



Nutritional support for restoring GI tract and mucosal lining wellness, soothing digestive discomfort and strengthening immune health

APPLICATIONS / BENEFITS

- Protects the intestinal mucosal lining
- Supports proper nutrient utilization and absorption
- Offers relief from heartburn, indigestion, gas and bloating
- Aids the body in resisting pathogenic bacteria

OVERVIEW

Patient One® GastroOne™ supplies comprehensive nutrition for gastrointestinal (GI) health and function. Combining over 10 science-backed ingredients, this formula supports the body's natural defense mechanisms by stimulating the mass, quality and production of mucous, a major component of the stomach's protective lining. Presented in a pleasant natural orange flavor, this nutritional protocol is ideal for promoting wellness in a compromised GI tract. GastroOne is formulated to be shellfish free and vegetarian.

KEY INGREDIENTS

L-Glutamine

L-Glutamine is the foundation ingredient in our formula, as it plays a critical role in the metabolism, structure, and function of the entire GI tract. The most abundant free form amino acid in the body, L-glutamine acts as the major fuel source for the intestines. The intestinal mucosal cells use glutamine as a transporter of nitrogen for the biosynthesis of many important compounds, including nucleotides needed for cell division, amino sugars for building the glycosaminoglycans of intestinal mucous and amino acids that are crucial for protein synthesis.

During times of physiological stress, the intestinal tract uses large amounts of glutamine, causing blood glutamine levels to fall, which can result in a compromised immune system and muscle wasting. Many clinical studies support the use of dietary glutamine as a crucial component in maintaining healthy function of the GI tract—normal intestinal permeability, mucosal cell regeneration, and intestinal structure. Glutamine supplementation has been found to be beneficial for those suffering from food allergies and inflamed bowels.

N-Acetyl-D-Glucosamine (nAG)

nAG is a naturally occurring aminoglycan found in large amounts in intestinal mucus, secretory IgA, and other immunoglobulins. It nutritionally supports the intestinal mucosa's protective glycoprotein cover, which provides a mechanical and immunological barrier against toxins, antigens, and bacteria in the gut lumen. Research has shown that in cases of intestinal irritation, N-acetylation of glucosamine is often deficient, reducing the synthesis of the gastric and intestinal mucosa's protective glycoprotein (mucin) cover. nAG

supplementation may help remedy this deficiency and help restore healthy mucin levels. GastroOne supplies vegan-sourced nAG making it ideal for those who wish to avoid shellfish.

Deglycyrrhized Licorice extract (DGL)

DGL, considered a demulcent herb, is soothing to the lining of the stomach and small intestine. It increases blood supply to damaged mucosa, increases the number of mucous-producing cells and enhances their mucin production capacity, which protects intestinal epithelium and extends the life span of intestinal cells. Licorice has been found to provide support for those suffering from indigestion, heartburn and especially *H. pylori* insults. Various studies have shown that licorice extract has anti-inflammatory activities, reducing cytokine production while increasing production of protective stomach mucus. Our licorice root extract has been processed to remove the glycyrrhizin, thus eliminating risk of licorice-associated side effects.

Aloe vera

Aloe has been used for thousands of years and is perhaps the most well-known for supporting damaged epithelial tissue, including bowel lining. Aloe vera encourages a healthy GI tract and promotes normal inflammatory response. It helps to maintain healthy prostaglandin metabolism and immune mediator activity.

Slippery elm, Marshmallow root and Fenugreek

All known as mucilaginous herbs, these botanicals have a long history of use in GI complaints. They coat and soothe injured tissues of the GI tract, creating a protective mucous lining to promote gut integrity and lower the instance of indigestion and GI distress.

Methylsulphonylmethane (MSM)

MSM is an organic sulfur compound that acts as an important cell builder and binder of soft tissues in the body. It has been found to increase the power of the body's immune system by providing support for an overly permeable gut and preventing parasites from entering the walls of the stomach and intestines by coating the lining of the GI tract.

Chamomile

Chamomile is rich in certain essential oils that help soothe the walls of the intestines, helping to ease sudden sharp and

intense pains and eliminate gas. It's mildly bitter qualities help stimulate liver function, increasing the secretion of bile – aiding the digestive process, assisting the elimination of toxins through the liver and breaking down fats in the small intestine. It can help calm gastritis.

Ginger

Helps alleviate symptoms of gastrointestinal distress by promoting the elimination of intestinal gas and relaxing and soothing the intestinal tract. Modern scientific research has revealed that ginger possesses numerous therapeutic properties including antioxidant and inflammation-modulating effects.

Quercetin

Quercetin has been shown to enhance intestinal barrier function in human intestinal cells. Mast cells play an important role in the pathogenesis of intestinal mucosal inflammation. Quercetin helps by inhibiting histamine release from intestinal mast cells.

FiberAid®

FiberAid is a branched polysaccharide extracted from western larch and tamarack larch trees. Larch tree arabinogalactan is an excellent source of fiber and stimulates immune function. It acts as a prebiotic increasing beneficial gut microflora and decreasing endogenous pathogens.

Zinc L-Carnosine

Zinc L-Carnosine may help ease stomach discomfort by supporting the healthy ecology, natural defenses and integrity of the stomach lining. It is well researched and has been shown to support a healthy gastric environment, relieve heartburn, nausea, bloating, and upset stomach. Some research indicates that zinc carnosine may protect gastric mucosal cells without altering prostaglandin metabolism.

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Supplement Facts

Serving Size: 1 Rounded Scoop (Approx. 5.94 Grams)

Servings Per Container: about 30

Amount Per Serving		% DV*
Calories	15	1 %
Total Carbohydrates	0.7 g	0 %
Dietary Fiber	0.3 g	1 %
Other Carbohydrates	0.4 g	**
Zinc (from Zinc L-Carnosine complex)	16 mg	145 %
L-Glutamine	3 g	**
N-Acetyl-D-Glucosamine (shellfish free)	500 mg	**
Deglycyrrhizinated Licorice (DGL) (<i>Glycyrrhiza glabra</i>) (root) [Contains no more than 3% Glycyrrhizinic acid (7.5 mg)]	250 mg	**
Aloe vera (<i>Aloe barbadensis</i>) (leaf) (199:1 gel extract)	300 mg	**
Slippery elm (<i>Ulmus fulva</i>) (bark)	200 mg	**
Marshmallow (<i>Althea officinalis</i>) (root)	250 mg	**
Chamomile (<i>Matricaria chamomilla</i>) (flowers)	100 mg	**
Methylsulfonylmethane (MSM)	100 mg	**
Quercetin (as dihydrate)	100 mg	**
Ginger root blend of root powder and root extract (<i>Zingiber officinale</i>)	500 mg	**
Fenugreek (<i>Trigonella foenum graecum</i>) (seed)	250 mg	**
FiberAid® Larch tree arabinogalactan (<i>Larix laricina</i>)	250 mg	**
Zinc L-Carnosine Complex	75 mg	**

* Daily Values based on 2,000 calorie diet

** Daily Value not established

Other Ingredients: gum arabic, natural orange flavor, *Stevia rebaudiana* extract

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

Suggested Use: Blend, shake or briskly stir 1 scoop into 6-8 oz. of water, juice or preferred beverage, preferably before a meal, 1-3 times daily or as directed by your health practitioner. Store in a cool, dry place.

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.**

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Vegetarian

Gluten Free

Non-GMO

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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