

Protocol for Nutritional **DIGESTION** Support

Practitioner Information - Protocol For Life Balance™ Supplements

Good digestion and general gastrointestinal health are the primary determining factors not only of the body's access to nutrients, but also of the body's ability to protect itself from assault by pathogens and, further, of the success in eliminating toxins. The current protocol aims at supporting all three functions. The individual components below can be combined as a protocol for more complete support.

Pepzin GI® Soothe™

This chelated complex of L-carnosine with zinc has been patented in Japan and extensively studied for its ability to support mucous secretion and exert antioxidant effects. This combination of L-carnosine (beta-alanyl-L-histidine) with zinc in a 1-to-1 ratio delivers approximately 22-percent zinc. Research studies have referenced it by several names, including polaprezinc, Z-103, L-CAZ, AHZ, N-(3-aminopropionyl)-L-histidinazinc and zinc L-carnosine. The theory behind its mechanism of action is that PepZin GI® dissociates slowly in the acidic compartment of the stomach, adhering to the stomach lining and then releasing the zinc ion and L-carnosine. This supports normal mucous secretion and maintains the integrity of the protective mucosal barrier. It also has been shown to be antioxidative, directly protecting the mucosal cells from noxious agents (1). Tissue distribution studies have further shown the compound is metabolized as endogenous amino acids or zinc (2).

Pepzin GI® supports normal inflammation regulation and leukocyte activation and enhances mucosal growth factor expression (3, 4).

Cautions and interactions

There are no known drug interactions.

BioCore™ Enhanced Enzymes™

Digestive enzymes are essential to the body's absorption and full use of food. The capacity of the body to make enzymes diminishes with age and, therefore, the efficiency of digestion declines. After the age of roughly 60 or 65, most individuals produce very little hydrochloric acid in the stomach. Similarly, many illnesses are characterized by reduced digestive functioning.

BioCore™ Enhanced Enzymes™ contains a blend of non-GMO fungal-derived enzymes that will aid in the digestion of most foods, including beans and cruciferous vegetables. The vegetarian enzymes in BioCore™ Enhanced Enzymes™ have been proven in a controlled laboratory study by the Netherlands Organization for Applied Scientific Research (TNO Nutrition and Foods Research) to have efficacy throughout the entire pH range of the digestive system and are not degraded by acid in the stomach.

Cautions and interactions

There are no known drug interactions.

Ortho Dophilus™

Food affects gastrointestinal health in part through its impact on gut bacteria. Conversely, the health benefits of many foods, such as broccoli, depend upon how components are changed by bacteria in the intestines. Recently, researchers have begun to look more closely at the combination of probiotic bacteria with various prebiotics, which are items ingested to encourage proper bacterial growth and actions in the GI-tract. These synbiotics can exhibit benefits not found with either probiotics or prebiotics taken alone (5 - 7). This Protocol for Life Balance™ formulation is a combination of 8 different species of beneficial bacteria designed to support gastrointestinal health and immune system function. Fructooligosaccharide (FOS) is also included in this product to assist healthy growth of acidophilus and bifidus organisms. Because this capsule is enteric coated, the product delivers microflora directly to the intestine, bypassing the harsh acidic conditions of the stomach. These probiotics are stable at room temperature.

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.

Cautions and interactions

A laboratory study suggests that *L. acidophilus* affects the metabolism of sulfasalazine, a medication used to treat ulcerative colitis. The significance of this information is unknown at this time.

During treatment with antibiotics, it may be beneficial to take probiotic supplements at the same time, and to continue them for a couple of weeks after the finish of the course of drug treatment. This will help restore the balance of natural bacteria in the digestive tract.

Aloe Vera

Aloe Vera (Aloe vera) contains a variety of nutrients, including vitamins, minerals, enzymes and amino acids. In particular, Aloe vera is a source of mucopolysaccharides, also known as glycosaminoglycans (GAGs), which are thought to be its active component. Numerous scientific studies have demonstrated the ability of Aloe to support the healing process. In addition, Aloe vera has been shown to encourage healthy digestive function.

Cautions and interactions

Close monitoring of blood sugar levels is advised for patients receiving medications for controlling diabetes.

Additional Support

Dairy Digestion™, Peppermint Oil GI™, L-Glutamine, Taurine

Other digestive issues of note can be addressed with additional specialized formulas. Intolerance to dairy is often due to the inability to digest the milk sugar lactose. However, intolerance also is frequently related to the difficult-to-digest proteins and fats inherent in dairy products. Dairy Digestion™ contains not only lactase for lactose digestion, but also proteases and lipases that specifically target milk proteins and fat for digestion.

Protocol for Life Balance™ Peppermint Oil GI™ softgel capsules supply peppermint oil containing menthol, a compound that has been used for centuries to encourage health and wellness. Most notably, at the 0.2 mL amount used in clinical tests, peppermint oil has the ability to support digestive system health. Many traditionally have relied on this all natural extract to freshen breath, improve digestion and calm gastrointestinal upset. The enteric-coated gels withstand stomach acid and release the peppermint oil directly into the intestinal tract.

Certain amino acids offer special support. L-Glutamine is an oxidizing energy source for the cells of the upper gastrointestinal tract. Because L-glutamine is the main fuel that the intestinal cells need for maintenance and repair, it supports healthy intestinal tissue and enhances the barrier function of the gut against foreign agents.

Taurine is a key ingredient of bile, which in turn is needed for fat digestion, absorption of fat-soluble nutrients, detoxification, and the metabolism of cholesterol.

References available at www.protocolforlife.com

Pepzin GI® Soothe™ _____ **X** _____
(Suggested: 1 twice daily)

BioCore™ Enhanced Enzymes™ _____ **X** _____
(Suggested: 1-2 with each meal)

Ortho Dophilus™ _____ **X** _____
(Suggested: 2-4 daily)

Aloe Vera Softgels _____ **X** _____
(Suggested: 1-3 daily)

Additional Support Products:

Dairy Digestion™ _____ **X** _____
(Suggested: 1-2 with dairy)

Peppermint Oil GI™ _____ **X** _____
(Suggested: 1-3 daily)

L-Glutamine _____ **X** _____
(Suggested: 1-3 daily)

Taurine _____ **X** _____
(Suggested: 1-2 daily)

Please note the instructions, cautions and interactions on each product package, and begin each new product separately, in turn. Use only under the supervision of a qualified health practitioner.