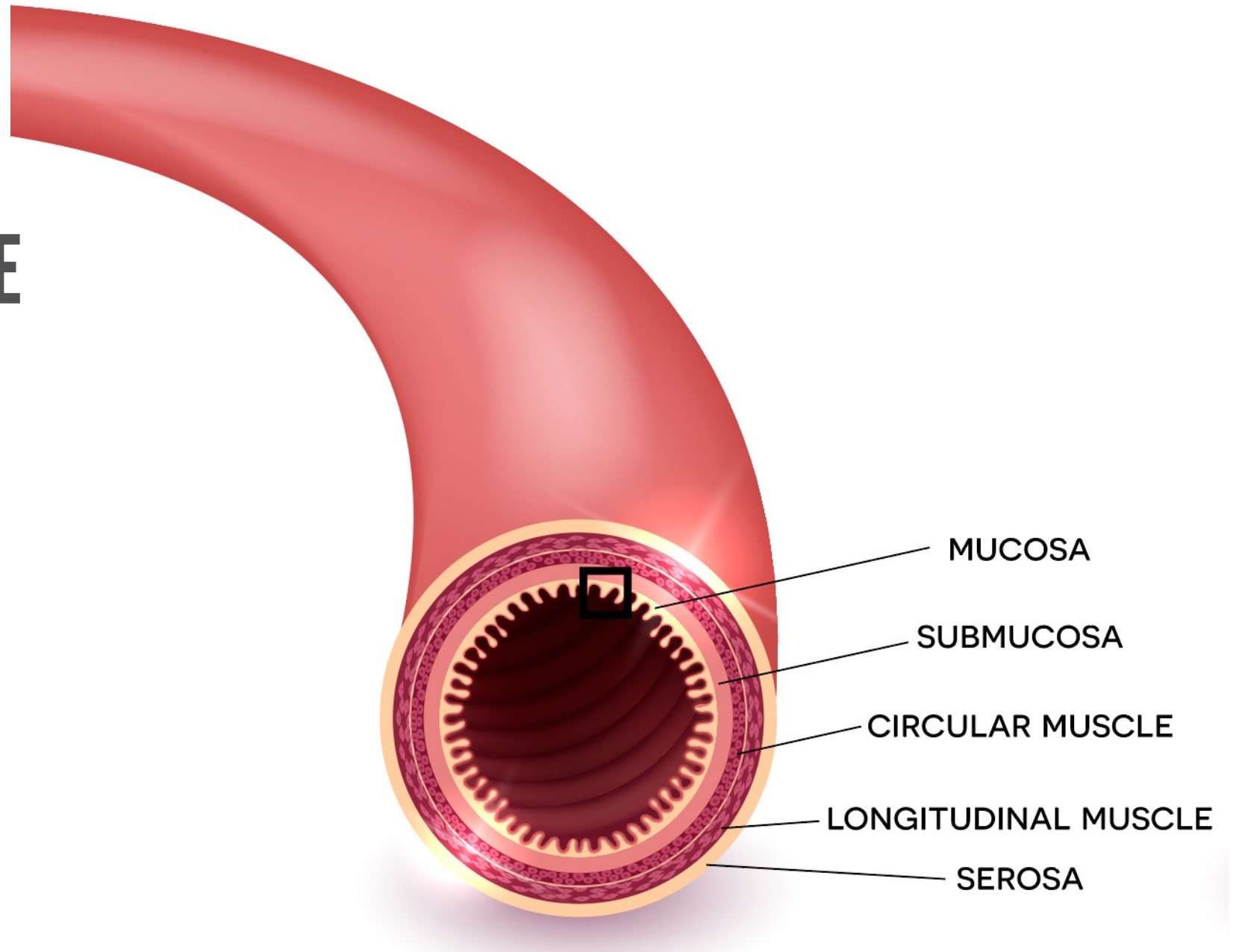
THERA Nordic products are designed for practitioners & treatment protocols.



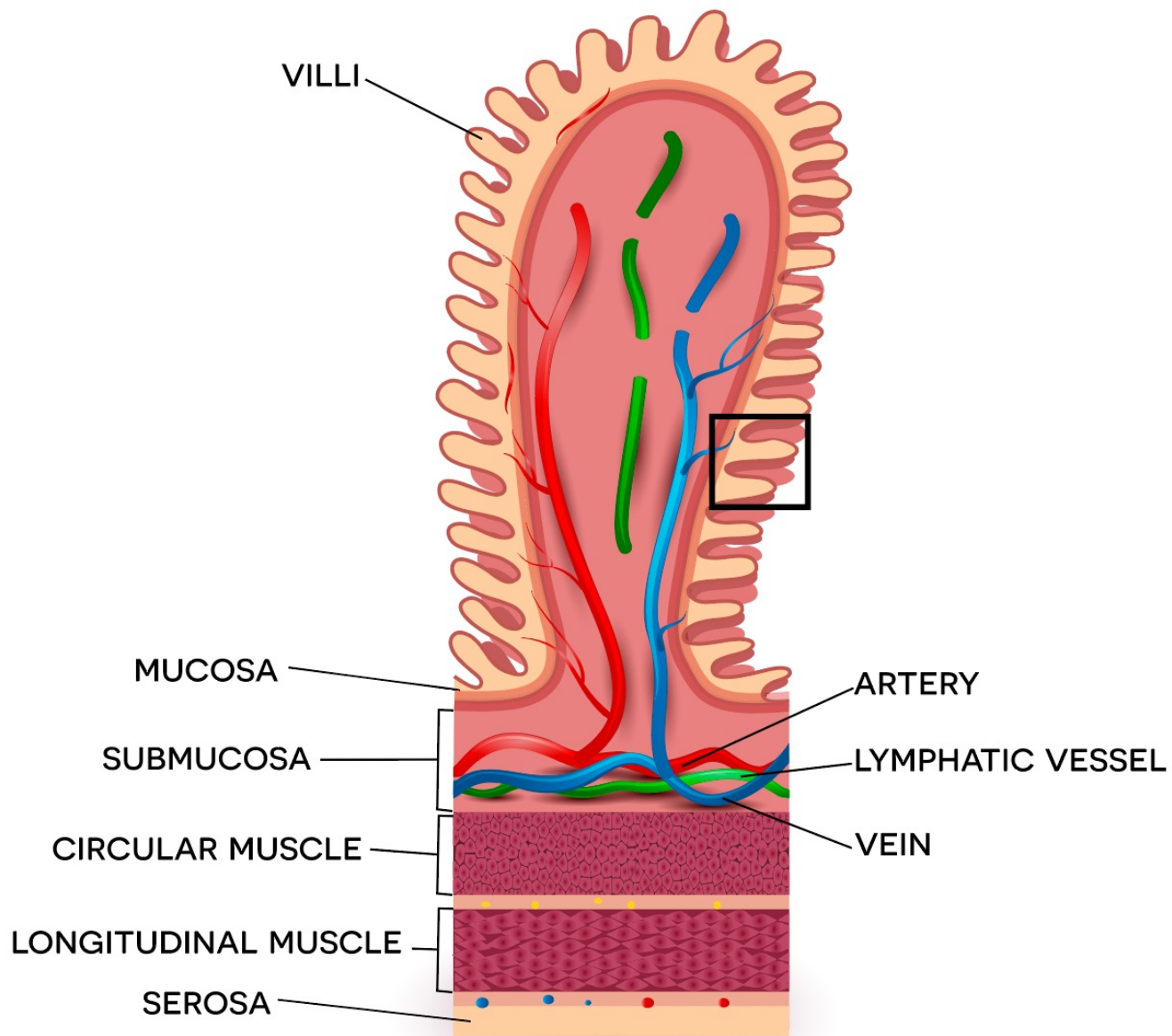


# WHAT IS LEAKY GUT?

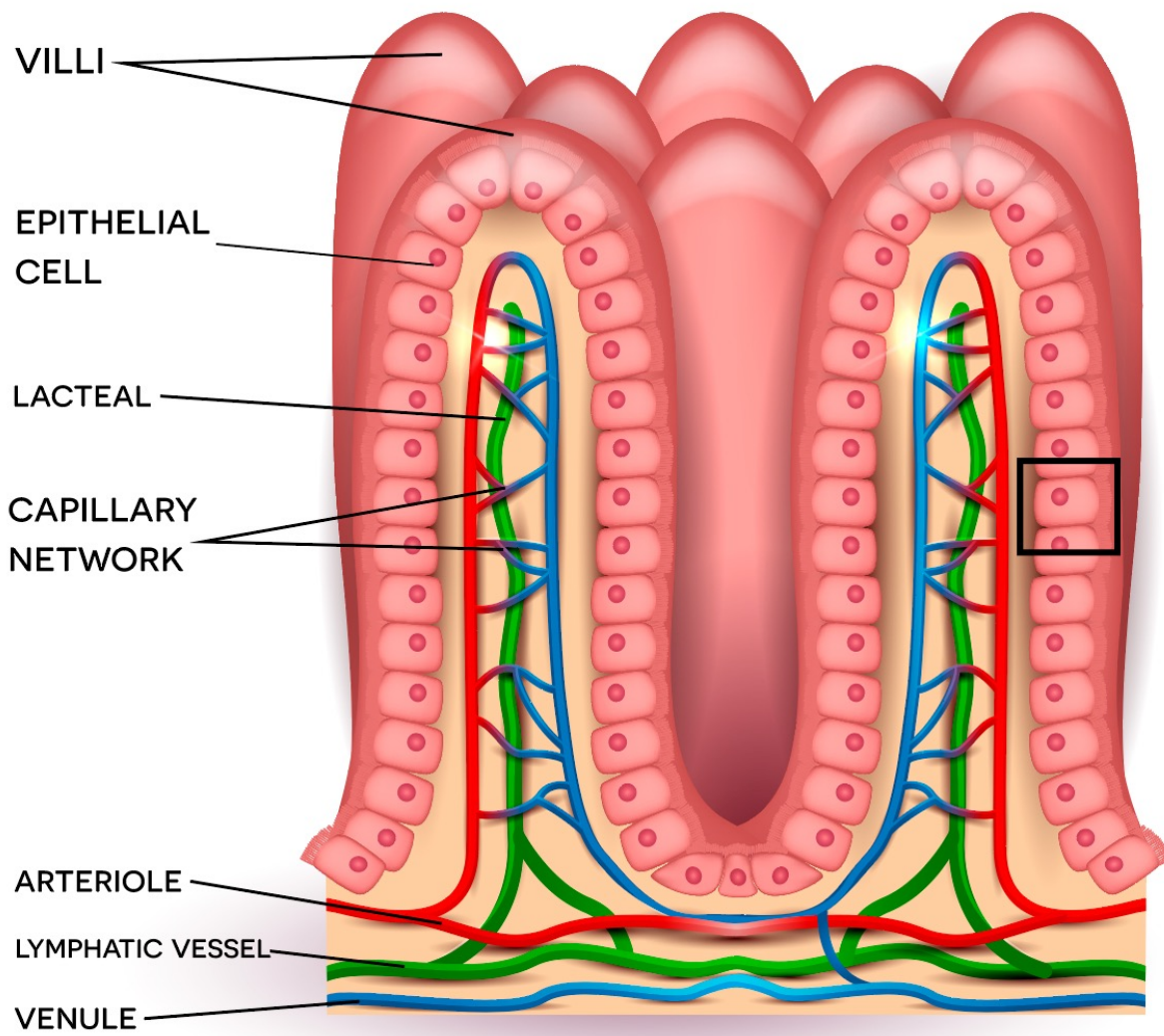
# SMALL INTESTINE



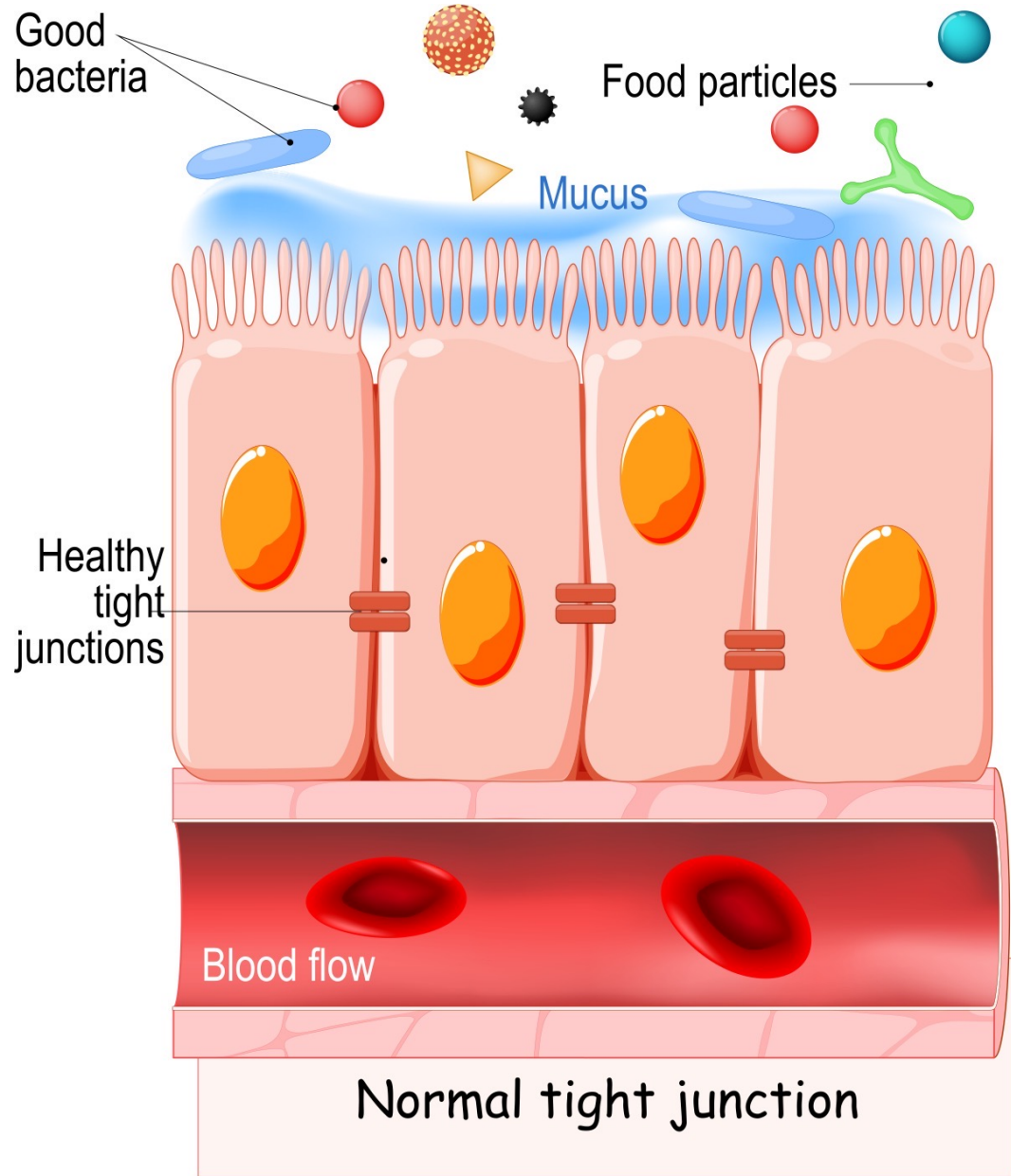
**COLUMNS**



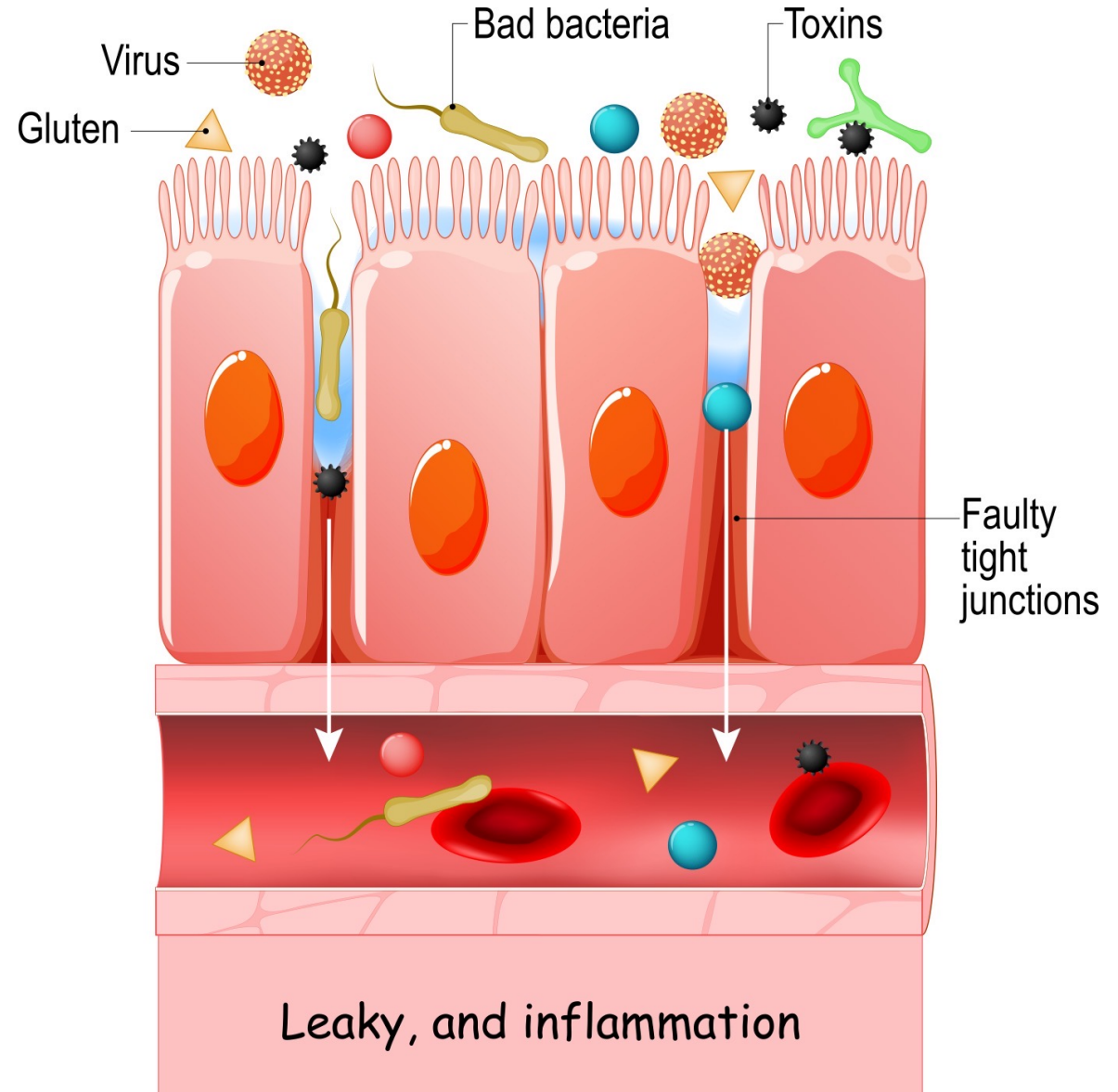
**VILLI**



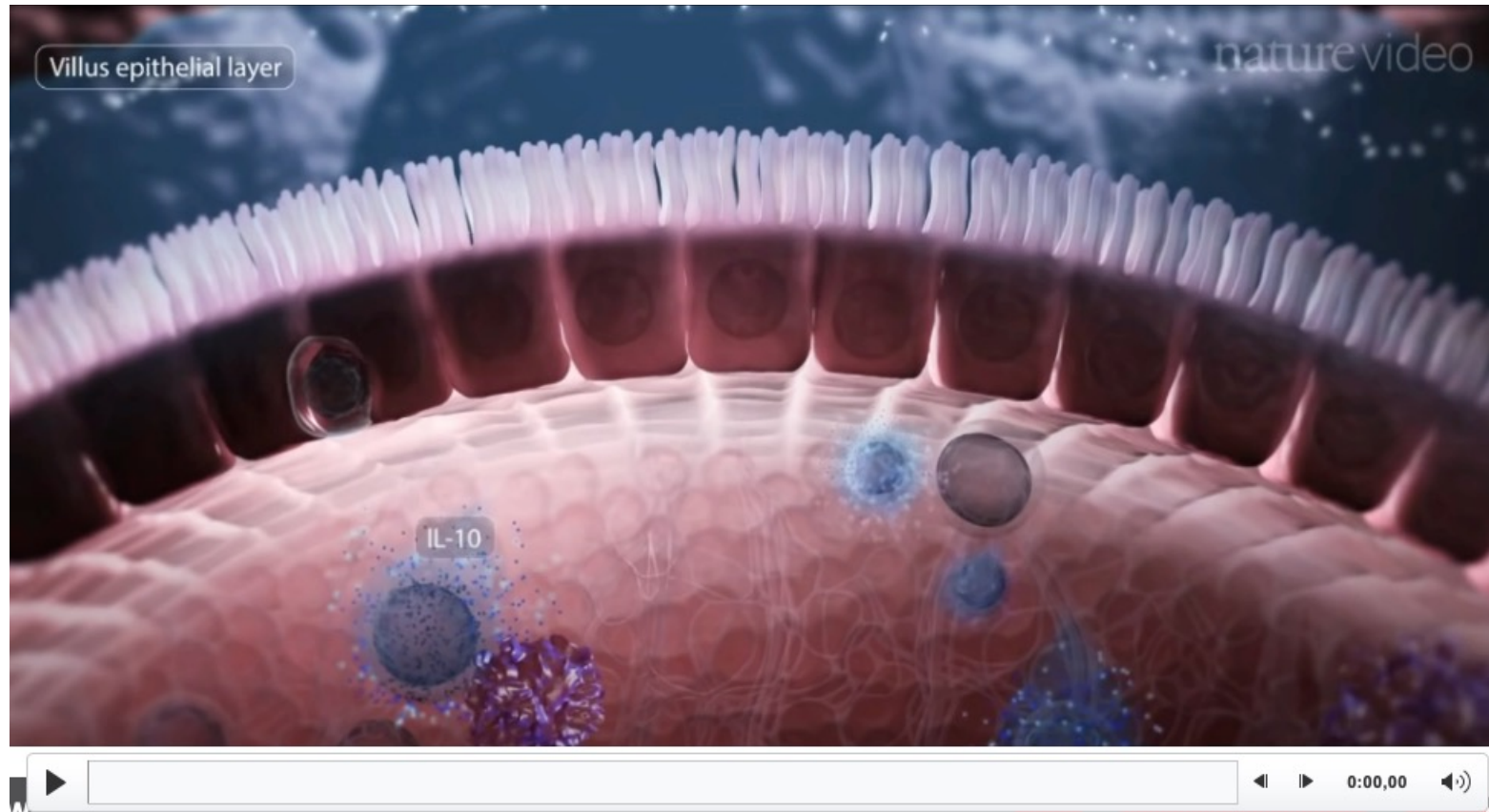
# HEALTHY EPITHELIUM



# UNHEALTHY, PERMEABLE EPITHELIUM







Video link: [https://youtu.be/gnZEge78\\_78?si=\\_2vNjVEw-4Br6AbJ&t=217](https://youtu.be/gnZEge78_78?si=_2vNjVEw-4Br6AbJ&t=217)



# CAUSES OF LEAKY GUT

- Food allergies
- Inflammation (IBS, IBD)
- Heavy exercise
- Obesity
- Gluten / Gliadin / Zonulin





# SYMPTOMS

- Brainfog
- (New) food sensitivities
- Aches, pains
- Bloating
- Cramps
- Autoimmune conditions



# DIET

## NOT RECOMMENDED

- Simple sugars
- Saturated fat intake
- Anything you are even slightly allergic to

## RECOMMENDED

- Complex carbohydrates
- Variety of vegetables and fruits
- Consider elimination diet

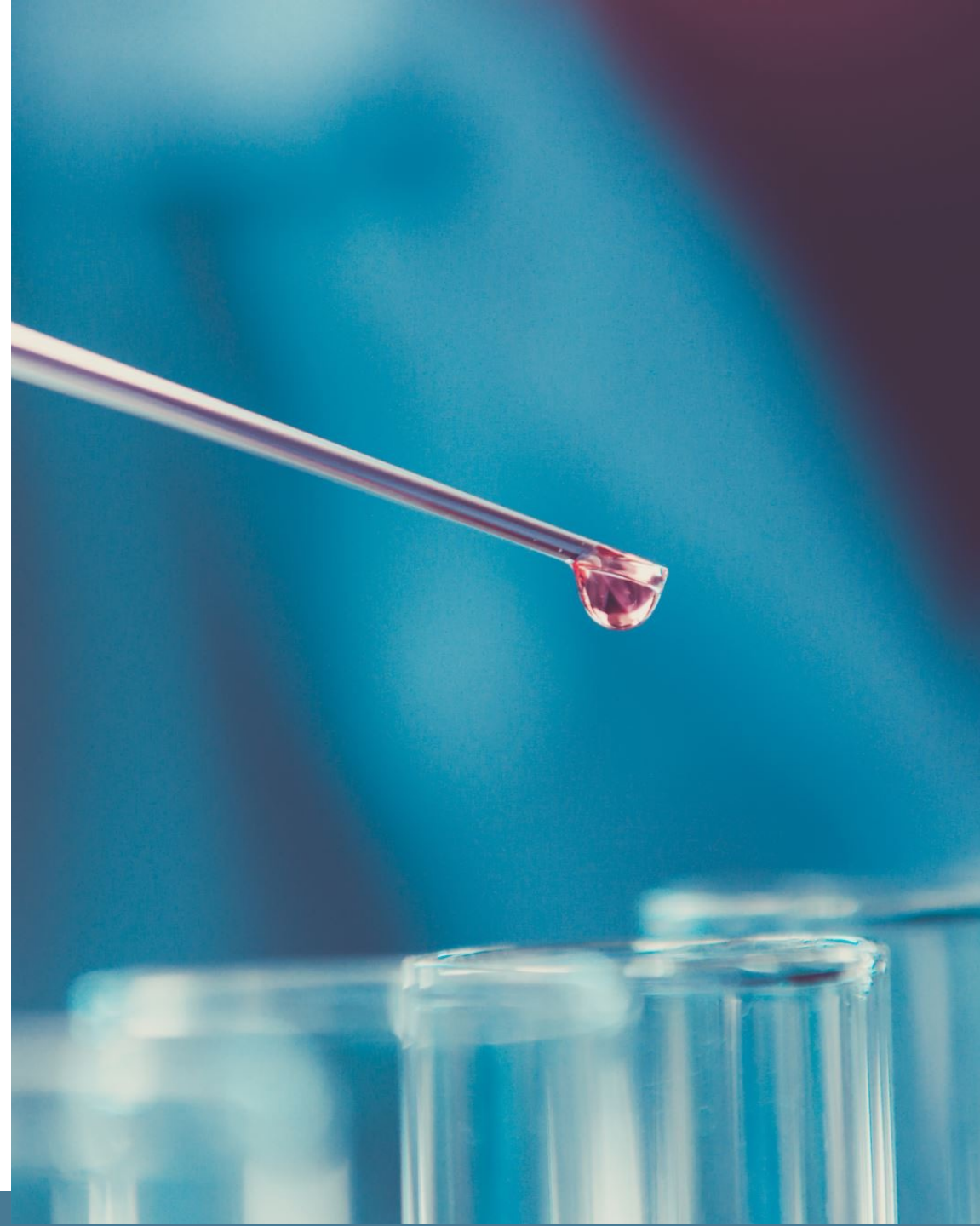


# L-GLUTAMINE

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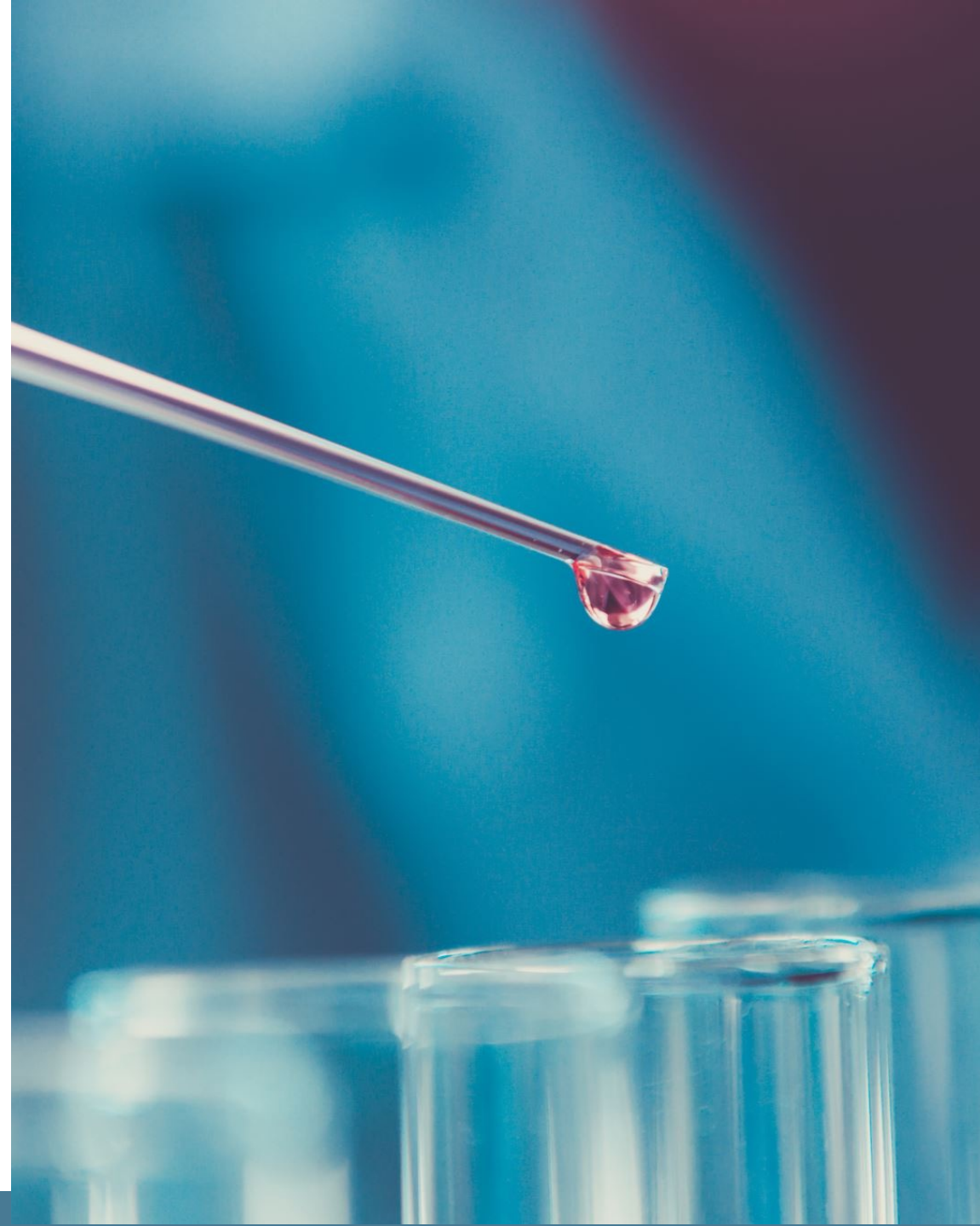
Role of L-Glutamine in the gut:

”In gut physiology, glutamine promotes enterocyte proliferation, regulates tight junction proteins, suppresses pro-inflammatory signaling pathways, and protects cells against apoptosis and cellular stresses during normal and pathologic conditions.”



# L-GLUTAMINE

- Gut epithelium renews every 4-5 days
- L-Glutamine is critical energy source for enterocytes to keep rebuilding
- Glutamine regulates the expression of the tight junction proteins
- Gut cannot synthesis Glutamine very well and mostly relies to food sources
- In literature 5 grams daily is considered maintenance dose for leaky gut (or up to 35 grams in interventions)





# ZINC L-CARNOSINE

**IMPORTANT:**

**ONE MOLECULE, NOT TO BE CONFUSED WITH  
ZINC AND L-CARNOSINE SEPARATELY**



# HOW DOES IT WORK?

- Selective nature of Zinc L-Carnosine
- Stays attached 3-6 hours at a time
- Promotes healing
- Restores Glutathione level in mucosa by upregulating gamma-glutamylcysteine
  - Glutathione is the master antioxidant “firefighter” that gets used in inflammation – reinstating the levels in mucosa is crucial

Animation →



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Video link, click here: <https://www.youtube.com/watch?v=5mgiSllovTo>



# REZCUE DRINK POWDER

- ✓ Zinc L-Carnosine blended with pharmaceutical grade L-Glutamine
- ✓ No fillers, flavors or additives
- ✓ Mixed with hot liquid of choice (water, tea, coffee).
- ✓ As the active ingredients are water soluble they are immediately effective in the solution and will soothe the whole GI tract starting from the mouth onwards.



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**THANK YOU**

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**VISIT US:**

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