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An estimated 20 million Americans are affected by some form of chronic digestive disorder. In fact, digestive diseases are one of the most prevalent causes of disability in the workforce, and more Americans are hospitalized with these diseases than any other condition. The incidence and prevalence of most digestive issues increase with age.

The most common digestive disorders include Gastroesophageal Reflux Disease (GERD), chronic constipation, chronic diarrhea, and Irritable Bowel Syndrome. More than 40% of people with IBS say that their symptoms reduce their quality of life, causing them to avoid certain activities such as work, travelling, and socializing.

There can be many reasons for the development of these disorders, but the most common are linked to genes or lifestyle factors such as stress, fatigue, diet, smoking, and environmental toxins. All of these can contribute to poor elimination, gas, bloating, indigestion, and other unpleasant digestive issues.

[Supporting gut microbiota](#) health with GI DX can improve digestive function and elimination pathways, reducing the onset of these symptoms.

What is GI DX?

GI DX is a blend of nutrients and homeopathic ingredients designed to support the function of the gastrointestinal tract, bowel function, and healthy elimination. This can help to alleviate common digestive issues such as constipation, Leaky Gut Syndrome, and indigestion. It also helps in restoring the function of Peyer's Patches.

### GI DX contains

- |                   |                      |
|-------------------|----------------------|
| Aloe (5X, 30K)    | Niacin               |
| Alumina (200K)    | Pantothenic acid     |
| Bryonia           | Rheum                |
| Colon             | Vitamin D (3X, 30K)  |
| Kalium Carbonicum | IL 12 (10X, 30K)     |
| Natrum Carbonicum | Inf-y (9X, 30K)      |
| Nux Vomica        | Taraxacum (6X, 30K)  |
| Peyer's patches   | Vitamin B1 (4X, 30K) |
| Rectum            |                      |
| Scatolum          |                      |
| Serotonin         |                      |
| Vitamin B13 (30K) |                      |
| Carduus Marianus  |                      |
| Chelidonium majus |                      |
| Collinsonia       |                      |
| Canadensis        |                      |
| Frangula          |                      |



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## Benefits

### Helps regulate bowel function

Aloe is one of the world's best-known remedies for healthy bowel function. It has been used by traditional medicinal practitioners for centuries as a natural laxative, and has been shown to [reduce the severity](#) of gastrointestinal symptoms in patients with irritable bowel syndrome.

Colon is an animal-derived micronutrient that may help to support healthy bowel function in humans.

### Helps fight infections of the gut

Kalium Carbonicum is a homeopathic remedy used to treat ailments related to the stomach and respiratory system. Bryonia is also used to treat stomach and intestinal diseases, liver disease, and to prevent infections. It may also help increase urination to relieve fluid retention. [Interleukin-12](#) is an important cytokine involved in regulating natural killer cells and increasing the growth of T lymphocytes.

### May relieve bloating and gas

Lycopodium is an effective treatment for relieving discomfort caused by indigestion, particularly symptoms that lead to bloating around the waist. Natrum carbonicum has been used successfully to help with digestion, heartburn, and other indigestion symptoms.

### May help relieve symptoms of inflammatory bowel disease

Crohn's disease and ulcerative colitis are both inflammatory bowel diseases that have been linked to [dysfunctions of the gut mucosa](#). This is usually caused by poor gut microflora. Treatment with a monoclonal antibody against interleukin-12 has been shown to potentially [induce clinical responses and remissions in patients with active Crohn's disease](#). This treatment is associated with decreases in Th1-mediated inflammatory cytokines at the site of disease.

### Supports digestive function

The B vitamin niacin plays a major role in helping the body break down carbohydrates, fats, and proteins into energy. It is also involved in stimulating detoxification processes in the liver, which can help in the elimination of harmful toxins.

### May boost immune function

Peyer's patches are a type of gut-associated lymphoid tissue crucial to immune function. Located in the small intestine, this tissue plays a significant role in [monitoring gut bacterial populations](#) and preventing the growth of pathogens in the intestines. In traditional European biological medicine, the homeopathic form of Peyer's Patches is also used to treat inflammatory symptoms caused by gastrointestinal disorders and immune conditions. It's also used as a key remedy in all intestinal rebuilding protocols.

### May help reduce inflammation

The intestinal microbiome is believed to be a major food source for the B vitamins. However, a lack of Vitamin D in the body can result in changes to the microbiome, reducing B vitamin production in the gut. The resulting lack of pantothenic acid impairs the immune system, [resulting in a "pro-inflammatory"](#) state which may lead to autoimmunity. The addition of Vitamin D and the B vitamins niacin, pantothenic acid, and Vitamin B1 in GI DX is designed to help to restore the body's levels of B vitamins, supporting microbiome health.

### Lifestyle tips for taking GI DX

The benefits of GI DX can be greatly enhanced with a few lifestyle changes. It is advisable to avoid inflammatory foods that are harmful to the gut such as refined sugars, trans fats, and artificial ingredients. Taking a quality probiotic supplement may also help to restore gut microbiota, as well as following a low-FODMAPs diet.

Where to find GI DX

GI DX is now available in the Alive Innovations ingredient catalog.

The Alive Innovations system is a unique and effective way for practitioners to optimize their patients' health. Find out more [here!](#)

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