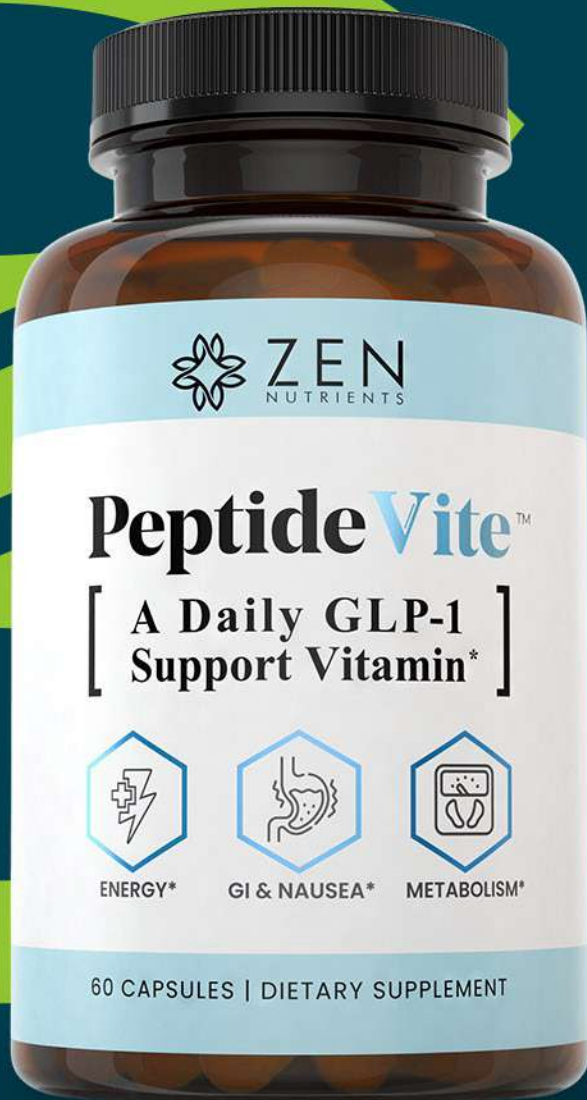




PeptideVite™ PRODUCT GUIDE

#1 Daily GLP-1 Agonist
Support Vitamin*



ENERGY*









GI & NAUSEA*



METABOLISM*

60 CAPSULES | DIETARY SUPPLEMENT

PeptideVite™

-  Supports energy levels*
-  Aids in nausea & abdominal discomfort*
-  Supports weight loss/weight management*
-  Promotes better metabolism *
-  Promotes adherence to GLP-1 Peptide therapy
-  Supports muscle mass increase*

Supplement Facts		
Serving Size: 1 Capsule Servings Per Container: 60		
	Amount Per Serving	%DV
Thiamin (as Thiamin HCl)	2mg	167%
Vitamin B6 (as Pyridoxal-5-Phosphate)	4mg	235%
Folate (as L-Methylfolate Calcium)	800 mcg DFE	200%
Vitamin B12 (as Methylcobalamin)	2mcg	83%
Magnesium (as Magnesium Malate)	50mg	12%
Chromium (as Chromium Picolinate)	400mcg	1143%
Potassium Citrate	30mg	<1%
Sodium (from Himalayan Salt)	20mg	<1%
Coenzyme Q-10 (Ubiquinone)	100mg	**
Proprietary PeptideVite™ GI Matrix	397.5mg	**
Organic Ginger Extract (<i>Zingiber officinale</i>)(Root), Bromelain (1.75 GDU), Papain (0 TU), Lemon Balm Extract (<i>Melissa officinalis</i>)(Aerial Parts), Peppermint piperita)(Leaf), Organic Licorice Extract (<i>Glycyrrhiza (Mentha x glabra)</i>)(Root), Soy Lecithin (<i>Glycine max</i>)(Bean) (40% Phosphatidylcholine), <i>Lactobacillus gasseri</i> (50 Million CFU)*		
**Daily Value not established. *At the time of manufacture.		

 Supports positive energy, aids in metabolism enhancement

 Key electrolytes for energy and metabolism

 Supports nausea

Key enzymes to improve digestion and metabolism



 Supports energy and bowel regularity

 Abdominal discomfort, gas and reflux

Probiotic for gut health and weight loss support



Other Ingredients: Hypromellose (Capsule), Silicon Dioxide, Rice Flour, Magnesium Stearate.
Allergen: Contains Soy.



B12 (methylcobalamin)

Bioavailable form of B12 used to metabolize carbs, proteins, and fats, which your body converts into energy.



L-Methylfolate

Bioavailable form of folic acid, used to help with mental fatigue, irritability and boost energy.



Pyridoxal 5'-phosphate (Vitamin B6)

Bioavailable form of B6, used to help with nausea, headaches and energy production.



Thiamine (B1)

Is an important cofactor in glucose metabolism and helps the body cells convert carbohydrates into energy.



Chromium Picolinate

Works together with insulin produced by the pancreas to metabolize carbohydrates and aid food craving reduction.



Coenzyme Q10 (Ubiquinone)

Helps improve exercise performance by supporting mitochondrial function, decreasing oxidative stress, and reducing fatigue.



Magnesium Malate

Highly absorbable essential mineral used to support energy production, improve exercise performance, aid in healthy metabolism and supports bowel movement.

KEY — QUALITY — INGREDIENTS



Himalayan Pink Salt Powder (Sodium Chloride)

Pharmaceutical grade sodium electrolyte used to replenish lost electrolytes, while detoxing the body and kidneys.



Potassium Citrate

Highly bioavailable form of potassium to help with electrolyte balance



Organic Ginger Root Extract

Biologically active ingredient zingiber officinale is highly effective for gastrointestinal disorders, such as dyspepsia, abdominal pain, and nausea.



Bromelain

Key ingredient found in pineapples used to improve digestion and aid in proper bowel function.



Papain Enzyme

Derived from papayas, a natural digestive enzyme that helps break down the food you eat so that you can properly digest and absorb the nutrients from that food. They also help relieve symptoms such as bloating, constipation, and gas.



Lemon Balm (Melissa officinalis) Extract

Bioavailable form of B12 used to relax and soothe spasms thanks to its antispasmodic effects, plus assists with discomfort from indigestion.



Peppermint (Mentha piperita) Leaf Powder

Natural herb that may relieve digestive symptoms, such as gas, bloating, and indigestion.



Organic Licorice Extract (root)

Potent antioxidant that supports acid reflux.



Lactobacillus gasseri

Probiotic that plays a clinically validated role in abdomen weight reduction and supporting proper gut health.

PeptideVite™ FAQS

What makes PeptideVite™ so amazing?

Physician and Pharmacist formulated with research-backed natural ingredients to aid patients using Glucagon-like peptide-1 receptor agonists. PeptideVite™ is specifically formulated with a liposomal proprietary blend of 17 key vitamins, minerals, and herbs in optimal & bioavailable dosage. Clinically crafted to promote a reduction in side effects, promote adherence and support an improvement in clinical outcomes.

Why is PeptideVite™ highly recommended when using GLP-1 Agonists such as semaglutide?

Commonly when using a GLP-1 Agonist such as semaglutide, patients will experience the following side effects; nausea, gastrointestinal pain, excessive gas, stomach discomfort, acid reflux, vomiting, diarrhea, and especially fatigue (tiredness). PeptideVite™ was clinically crafted to promote a reduction of side effects. By reducing side effects, it will naturally promote better health outcomes and results while using a GLP-1 Agonist*.



What can PeptideVite™ help with?

- ✓ Supports positive energy levels*
- ✓ Aids in chronic fatigue *
- ✓ Aids in nausea & abdominal discomfort*
- ✓ Supports weight loss & weight management*
- ✓ Promotes better metabolism*
- ✓ Supports muscle mass increase*
- ✓ Promotes adherence to GLP-1 peptide therapy*

How long will it take to see results?

Every patient is different, but some will notice immediate relief from PeptideVite™, especially related to nausea and abdominal gas. While most others it may take 3-4 weeks of continual usage before noticing a difference. The key ingredients take time to build up in your body in order to be optimally effective. We recommend using it once daily and avoid skipping doses. Continue using Peptide daily while on GLP-1 agonists therapy to achieve best results*.

What time of the day should I use PeptideVite™?

The best time to use it is in the morning with or without food.

How long should I continue to use PeptideVite™?

As long as you are using a Glucagon-like peptide-1 receptor agonist, you should continue to use Peptide Vite™? PeptideVite™ works synergistically to optimize therapy.

Is PeptideVite™ safe to take with my other prescription medications?

PeptideVite™ is a safe and natural product*. If you are not sure of any drug interactions, please check with your pharmacist and healthcare provider. When checked in the Medscape drug interactions checker there were no known interactions.

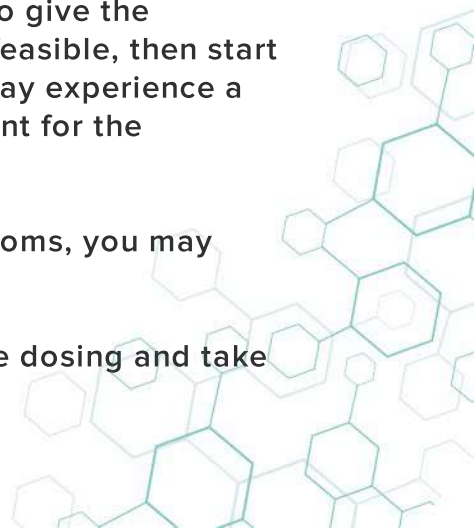
Cautions: If routine hypoglycemia or any unusual side effects occur we recommend discontinuing this product immediately and contacting your medical provider.

How to use PeptideVite™?

Initial Dosing: Take one capsule daily, in the morning with 6-8 oz of water. We recommend starting 4 weeks prior to GLP-1 agonists therapy to give the supplement adequate time to build up in your body. If that is not feasible, then start using PeptideVite™ right away. While using a GLP-1 agonist, you may experience a rollercoaster of side effects at different times. It's best to be patient for the supplement to work*.

If after 2 weeks, you have not seen an improvement in your symptoms, you may increase to 2 capsules, once daily.

After your gastrointestinal side effects have subsided, then reduce dosing and take one capsule daily.



What if I have been regularly using Glucagon-like peptide-1 receptor agonist, is there any benefit to starting PeptideVite™

Yes absolutely, PeptideVite™ not only helps with gastrointestinal related side effects, but the liposomal formula provides key vitamins, minerals and herbs that are important to support energy, promote lean muscle growth, and aid in metabolism support which are necessary as you continue using GLP-1 peptide therapy.

What ingredients in PeptideVite™ help with nausea & stomach discomfort?

It's a Proprietary Bioavailable GI Matrix that contains Organic Ginger Root Extract, Bromelain, Papain Enzyme, Lemon Balm (*Melissa officinalis*) Whole Leaf Extract, Peppermint (*mentha piperita*) Leaf Powder, Organic Licorice Extract (root), Phosphatidylcholine, *Lactobacillus Gasseri*. These are the key ingredients that are synergistically promoting relief from dyspepsia, acid reflux, and nausea*.

What ingredients in PeptideVite™ help with energy and fatigue?

B12 (methylcobalamin), L-Methylfolate, 5'-Pyridoxal Phosphate, Thiamine (B1), Coenzyme Q10 (Ubiquinone), Magnesium Malate are highly absorbable and bioavailable forms that aid to metabolize carbs, proteins, and fats to provide necessary energy production and to improve symptoms of fatigue*.

What ingredients may support weight loss?

Chromium Picolinate & *Lactobacillus gasseri*. Chromium picolinate works together with insulin produced by the pancreas to metabolize carbohydrates and aid food craving reduction. In addition, *Lactobacillus gasseri* is a key probiotic that plays a clinically validated role in abdomen weight reduction and supporting proper gut health*.

Why is a small amount of sodium and potassium included in the formula?

They are both key electrolytes used to help your body function normally by maintaining fluid and blood volume, which are helpful to provide energy and improve metabolism*.

Do physicians often recommend using supplements while using GLP-1 peptide therapy such as Ozempic® (semaglutide) and Mounjaro® (tirzepatide)?

Yes, supplements aid in combating side effects associated with injectable or oral GLP-1 peptide therapy. For example, several research studies note that Vitamin B12 (Methylcobalamin) aids in the treatment tolerance with GLP-1 agonists. Two of the most common adverse side effects of Ozempic® (semaglutide) are nausea and hypophagia*.



Are there any major interactions or contraindications of using Glucagon-like peptide-1 receptor agonists such as Ozempic® (semaglutide) and Mounjaro® (tirzepatide) with PeptideVite™?

There are no known interactions. The ingredients in PeptideVite™ have been cross-checked in the May 2023 Medscape drug interactions checker with no known interactions. There is a caution of hypoglycemia associated with Chromium, an ingredient in PeptideVite™. Avoid taking any of these herbal supplements in combination with Glucagon-like peptide-1 receptor agonists, as they may increase your risk of hypoglycemia:



Prickly pear cactus



Bitter melon



Gymnema



Banaba



White mulberry



WHY ZEN NUTRIENTS?

They say pharmacists are one of the most trusted professionals in the world. Well then, if you take the trust and wisdom of a pharmacist, combine that with the knowledge and expertise of a physician, this equals Zen Nutrients.



High Quality
& Third Party Tested



Made in a CGMP & FDA
USA Registered Facility



Pharmacist & Physician
Formulated



Research Backed
Clinical Ingredients



MOTTO & MISSION

Heal from within. We strongly believe in the power of natural medicine and have witnessed the health benefits of the holistic approach. Our mission is to improve health outcomes, reduce healthcare costs and simply create zen in your body by addressing the root cause.

RESEARCH AND SCIENCE BACKED INGREDIENTS

-  Pharma Grade Ingredients
-  Bioavailable Ingredients
-  Organic Ingredients
-  Made in the USA
-  Non-GMO and Gluten-Free
-  FDA Facility Products



GEN-NUTRA

NUTRITIONAL SCIENCE

If you have any questions or would like to share your experience with our team, please feel free to send us a message.

We love hearing from you!

SUPPORT@GENNUTRA.NET



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

Research and Science Backed Studies

Ingredient	Description	Benefits	Clinical Research
B12 (methylcobalamin)	Bioavailable form of B12 used to metabolize carbs, proteins, and fats, which your body converts into energy.	Energy support	<p>Office of Dietary Supplements. (2021). Vitamin B12: Fact sheet for professionals. Retrieved from https://ods.od.nih.gov/factsheets/VitaminB12-HealthProfessional Accessed January 9, 2021.</p> <p>Wolffenbuttel, B. H. R., Wouters, H. J. C. M., Heiner-Fokkema, M. R., & van der Klauw, M. M. (2019). The Many Faces of Cobalamin (Vitamin B12) Deficiency. <i>Mayo Clin Proc Innov Qual Outcomes</i>, 3(2), 200–214. doi: 10.1016/j.mayocpiqo.2019.03.002. PMID: PMC6543499. PMID: 31193945. https://pubmed.ncbi.nlm.nih.gov/31193945</p> <p>Gupta, J. K., & Qureshi Shaiba, S. (2015). Potential Benefits of Methylcobalamin: A Review. Department of Pharmacology, GLA University Mathura, India. Unpublished manuscript. https://www.researchgate.net/profile/Jeetendra-Gupta/publication/339412930_Potential_Benefits_of_Methylcobalamin_A_Review/links/5e4ff1bd458515072dafa8be/Potential-Benefits-of-Methylcobalamin-A-Review.pdf</p> <p>Lavriša, Ž., Hristov, H., Hribar, M., Žmitek, K., Kušar, A., Koroušič Seljak, B., Gregorič, M., Blaznik, U., Gregorič, N., Zaletel, K., Oblak, A., Osredkar, J., & Pravst, I. (2022). Dietary Intake and Status of Vitamin B12 in Slovenian Population. <i>Nutrients</i>, 14(2), 334. doi: 10.3390/nu14020334. PMID: PMC8781642. PMID: 35057515. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8781642</p>
L-Methylfolate (B9)	Bioavailable form for folic acid, used to help with mental fatigue, irritability and boost energy.	Energy, weight loss, mental fatigue support	<p>Maugeri, A. (2020). The Effects of Dietary Interventions on DNA Methylation: Implications for Obesity Management. <i>International Journal of Molecular Sciences</i>, 21(22), 8670. doi: 10.3390/ijms21228670. https://www.mdpi.com/1422-0067/21/22/8670</p> <p>Pannia, E., Hammoud, R., Simonian, R., Arning, E., Ashcraft, P., Wakes, B., Bottiglieri, T., Pausova, Z., Kubant, R., & Anderson, G. H. (2020). [6S]-5-Methyltetrahydrofolic Acid and Folic Acid Pregnancy Diets Differentially Program Metabolic Phenotype and Hypothalamic Gene Expression of Wistar Rat Dams Post-Birth. <i>Nutrients</i>, 13(1), 48. https://doi.org/10.3390/nu13010048</p> <p>Papakostas, G. I., Shelton, R. C., Zajecka, J. M., Etemad, B., Rickels, K., Clain, A., Baer, L., Dalton, E. D., Sacco, G. R., Schoenfeld, D., Pencina, M., Meisner, A., Bottiglieri, T., Nelson, E., Mischoulon, D., Alpert, J. E., Barbee, J. G., Zisook, S., & Fava, M. (2012, December 1). L-Methylfolate as Adjunctive Therapy for SSRI-Resistant Major Depression: Results of Two Randomized, Double-Blind, Parallel-Sequential Trials. <i>American Journal of Psychiatry</i>. Advance online publication. https://doi.org/10.1176/appi.ajp.2012.11071114</p>
5'-pyridoxal phosphate (B6)	Bioavailable form of B6, used to help with nausea, headaches and energy production.	Energy, Nausea	<p>Institute of Medicine. Dietary reference intakes for thiamin, riboflavin, niacin, vitamin B6, folate, vitamin B12, pantothenic acid, biotin, and choline. Washington, DC: National Academy Press, 1999.</p> <p>Ebbing M, Bønaa KH, Arnesen E, Ueland PM, Nordrehaug JE, Rasmussen K, Njølstad I, Nilsen DW, Refsum H, Tverdal A, Vollset SE. Combined analyses and extended follow-up of two randomized controlled homocysteine-lowering B-vitamin trials. <i>Journal of internal medicine</i>. 2010 Oct 1;268(4):367-82.</p> <p>Sharifzadeh F, Kashanian M, Koohpayehzadeh J, Rezaian F, Sheikhsari N, Eshraghi N. A comparison between the effects of ginger, pyridoxine (vitamin B6) and placebo for the treatment of the first trimester nausea and vomiting of pregnancy (NVP). <i>The Journal of Maternal-Fetal & Neonatal Medicine</i>. 2018 Oct 2;31(19):2509-14.</p> <p>Matok, I., Clark, S., Caritis, S., Miodovnik, M., Umans, J. G., Hankins, G., Mattison, D. R., & Koren, G. (2014). Studying the antiemetic effect of vitamin B6 for morning sickness: Pyridoxine and pyridoxal are prodrugs. First published: 22 July 2014. https://accpl.onlinelibrary.wiley.com/doi/abs/10.1002/jcph.369Parra, M., Stahl, S., & Hellmann, H. (2018). Vitamin B6 and Its Role in Cell Metabolism and Physiology. <i>Cells</i>, 7(7), 84. doi: 10.3390/cells7070084. PMID: PMC6071262. PMID: 30037155. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6071262</p> <p>Tardy, A.-L., Pouteau, E., Marquez, D., Yilmaz, C., & Scholey, A. (2020). Vitamins and Minerals for Energy, Fatigue and Cognition: A Narrative Review of the Biochemical and Clinical Evidence. <i>Nutrients</i>, 12(1), 228. doi: 10.3390/nu12010228. PMID: PMC7019700. PMID: 31963141 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7019700</p>
Thiamine (B1)	Is an important cofactor in glucose metabolism and helps the body cells convert carbohydrates into energy.	Energy support	<p>Huskisson, E., Maggini, S., & Ruf, M. (2007). The role of vitamins and minerals in energy metabolism and well-being. <i>The Journal of International Medical Research</i>, 35, 277-289. https://pubmed.ncbi.nlm.nih.gov/17593855/</p> <p>Depeint, F., Bruce, W. R., Shangari, N., Mehta, R., & O'Brien, P. J. (2006). Mitochondrial function and toxicity: Role of the B vitamin family on mitochondrial energy metabolism. <i>Chemico-Biological Interactions</i>, 163(1-2), 94-112. Doi: 10.1016/j.cbi.2006.04.014. PMID: 16765926. https://pubmed.ncbi.nlm.nih.gov/16765926/</p> <p>Nozaki S, Mizuma H, Tanaka M, Jin G, Tahara T, Mizuno K, Yamato M, Okuyama K, Eguchi A, Akimoto K, Kitayoshi T, Mochizuki-Oda N, Kataoka Y, Watanabe Y. Thiamine tetrahydrofurfuryl disulfide improves energy metabolism and physical performance during physical-fatigue loading in rats. <i>Nutr Res</i>. 2009 Dec;29(12):867-72. Doi: 10.1016/j.nutres.2009.10.007. PMID: 19963160. https://pubmed.ncbi.nlm.nih.gov/19963160</p>

Ingredient	Description	Benefits	Clinical Research
Chromium Picolinate	Works together with insulin produced by the pancreas to metabolize carbohydrates and aid food craving reduction.	Energy support	<p>Yazaki, Y., Faridi, Z., Ma, Y., Ali, A., Northrup, V., Njike, V. Y., Liberti, L., & Katz, D. L. (2010). A Pilot Study of Chromium Picolinate for Weight Loss. <i>The Journal of Alternative and Complementary Medicine</i>, 16(3), 291-299. doi: 10.1089/acm.2009.0286. PMID: PMC5206698. PMID: 20192914. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5206698</p> <p>Anton, S. D., Morrison, C. D., Cefalu, W. T., Martin, C. K., Coulon, S., Geiselman, P., Han, H., White, C. L., & Williamson, D. A. (2008). Effects of chromium picolinate on food intake and satiety. <i>Diabetes Technology & Therapeutics</i>, 10(5), 405-412. doi: 10.1089/dia.2007.0292. PMID: 18715218. PMID: PMC2753428. https://pubmed.ncbi.nlm.nih.gov/18715218</p> <p>Vincent, J. B. (2003). The potential value and toxicity of chromium picolinate as a nutritional supplement, weight loss agent, and muscle development agent. <i>Sports Medicine</i>, 33(3), 213-230. doi: 10.2165/00007256-200333030-00004. https://pubmed.ncbi.nlm.nih.gov/12656641</p> <p>Tian, H., Guo, X., Wang, X., He, Z., Sun, R., Ge, S., & Zhang, Z. (2013). Chromium picolinate supplementation for overweight or obese adults. <i>Cochrane Database of Systematic Reviews</i>, 2013(11), CD010063. doi: 10.1002/14651858.CD010063.pub2. PMID: 24293292. PMID: PMC7433292. https://pubmed.ncbi.nlm.nih.gov/24293292</p> <p>Wilcox, G. (2005). Insulin and Insulin Resistance. <i>Clinical Biochemist Reviews</i>, 26(2), 19-39. PMID: 16278749. PMID: PMC1204764. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1204764</p> <p>Shindea, U. A., Sharma, G., Xu, Y. J., Dhalla, N. S., & Goyal, R. K. (2004). Insulin sensitizing action of chromium picolinate in various experimental models of diabetes mellitus. <i>Journal of Trace Elements in Medicine and Biology</i>, 18(1), 23-32. Doi: 10.1016/j.jtemb.2004.03.002. PMID: 15487760. https://pubmed.ncbi.nlm.nih.gov/15487760/</p>
Coenzyme Q10 (Ubiquinone)	Helps improve exercise performance by supporting mitochondrial function, decreasing oxidative stress, and reducing fatigue.	Energy support	<p>Garrido-Maraver, J., Cordero, M. D., Oropesa-Avila, M., Vega, A. F., de la Mata, M., Pavon, A. D., Alcocer-Gomez, E., Calero, C. P., Paz, M. V., Alanis, M., de Lavera, I., Cotan, D., & Sanchez-Alcazar, J. A. (2014). Clinical applications of coenzyme Q10. <i>Frontiers in Bioscience (Landmark Ed)</i>, 19(4), 619-633. Doi: 10.2741/4231. PMID: 24389208. https://pubmed.ncbi.nlm.nih.gov/24389208/</p> <p>Testai, L., Martelli, A., Flori, L., Cicero, A. F. G., & Colletti, A. (2021). Coenzyme Q10: Clinical Applications beyond Cardiovascular Diseases. <i>Nutrients</i>, 13(5), 1697. Doi: 10.3390/nu13051697. PMID: 34067632; PMID: PMC8156424 https://pubmed.ncbi.nlm.nih.gov/34067632/</p> <p>Sarmiento, A., Diaz-Castro, J., Pulido-Moran, M., Kajarabille, N., Guisado, R., & Ochoa, J. J. (2016). Coenzyme Q10 Supplementation and Exercise in Healthy Humans: A Systematic Review. <i>Current Drug Metabolism</i>, 17(4), 345-358. Doi: 10.2174/1389200216666151103115654. PMID: 26526835. https://pubmed.ncbi.nlm.nih.gov/26526835/</p> <p>Díaz-Casado, M. E., Quiles, J. L., Barriocanal-Casado, E., González-García, P., Battino, M., López, L. C., & Varela-López, A. (2019). The Paradox of Coenzyme Q10 in Aging. <i>Nutrients</i>, 11(9), 2221. Doi: 10.3390/nu11092221. PMID: 31540029; PMID: PMC6770889. https://pubmed.ncbi.nlm.nih.gov/31540029/</p>
Magnesium Malate	Highly absorbable essential mineral used to support energy production, improve exercise performance, aid in healthy metabolism and supports bowel movement.	Constipation & Energy support	<p>Weiss, D., Brunk, D. K., & Goodman, D. A. (2018). Scottsdale Magnesium Study: Absorption, Cellular Uptake, and Clinical Effectiveness of a Timed-Release Magnesium Supplement in a Standard Adult Clinical Population. <i>Journal of the American College of Nutrition</i>, 37(4), 316-327. Doi: 10.1080/07315724.2017.139868. https://www.tandfonline.com/doi/full/10.1080/07315724.2017.139868</p> <p>Volpe, S. L. (2015). Magnesium and the Athlete. <i>Current Sports Medicine Reports</i>, 14(4), 279-283. Doi: 10.1249/JSR.0000000000000178 https://journals.lww.com/acsm-csmr/fulltext/2015/07000/magnesium_and_the_athlete.8.aspx</p> <p>D., Castenmiller, J., De Henauw, S., Hirsch-Ernst, K. I., Kearney, J., Knutsen, H. K., Maciuk, A., Mangelsdorf, I., McArdle, H. J., Naska, A., Pelaez, C., Pentieva, K., Siani, A., Thies, F., Tsabouri, S., Vinceti, M., Dean, T., Engel, K. H., Heinonen, M., Marchelli, R., Neuhäuser-Berthold, M., Poulsen, M., Pötting, A., Sanz, Y., Schlatter, J. R., Germini, A., & van Loveren, H. (2018). Magnesium citrate malate as a source of magnesium added for nutritional purposes to food supplements. <i>EFSA Journal</i>, 16(12), e05484. Doi: https://pubmed.ncbi.nlm.nih.gov/32625777/</p> <p>Newhouse, I. J., & Finstad, E. W. (2000). The Effects of Magnesium Supplementation on Exercise Performance. <i>Clinical Journal of Sport Medicine</i>, 10(3), 195-200. https://journals.lww.com/cjsportsmed/Abstract/2000/07000/The_Effects_of_Magnesium_Supplementation_on.8.aspx</p>
Himalayan Pink Salt Powder (Sodium Chloride)	Pharmaceutical grade sodium electrolyte used to replenish lost electrolytes, while detoxing the body and kidneys.	Electrolyte for energy & fatigue support	<p>EFSA Panel on Nutrition, Novel Foods and Food Allergens (NDA), Turck D, Castenmiller J, de Henauw S, Hirsch-Ernst KI, Kearney J, Knutsen HK, Maciuk A, Mangelsdorf I, McArdle HJ, Pelaez C, Pentieva K, Siani A, Thies F, Tsabouri S, Vinceti M, Aggett P, Fairweather-Tait S, Martin A, Przyrembel H, de Sesmaisons-Lecarré A, Naska A. Dietary reference values for chloride. <i>EFSA J</i>. 2019 Sep 4;17(9):e05779.</p> <p>Institute of Medicine. 2006. <i>Dietary Reference Intakes: The Essential Guide to Nutrient Requirements</i>. Washington, DC: The National Academies Press. Accessed 9/5/2022.</p> <p>Merson, S. (2009). Salt - The Pros and the Cons. <i>Foods Matter</i>, 8-9. https://www.proquest.com/openview/9b0c446d687245119c909d6035db21e?pq-origsite=gscholar&cbl=39578</p>

Ingredient	Description	Benefits	Clinical Research
Potassium Citrate	Highly bioavailable form of potassium to help with electrolyte balance	Electrolyte for energy & fatigue support	<p>National Academy of Medicine. Dietary Reference Intakes for Sodium and Potassium. Washington (DC): National Academies Press (US); 2019 Mar.</p> <p>National Institutes of Health; Office of Dietary Supplements. Potassium: Fact Sheet for Health Professionals. https://ods.od.nih.gov/factsheets/Potassium-HealthProfessional/. Accessed 5/20/2019.</p> <p>Dietary Guidelines for Americans Scientific Advisory Committee. Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2010, to the Secretary of Agriculture and the Secretary of Health and Human Services. 2010.</p> <p>Yang Q, Liu T, Kuklina EV, Flanders WD, Hong Y, Gillespie C, Chang MH, Gwinn M, Dowling N, Khoury MJ, Hu FB. Sodium and potassium intake and mortality among US adults: prospective data from the Third National Health and Nutrition Examination Survey. <i>Archives of internal medicine</i>. 2011 Jul 11;171(13):1183-91.</p> <p>Sjøgaard, G. (1996, March). Potassium and fatigue: the pros and cons. https://onlinelibrary.wiley.com/doi/abs/10.1046/j.1365-201X.1996.207000.x</p> <p>Lindinger, M. I., & Cairns, S. P. (2021, January 4). Regulation of muscle potassium: exercise performance, fatigue and health implications. https://link.springer.com/article/10.1007/s00421-020-04546-8</p> <p>Mohr, M., Nordsborg, N., Nielsen, J. J., Pedersen, L. D., Fischer, C., Krstrup, P., & Bangsbo, J. (2004, March 27). Potassium kinetics in human muscle interstitium during repeated intense exercise in relation to fatigue. https://link.springer.com/article/10.1007/s00424-004-1257-6</p> <p>Demigné, C., Sabboh, H., Révész, C., & Meneton, P. (2004). Protective Effects of High Dietary Potassium: Nutritional and Metabolic Aspects. <i>The Journal of Nutrition</i>, 134(11), 2903-2906. Doi: 10.1093/jn/134.11.2903. https://www.sciencedirect.com/science/article/pii/S0022316623028626?via%3Dihub</p>
Organic Ginger Root Extract	Biologically active ingredient zingiber officinale is highly effective for gastrointestinal disorders, such as dyspepsia, abdominal pain, and nausea.	Nausea, Dyspepsia, Abdominal Pain support	<p>Gumbarewicz, E., Jarzab, A., Stepulak, A., & Kukula-Koch, W. (2022). Zingiber officinale Rosc. In the Treatment of Metabolic Syndrome Disorders—A Review of In Vivo Studies. <i>International Journal of Molecular Sciences</i>, 23(24), 15545. Doi: 10.3390/ijms232415545. PMID: 36555184. PMIDID: PMC9779757 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9779757/</p> <p>Hu, M. L., Rayner, C. K., Wu, K. L., Chuah, S. K., Tai, W. C., Chou, Y. P., Chiu, Y. C., Chiu, K. W., & Hu, T. H. (2011). Effect of ginger on gastric motility and symptoms of functional dyspepsia. <i>World Journal of Gastroenterology</i>, 17(1), 105-110. Doi: 10.3748/wjg.v17.i1.105. PMID: 21218090. PMIDID: PMC3016669 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3016669/</p> <p>Rondanelli, M., Fossari, F., Vecchio, V., Gasparri, C., Peroni, G., Spadaccini, D., Riva, A., Petrangolini, G., Iannello, G., Nichetti, M., Infantino, V., & Perna, S. (2020). Clinical trials on pain lowering effect of ginger: <i>Phytotherapy Research</i>, 34(11), 2843-2856. Doi: 10.1002/ptr.6730. PMID: 32436242. PMIDID: PMC7754412. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7754412/</p> <p>Nikkhah Bodagh, M., Maleki, I., & Hekmatdoost, A. (2019). Ginger in gastrointestinal disorders: A systematic review of clinical trials. <i>Food Science & Nutrition</i>, 7(1), 96-108. Doi: 10.1002/fsn3.807. PMID: 30680163. PMIDID: PMC6341159. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6341159/</p>
Bromelain	Key ingredient found in pineapples used to improve digestion and aid in proper bowel function.	Digestion and bowel function support	<p>Hikisz, P., & Bernasinska-Slomczewska, J. (2021). Beneficial Properties of Bromelain. <i>Nutrients</i>, 13(12), 4313. Doi: 10.3390/nu13124313. PMID: 34959865. PMIDID: PMC8709142. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8709142/</p> <p>Chakraborty, A. J., Mitra, S., Tallei, T. E., Tareq, A. M., Nainu, F., Cicia, D., Dhama, K., Emran, T. B., Simal-Gandara, J., & Capasso, R. (2021). Bromelain a potential bioactive compound: A comprehensive overview from a pharmacological perspective. <i>Life</i>, 11(4), 317. https://doi.org/10.3390/life11040317</p> <p>Pavan, R., Jain, S., Shradha, & Kumar, A. (2012). Properties and therapeutic application of bromelain: A review. <i>Journal of Biotechnology</i>, 150(1), 16-23. https://doi.org/10.1016/j.jbiotec.2010.12.011</p>
Papain Enzyme	Derived from papayas, a natural digestive enzyme that helps break down the food you eat so that you can properly digest and absorb the nutrients from that food. They also help relieve symptoms such as bloating, constipation, and gas.	Digestion, constipation and gut microbiome support	<p>Sharma, A., Sharma, R., Sharma, M., Kumar, M., Barbhai, M. D., Lorenzo, J. M., Sharma, S., Samota, M. K., Atanassova, M., Caruso, G., Naushad, M., & Radha. (2022). Carica papaya L. Leaves: Deciphering Its Antioxidant Bioactives, Biological Activities, Innovative Products, and Safety Aspects. <i>BioMed Research International</i>, 2022, Article ID 2451733. https://doi.org/10.1155/2022/2451733</p> <p>Roxas, M. (2008). The Role of Enzyme Supplementation in Digestive Disorders. <i>Alternative Medicine Review</i>, 13(4), 307-314.</p> <p>Martin, S. H. C. (1885). Papain-Digestion. <i>Journal of Physiology</i>, 5(4-6), 213-230. Doi: 10.1113/jphysiol.1885.sp000165 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1485166/</p> <p>Kostiuchenko, O., Kravchenko, N., Markus, J., Burleigh, S., Fedkiv, O., Cao, L., Letasiova, S., Skibo, G., Fåk Hällenius, F., & Prykhodko, O. (2022). Effects of Proteases from Pineapple and Papaya on Protein Digestive Capacity and Gut Microbiota in Healthy C57BL/6 Mice and Dose-Manner Response on Mucosal Permeability in Human Reconstructed Intestinal 3D Tissue Model. <i>Metabolites</i>, 12(11), 1027. Doi: 10.3390/metabo12111027 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9696696/</p>

Ingredient	Description	Benefits	Clinical Research
Lemon Balm (Melissa officinalis) Extract	Used as a gastro-protective herb that aids to relax and soothe spasms thanks to its antispasmodic effects, plus assists with discomfort from indigestion	Antispasmodic effects, GI discomfort, indigestion support	<p>Miraj, S., Rafeian-Kopaei, R., & Kiani, S. (2017). Melissa officinalis L: A Review Study With an Antioxidant Prospective. <i>Journal of Evidence-Based Complementary & Alternative Medicine</i>, 22(3), 385-394. Doi: 10.1177/2156587216663433 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5871149/</p> <p>Aubert, P., Guinobert, I., Blondeau, C., Bardot, V., Ripoche, I., Chalard, P., & Neunlist, M. (2019). Basal and Spasmolytic Effects of a Hydroethanolic Leaf Extract of Melissa officinalis L. on Intestinal Motility: An Ex Vivo Study. <i>Medicinal Food</i>, 22(7), 653-662. Doi: 10.1089/jmf.2018.0154 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6653806/</p> <p>Abdellatif, F., Begaa, S., Messaoudi, M., Benarfa, A., Ouakouak, H., Hassani, A., Sawicka, B., & Simal Gandara, J. (2023). HPLC-DAD Analysis, Antimicrobial and Antioxidant Properties of Aromatic Herb Melissa officinalis L., Aerial Parts Extracts. <i>Food Analytical Methods</i>, 16(1), 45-54. Doi: 10.1007/s12161-022-02385-1 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9397176/</p>
Peppermint (mentha piperita) Leaf Powder	Natural herb that may relieve digestive symptoms, such as gas, bloating, and indigestion.	Indigestion and gas support	<p>Chumpitazi, B. P., Kearns, G., & Shulman, R. J. (2018). Review article: The physiologic effects and safety of Peppermint Oil and its efficacy in irritable bowel syndrome and other functional disorders. <i>Alimentary Pharmacology & Therapeutics</i>, 47(6), 738-752. Doi: 10.1111/apt.14519. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5814329/</p> <p>Fifi, A. C., Axelrod, C. H., Chakraborty, P., & Saps, M. (2018). Herbs and spices in the treatment of functional gastrointestinal disorders: A review of clinical trials. <i>Nutrients</i>, 10(11), 1715. Doi: 10.3390/nu10111715. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6266883/</p> <p>Mahboubi, M. (2021). Mentha spicata L. essential oil, phytochemistry and its effectiveness in flatulence. <i>Journal of Traditional and Complementary Medicine</i>, 11(2), 75-81. Doi: 10.1016/j.jtcme.2017.08.011. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7936090/</p> <p>Chiaroni, G., Pesce, M., Fantin, A., & Sarnelli, G. (2018). Complementary and alternative treatment in functional dyspepsia. <i>United European Gastroenterology Journal</i>, 6(1), 5-12. Doi: 10.1177/2050640617724061. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5802680/</p> <p>Jafarimanesh, H., Akbari, M., Hoseinian, R., Zarei, M., & Harorani, M. (2020). The effect of peppermint (Mentha piperita) extract on the severity of nausea, vomiting, and anorexia in patients with breast cancer undergoing chemotherapy: A randomized controlled trial. <i>Integrative Cancer Therapies</i>, 19, 1534735420967084. Doi: 10.1177/1534735420967084. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7605047/</p>
Organic Licorice Extract (root)	Potent antioxidant that supports acid reflux.	Acid reflux, Peptic Ulcer Disease, Indigestion support	<p>Di Pierro, F., Gatti, M., Rapacioli, G., & Ivaldi, L. (2013). Outcomes in patients with nonerosive reflux disease treated with a proton pump inhibitor and alginate acid ± glycyrrhetic acid and anthocyanosides. <i>Clinical and Experimental Gastroenterology</i>, (6), 27-33. doi: 10.2147/CEG.S42512. PMID: 23569394. PMCID: PMC3615700 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3615700</p> <p>Raveendra, K. R., Jayachandra, S., Srinivasa, V., Sushma, K. R., Allan, J. J., Goudar, K. S., Shivaprasad, H. N., Venkateshwarlu, K., Geetharani, P., Sushma, G., & Agarwal, A. (2011). An Extract of Glycyrrhiza glabra (GutGard) Alleviates Symptoms of Functional Dyspepsia: A Randomized, Double-Blind, Placebo-Controlled Study. <i>Evidence-Based Complementary and Alternative Medicine</i>, 2012, 216970. doi: 10.1155/2012/216970. PMID: 21747893. PMCID: PMC3123991. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3123991</p> <p>Setright, R. (2017, June 1). Prevention of symptoms of gastric irritation (GERD) using two herbal formulas: An observational study. https://search.informit.org/doi/10.3316/INFORMIT.950298610899394</p> <p>Hajiaghahammadi, A. A., Zargar, A., Oveisi, S., Samimi, R., & Reisian, S. (2016). To evaluate the effect of adding licorice to the standard treatment regimen of Helicobacter pylori. <i>Brazilian Journal of Infectious Diseases</i>, 20(6), 534-538. doi: 10.1016/j.bjid.2016.07.015 https://pubmed.ncbi.nlm.nih.gov/27614124</p>
Lactobacillus gasseri	Probiotic that plays a clinically validated role in abdomen weight reduction and supporting proper gut health.	Weight loss and gut health support	<p>Jung, S.-P., Lee, K.-M., Kang, J.-H., Yun, S.-I., Park, H.-O., Moon, Y., & Kim, J.-Y. (2013). Effect of Lactobacillus gasseri BNR17 on Overweight and Obese Adults: A Randomized, Double-Blind Clinical Trial. <i>Korean Journal of Family Medicine</i>, 34(2), 80-89. Doi: 10.4082/kjfm.2013.34.2.80. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3611107/</p> <p>Ogawa, A., Kadooka, Y., Kato, K., Shirouchi, B., & Sato, M. (2014). Lactobacillus gasseri SBT2055 reduces postprandial and fasting serum non-esterified fatty acid levels in Japanese hypertriacylglycerolemic subjects. <i>Lipids in Health and Disease</i>, 13, 36. Doi: 10.1186/1476-511X-13-36. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3944925/</p> <p>Álvarez-Arraño, V., & Martín-Peláez, S. (2021). Effects of Probiotics and Synbiotics on Weight Loss in Subjects with Overweight or Obesity: A Systematic Review. <i>Nutrients</i>, 13(10), 3627. Doi: 10.3390/nu13103627. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8540110/</p> <p>Drissi, F., Merhej, V., Angelakis, E., El Kaoutari, A., Carrière, F., Henrissat, B., & Raoult, D. (2014). Comparative genomics analysis of Lactobacillus species associated with weight gain or weight protection. <i>Nutrition & Diabetes</i>, 4(2), e109. Doi: 10.1038/nutd.2014.6. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3940830/</p>