



Available in 30 servings powder

- Aloe vera is used in herbal medicine as a demulcent to help soothe inflammation of the gastrointestinal tract
- Used in herbal medicine for gastrointestinal support

## Discussion

**L-Glutamine**, the most abundant free form amino acid in the body, is very important for maintaining gastrointestinal and stimulated immune cell functioning. It is an important transporter of nitrogen (and carbon) in the body and therefore, is vital in wound healing. Although glutamine can be synthesized by the intestinal mucosa, during periods of physiological stress when needs can not likely be met by the body alone, gut epithelial atrophy, ulceration and even necrosis are possible.<sup>[1]</sup> L-glutamine is metabolized to ammonia and glutamate.\*

**Arabinogalactan**, a polysaccharide derived from the Larch tree, contributes fermentable fiber to this formula in addition to having immuno-stimulatory properties. It minimizes ammonia synthesis and absorption, enhances production of short chain fatty acids and increases the gut microflora population.\*<sup>[2]</sup>

**Licorice Root Extract 10:1** (deglycyrrhized) is a concentrated extract that has been processed to remove glycyrrhizin, thus eliminating any risk of licorice-associated side effects. It is anti-inflammatory, antispasmodic and has laxative and soothing effects. Aspirin-induced mucosal damage has been shown to be reduced by administration of deglycyrrhized licorice.\*<sup>[3]</sup>

**Aloe Leaf Extract** (standardized to 50% polysaccharides), 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> The aloe extract used in GlutAloeMine® does not have a laxative effect because the bitter principles have been removed.\*

## GlutAloeMine®

### Medicinal Ingredients (1 Scoop (about 5.8 g) contains)

|  |        |
|--|--------|
| L-Glutamine .....  | 3 g    |
| Arabinogalactan (D-Galacto-L-arabinan, <i>Larix laricina</i> - wood) ..... | 2 g    |
| Licorice ( <i>Glycyrrhiza glabra</i> , root and rhizome)(10:1) .....       | 500 mg |
| Aloe vera (leaf gel)(200:1) .....  | 100 mg |

### Non-Medicinal Ingredients

*Stevia rebaudiana* leaf.

### Recommended Dose

*Adults:* Mix one scoop with 60-120 mL of water and consume once daily or as directed by your healthcare practitioner. Consult a healthcare practitioner for use beyond four to six weeks.

**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.

## References

1. L-Glutamine. [www.naturaldatabase.com](http://www.naturaldatabase.com) {accessed 4.3.07}
2. Arabinogalactan. [www.naturaldatabase.com](http://www.naturaldatabase.com) {accessed 4.3.07}
3. Rees WD, et al. Effect of deglycyrrhizinated liquorice on gastric mucosal damage by aspirin. *Scand J Gastroenterol.* 1979;14(5):605-7. [PMID: 493863]
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]

**Additional references available upon request**

EXCLUSIVE • PATENTED