

## OC Integrative Medicine

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# DGL

- Supports Gastrointestinal Health
- Helps Maintain a Healthy Mucosal Surface in the Stomach
- Promotes a Healthy Esophageal Lining

### GASTROINTESTINAL SUPPORT



DGL, or deglycyrrhized licorice, is a form of licorice root that has been specially processed to contain only biologically active flavonoids, without glycyrrhizin. The deglycyrrhized form of licorice allows for higher dosing of supportive flavonoids, which helps maintain a healthy mucosal surface in the stomach. Traditionally used to support GI-related complaints, research has shown DGL promotes bacterial balance and a healthy esophageal lining. Along with DGL, the formula also contains aloe vera, slippery elm bark and marshmallow root, all used to soothe the GI tract. Each serving contains 150mg DGL.

#### Overview

Approximately 25 million Americans will suffer from GI mucosal complaints at some point in their lifetimes. While such discomfort was originally thought to arise from stress, spicy foods, alcohol consumption, gastric acid production or heredity, today it is known that common bacteria from food is often the root cause. A healthy mucosal lining is of the utmost importance to protect against unwanted organisms from entering the body. DGL supports gastrointestinal health by accelerating the secretion rate of mucus by the gastric and esophageal mucosa, helping to protect tissues. This unique licorice extract contains only biologically active flavonoids, without glycyrrhizin, for targeted usage in the GI tract.<sup>1</sup>

#### DGL†

The formula includes GutGard®, a clinically studied form of deglycyrrhized licorice that provides improved control of the glycyrrhized content and a rich source of flavonoids. In a clinical trial, 56% of subjects receiving GutGard® showed marked improvement in symptoms of occasional acid indigestion

compared to placebo.<sup>2</sup> In another study of 874 patients comparing the effects of DGL and cimetidine (another known therapy), it was found that DGL was effective in relieving minor GI discomfort.<sup>3</sup>

#### Marshmallow Root†

Marshmallow root is a traditional soothing herb with a long history of use for coating the gastric lining. Marshmallow root contains mucilage polysaccharides, which swell when mixed with liquid, providing a soothing property to mucous membranes.<sup>5</sup> The German Commission E has approved the use of marshmallow root for promoting a normal inflammatory process within the gastric mucosa. The nonofficial British Herbal Compendium 1st edition also indicates marshmallow root for soothing the stomach and intestinal tract.<sup>5</sup>

#### Aloe Vera Concentrate†

Aloe vera, like marshmallow root and slippery elm bark, is a soothing herb that has been used throughout history, and has been shown to maintain normal inflammatory balance.

Specifically, studies have shown aloe vera is beneficial to the gastric mucosa due in part by its ability to balance stomach acid levels and promote healthy mucus production.<sup>6-8</sup> An animal study examining the effects of aloe vera on gastric acid secretion and gastric mucosal health found aloe vera balanced gastric acid secretion and was found to balance minor changes in gastric acid secretion and at low doses protected mucosa from temporary influxes of excess gastric acid.<sup>9</sup>

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

## Slippery Elm Bark†

Slippery elm bark is a traditional soothing herb that has been used for centuries. Slippery elm bark is rich in mucilage, which helps maintain normal inflammatory balance.<sup>10</sup>

### Directions

2 capsules per day or as recommended by your health care professional.

### Does Not Contain

Gluten, yeast, artificial colors and flavors.

### Cautions

Do not consume this product if you are pregnant or nursing. Consult your physician for further information.

## Supplement Facts<sup>v3</sup>

Serving Size 2 Capsules  
Servings Per Container 30

	Amount Per Serving	% Daily Value
Deglycyrrhizinated Licorice Extract ( <i>Glycyrrhiza glabra</i> ) (Root) (GutGard®) (Standardized to contain 10% Flavonoids and 3.5% Glabridin)	150 mg	*
Marshmallow Root	150 mg	*
Slippery Elm Bark	150 mg	*
Aloe vera Leaf Gel Extract	100 mg	*

\* Daily Value not established.

## References

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2. Raveendra et al. An extract of *Glycyrrhiza glabra* (GutGard®) alleviates symptoms of functional dyspepsia: A randomized, double-blind, placebo-controlled study. *Evid Based Complementary Altern Med*. 2011.
3. Kassir, Z. A. Endoscopic controlled trial of four drug regimens in the treatment of chronic duodenal ulceration. *Ir Med J*. 1985; 78(6):153-156.
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5. Engels, G. Marshmallow. *HerbalGram*. 2007;(75):1-5.
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9. Yusuf, S., Agunu, A. et al. The effect of Aloe vera A. Berger (Liliaceae) on gastric acid secretion and acute gastric mucosal injury in rats. *J Ethnopharmacol*. 2004; 93(1):33-37.
10. <https://umm.edu/health/medical/altmed/herb/slippery-elm>.