

Nutritional support for digestion and nutrient absorption



APPLICATIONS / BENEFITS

- Optimizes metabolism of fats, proteins and carbohydrates
- Supports GI tract mucosal lining health
- Promotes regularity and digestive comfort
- Supports intestinal flora balance
- Promotes immune system health
- Includes quercetin for food sensitivities and lactase for lactose intolerance

OVERVIEW

Patient One GI-One™ was selected as Winner of the Digestive Health Category in the 2013 SupplySide Editor's Choice Awards, which recognize nutritional health products for "innovation and market significance."

Patient One GI-One™ is an all-in-one formula designed to optimize food metabolism and nutrient absorption while promoting multiple aspects of gastrointestinal health, digestive performance and comfort.

KEY INGREDIENTS

Digestive Enzyme Complex:

GI-One's broad-spectrum digestive enzyme complex – including amylase, cellulase, lipase, lactase, pancreatin, protease, bromelain and papain—catalyzes breakdown of fats, carbohydrates and proteins, liberating energy while promoting absorption of health-promoting macronutrients. The complete digestion of these macronutrients produces small peptides, amino acids, monosaccharides and disaccharides, and free fatty acids that can easily pass through the intestinal microvilli and enter the bloodstream. Healthy digestion assures that incompletely digested molecules and proteins don't enter the bloodstream where they can be recognized as foreign invaders by the immune system. In addition, enzymes promote overall digestive comfort, helping relieve gas and bloating as well as other symptoms associated with gastrointestinal distress.

Betaine HCL:

Betaine HCL is a digestive aid comprised of beet-derived betaine bound to hydrochloric acid. This bound form is the ideal delivery method because it efficiently reaches the stomach. Here, Betaine HCL lowers stomach pH and establishes a favorable environment for digestive enzymes to begin food metabolism and promote ideal nutrient absorption.

Lactospore®:

GI-One's Lactospore® supplies *Lactobacillus sporogenes* spores, which promote a balanced internal environment associated with regularity, digestive comfort, healthy intestinal function and immune system performance. Naturally microencapsulated for stability, *Lactobacillus sporogenes* is considered a superior species, capable of surviving gastric acidity and proliferating extensively in the intestines into thriving friendly flora colonies. GI-One's probiotic Lactospore is an ideal adjunctive therapy for patients taking antibiotic or immunosuppressive drugs known to diminish probiotic levels.

Quercetin:

Quercetin has been shown to possess inflammation-modulating properties that may be beneficial for those with mild food sensitivities. Research also suggests that quercetin might assist with the management of peptic ulcers and their associated *H. Pylori* bacteria by promoting gastroprotective mucus secretion.

RESEARCH

- A digestion study conducted by The Netherlands Organization for Applied Research found that adding digestive enzymes like those found in GI-One™ promoted digestion of carbohydrates as compared to digestion without additional digestive enzymes. Results also found that digestion of proteins in the ileum were positively supported as compared to digestion without added enzymes.⁴

- Enzyme supplementation therapy plays an integral role in the management of various digestive disorders. Historically porcine and bovine pancreatic enzymes have been the preferred form of supplementation for digestive disorders, especially pancreatic insufficiency. Microbe-derived lipase has shown promise with studies indicating benefits similar to pancreatic enzymes. Synergistic effects have been observed using a combination of animal-based enzymes and microbe-derived enzymes or bromelain.⁵

REFERENCES

1. McFarland LV. Meta-analysis of probiotics for the prevention of antibiotic associated diarrhea and the treatment of *Clostridium difficile* disease. Am J Gastroenterol. 2006 Apr;101(4):812-22.
2. Sugimoto K, Makihara T, Saito A, Ohishi N, Nagase T, Takai D. Betaine improved restriction digestion. Biochem Biophys Res Commun. 2005 Dec 2;337(4):1027-9. Epub 2005 Oct 3.
3. Walker-Renard, P. Update on the medicinal management of phytobezoars. Am J Gastroenterol. 1993;88(10):1663-1666
4. Minekus, M PhD Thesis, University of Utrecht. Netherlands. 1998.
5. Altern Med Rev 2008;13(4):307-314

Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving

Amylase 100,000 FCC units/gm (<i>Aspergillus oryzae</i>)	35 mg*
Bromelain (from pineapple) (2400 gelatin digestive units per gram)	100 mg*
Betaine HCl	50 mg*
Cellulase 20,000 FCC units/gram (<i>Trichoderma</i>)	40 mg*
Lipase 100,000 FIP LU/gm (<i>Aspergillus niger</i>)	5 mg*
Lactase 100,000 FCC/gm (<i>Aspergillus oryzae</i>)	10 mg*
Lactospore® <i>Lactobacillus sporogenes</i> 15 Billion/gram (Providing 166.5 million spores)	11.1 mg*
Papaya powder (<i>Carrica papaya</i>) (fruit)	100 mg*
Papain 2000 USP units/mg (<i>Carrica papaya</i>) (fruit)	9 mg*
Pancreatin 4X (porcine) (Protease 100 USP units/mg, Amylase 100 USP units/mg, Lipase 8 USP units/mg)	200 mg*
Protease 200,000 FCC units/gm (<i>Aspergillus niger</i>)	3.25 mg*
Quercetin (as dihydrate)	37.5 mg*

* Daily Value not established.

Other Ingredients: vegetable cellulose (capsule), rice flour, leucine

Free of: milk, egg, fish, peanuts, crustacean shellfish, soy, tree nuts, wheat, yeast and gluten. Free of ingredients derived from GMOs.

Suggested Use: Take 1 capsule at the start of afternoon and evening meals as a dietary supplement, or as directed by a health practitioner. May take an additional capsule with each meal as needed.

Caution: If you are pregnant, nursing, or taking any medications, consult your health practitioner before use. Discontinue use and consult your health practitioner if any adverse reactions occur. **Keep out of reach of children.** Color may vary due to natural ingredients.

Lactospore® is a registered trademark of Sabinsa Corp.

Gluten Free

Non-GMO

Vegetable Caps

The statements in this document have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

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