

# Gut Reboot



Brio Medical  
11000 N SCOTTSDALE RD Ste 115  
SCOTTSDALE, AZ 85254-6168

Gut Reboot

## Clinical Applications

- Support the Integrity of the G.I. Mucosa\*
- Support Optimal Function of G.I. Mucosa\*

**BRIO MEDICAL**  
Restoring Vitality, Hope & Vigor

***Gut Reboot** features L-glutamine, zinc and pantothenic acid to nutritionally support the gastrointestinal mucosa and the prebiotic inulin to provide nourishment of the gastrointestinal mucosa cells. It also features aloe leaf extract, which has traditionally been used for optimal GI function.\**

All BRIO MEDICAL Formulas Meet or Exceed cGMP Quality Standards

## Discussion

**Pantothenic Acid (as calcium d-pantothenate)**, a component of Coenzyme A, has various essential roles that sustain life. Among these is maintenance of muscle tone of the gastrointestinal tract. Pantothenic acid supports the synthesis of serotonin and acetylcholine and therefore, may be beneficial in combating stress, often a component of gastrointestinal disorders.\*

**Zinc (as bis-glycinate chelate)** has so many important roles in the body, including the quenching of free radicals possibly present in gastrointestinal disorders. Individuals with inflammatory bowel disorders or any diarrhea-related condition are at risk for zinc deficiency. Zinc deficiency may potentiate the effect of toxins produced by E.coli. A deficiency may also impair the absorption of water and electrolytes and perpetuate the diarrhea. Chronic low zinc impairs nitric oxide production, a substance that plays an important part in triggering diarrheal disease.\*<sup>[1]</sup>

**Inulin** is a prebiotic fermented by intestinal flora to produce short chain fatty acids, including butyrate. Butyrate acts as “fuel” for colonocytes and enhances expression of biotransformation genes that induce glutathione S-transferase, protecting colonocytes from carcinogens.\*<sup>[2]</sup>

**L-Glutamine**, a conditionally essential amino acid, is most important for intestinal energy supply; regeneration of the gastrointestinal mucosa is dependent upon its utilization. Supplementation has been shown to decrease inflammatory tissue damage in patients with conditions that generally result in low glutamine levels.<sup>[3]</sup> L-Glutamine is considered an immunonutrient and is particularly important for the body under stress-related conditions.\*

**Aloe (Leaf Extract)**, used for thousands of years, is perhaps most well-known for healing of damaged epithelial tissue, including the bowel lining. Despite the lack of scientific published studies there is anecdotal evidence to suggest that aloe vera helps inflammatory conditions of the gastrointestinal tract. In some individuals it may increase G.I. transit time, improve protein digestion and absorption, increase stool bulk and normalize stool bacteria where high levels of yeasts previously existed.\*<sup>[4]</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.



# Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 60

	Amount Per Serving	%Daily Value
Pantothenic Acid (as d-calcium pantothenate)	50 mg	1000%
Zinc (as TRAACS® zinc bisglycinate chelate)	7.5 mg	68%
Inulin (from chicory)( <i>Cichorium intybus</i> )(root)	400 mg	**
L-Glutamine	250 mg	**
<i>Aloe vera</i> 200:1 Aqueous Extract (leaf gel)	25 mg	**

\*\* Daily Value not established.

**Other Ingredients:** HPMC (capsule), microcrystalline cellulose, stearic acid, magnesium stearate, and silica.

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## Directions

Take two capsules twice daily, or as directed by your healthcare practitioner.

Consult your healthcare practitioner prior to use. Individuals taking medication should discuss potential interactions with their healthcare practitioner. Do not use if tamper seal is damaged.

## References

1. Wapnir RA. J Nutr. 2000 May; 130 (5S Suppl): 1388S-92S Zinc deficiency, malnutrition and the gastrointestinal tract. [PMID: 10801949]
2. Sauer J, Richter KK, Pool-Zobel BL. Products formed during fermentation of the prebiotic inulin with human gut flora enhance expression of biotransformation genes in human primary colon cells. *Br J Nutr.* 2007 Mar 7;:1-11 [PMID: 17381985]
3. Sido B. Low intestinal glutamine level and low glutaminase activity in Crohn's disease: a rationale for glutamine supplementation? *Dig Dis Sci.* 2006 Dec;51(12):2170-9. [PMID: 17078002]
4. Davis K, et. al. Randomised double-blind placebo-controlled trial of aloe vera for irritable bowel syndrome. *Int J Clin Pract.* 2006 Sep;60(9):1080-6 [PMID: 16749917]
5. Bland, J. Ph.D. (1985), Linus Pauling Institute of Science and Medicine, Palo Alto, C.A., Prevention Magazine, Effect of Orally Consumed Aloe Vera Juice in Gastrointestinal Function in Normal Humans. [www.positivehealth.com] {accessed 3.29.07}

## Does Not Contain

Wheat, gluten, yeast, soy, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, or artificial sweeteners.

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