GastroOne™
Gut Health Formula

Patient One® GastroOne™ supplies comprehensive support for gastrointestinal (GI) health and function. Combining over 10 science-backed ingredients known for their beneficial effect on GI tract health, Patient One GastroOne is an ideal formula for promoting healing of a compromised GI tract. Presented in a pleasant natural strawberry flavor.

KEY INGREDIENTS

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 L-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 many amino acids that are crucial for protein synthesis.

During times of physiological stress, the intestinal tract uses large amounts of L-glutamine, causing blood L-glutamine levels to fall, which can result in a compromised immune system and muscle wasting. Many clinical studies support the use of dietary L-glutamine as a crucial component in maintaining healthy function of the GI tract—normal intestinal permeability, mucosal cell regeneration, and intestinal structure. L-glutamine supplementation has been found to be beneficial for those suffering from food allergies, ulcers, and inflammatory bowel disease (ulcerative colitis and Crohn’s disease).

N-Acetyl-D-Glucosamine (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.

Deglycyrrhizinated Licorice extract (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 be beneficial for those suffering from indigestion, heartburn, peptic ulcers and especially H. pylori infection. Various studies have shown that licorice extract has potent anti-inflammatory activities, reducing cytokine production while increasing production of protective stomach mucus.

Aloe vera has been used for thousands of years and is perhaps the most well-known healer of damaged epithelial tissue, including bowel lining. Anecdotal evidence suggest that aloe vera helps inflammatory conditions of the GI tract. For some it may increase GI transit time, improve protein digestion and absorption, increase stool bulk and normalize stool bacteria. Aloe also helps to maintain healthy prostaglandin metabolism and immune mediator activity while promoting defense against reactive oxygen metabolites.

Slippery elm, Marshmallow root and Fenugreek, all known as mucilaginous herbs, have a long history of use in GI complaints. They coat and soothe inflamed, injured tissues of the GI tract, creating a protective mucous lining to promote gut integrity and lower the instance of indigestion and GI distress.

Mucin is a glycoprotein that is secreted by the epithelial cells that line the mucosal surface of the intestine. Mucin’s protective function is due to its high viscosity which allows it to coat and protect the intestine, entrapping antigens and moving potential antigenic inflammatory triggers out of the body.

MSM (Methylsulphonylmethane) 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 helping to repair an overly permeable gut and prevent parasites from entering the walls of the stomach and intestines by coating the lining of the GI tract.

UNIQUE PROPERTIES

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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 calm inflammation, such as gastritis, and help ease ulcers.

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 anti-inflammatory effects.

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

FiberAid®, a branched polysaccharide extracted from western larch and tamarack larch trees, acts as a prebiotic increasing beneficial microflora and decreasing endogenous pathogens. The FDA has approved larch tree arabinogalactan as an excellent source of fiber and evidence shows that larch arabinogalactan has a significant effect on enhancing beneficial gut microflora.

Zinc L-Carnosine may provide relief from 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.

RESEARCH / REFERENCES
1) L-Glutamine. www.naturaldatabase.com
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18) Farhadi A, Fields JZ, Keshavarzian A. Mucosal mast cells are pivotal elements in inflammatory bowel disease that connect the dots: stress, intestinal hyperpermeability and inflammation. World J Gastroenterol. 2007;13(22):3027-3030.

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.