

Nutritional Management of Gastrointestinal Health[♦]



Protecting and optimizing your patients' digestive health[♦]

Many practitioners believe that a healthy gastrointestinal (GI) tract is the basis for overall good health, and studies show a direct link between GI health and immune responses. The ability to manage the delicate balance between aggressive factors and the body's protective response is, therefore, critical. Fortunately, targeted nutritional support combined with a specialized diet can effectively promote a healthy GI environment and overall health.[♦]

An easy-to-follow guide to help your patients[♦]

In this clinical guide, you'll find product descriptions, recommendations, and a quick reference tool on the back explaining how to effectively address various issues related to GI health. These products can be used in Metagenics' 4R[®] GI Restoration program to support each aspect of your patients' GI health. The four components of the 4R program are as follows:[♦]

- ▶ **Remove** dietary insults and offending GI substances
- ▶ **Replace** digestive enzymes and support stomach acid when necessary
- ▶ **Reinoculate** the GI with health-promoting, "friendly" bacteria
- ▶ **Regenerate** the GI mucosa with proper nutritional support

Committed to excellence

Metagenics is dedicated to providing premium quality nutritional supplements that represent the forefront of natural health science. This commitment is reflected in our use of extensive, scientific evaluations and NPA, NSF, and TGA GMP-certified manufacturing.

Safety

Research

Efficacy

Microflora Balance[♦]

Broad-Spectrum GI Support[♦]

Ultra Flora Plus[®]

Ultra Flora Plus helps to restore the balance of healthy GI microflora. This patented[†] probiotic formula features *Lactobacillus acidophilus* NCFM[®] and *Bifidobacterium lactis*, two of the most highly researched “friendly” probiotic bacteria.[♦]



Patient benefits:

- Supports healthy intestinal flora following the use of antibiotic therapy to support healthy intestinal function[♦]
- Supports the balance of intestinal microflora which may help promote healthy cytokine activity[♦]
- Bifidobacteria may support vitamin and short-chain fatty acid production and nutrient absorption[♦]
- Provides no less than 15 billion live microorganisms per serving—an amount found to be clinically beneficial[♦]
- Supports the digestion of lactose (milk sugar)[♦]

Recommended uses:

- Daily probiotic nutrition[♦]
- Support for healthy intestinal flora following antibiotic therapy[♦]
- Microflora balance concerns[♦]
- Intestinal lining protection[♦]

Each capsule^{††} supplies: *Lactobacillus acidophilus* NCFM[®] Strain (7.5 billion live organisms^{†††}), *Bifidobacterium lactis* BI-07 (7.5 billion live organisms^{†††}), Globulin Protein Concentrate 170 mg

Recommendations: One capsule one to two times daily.

Form: 60 Capsule Bottle

[†] U.S. Patent Nos. 5,744,134; 6,241,983; 5,531,989; 5,531,988.

^{††} Capsules are composed of plant-derived ingredients.

^{†††} At date of expiration.

Also available: Non-dairy delivery system and powder forms



4R Program: Reinoculate

Functional Bowel Discomfort[♦]

Ultra Flora IB[™]

Studies have shown that higher doses of beneficial probiotic bacteria can have a positive effect on lower bowel function. Ultra Flora IB provides over 60 billion beneficial, strain-identified microorganisms to address issues associated with lower bowel distress.[♦]



Patient benefits:

- Supports the balance of lower GI microflora to positively influence issues that cause lower bowel distress.[♦]
- Contains identify-certified *Lactobacillus acidophilus* NCFM[®] and *Bifidobacterium lactis* BI-07 that have clinically demonstrated effectiveness[♦]
- Helps maintain a healthy balance of intestinal microflora and is designed to provide intestinal support on multiple levels[♦]
- Each capsule delivers no fewer than 60 billion colony forming units (CFUs)[♦]
- Helps support healthy immune function[♦]

Recommended uses:

- Occasional constipation[♦]
- Abdominal discomfort[♦]
- Bloating[♦]
- Cramping[♦]
- Bowel irritation[♦]
- Urgent bowel movements[♦]

Each capsule[†] supplies: *Lactobacillus acidophilus* NCFM[®] Strain (30 billion live organisms^{††}), *Bifidobacterium lactis* BI-07 Strain (30 billion live organisms^{††}).

Recommendations: One capsule one to two times daily.

Form: 30 Capsule Bottle

[†] Capsules are composed of plant-derived ingredients.

^{††} At date of expiration.



4R Program: Reinoculate

Intestinal or Bowel Distress[♦]

LactoFlamX[™]

LactoFlamX features *L. plantarum*—a strain-identified probiotic that has been specifically shown to support the integrity and healthy function of the mucosal lining.[♦]



Patient benefits:

- Supports the health and integrity of the intestinal mucosal barrier[♦]
- Promotes healthy intestinal microbial balance[♦]
- Supports a healthy immune response[♦]
- Addresses lower bowel distress such as occasional cramping[♦]
- Preliminary research suggests that *Lactobacillus plantarum* 299v—the active ingredient in LactoFlamX—may beneficially influence levels of IL-6 and IL-10, important cytokines that may affect intestinal function and comfort[♦]

Recommended use:

- Intestinal or Bowel Distress[♦]

Each capsule[†] supplies: *Lactobacillus plantarum* 299v Strain 18 billion live organisms^{††}

Recommendations: One capsule per day.

Form: 40 Capsule Bottle

[†] Capsules are composed of plant-derived ingredients.

^{††} At date of expiration.

4R Program: Reinoculate

Targeted Probiotics for Upper and Lower GI Health[♦]

LactoViden ID[™]

LactoViden ID provides 15 billion highly specialized, multiple probiotic strains to support GI mucosal integrity and a healthy immune response in the small intestine.[♦]



Recommended use:

- Support for microflora balance in the upper GI tract[♦]

Each capsule[†] supplies: A Proprietary Blend of *Lactobacillus acidophilus* NCFM[®] Strain, *Lactobacillus salivarius* LS-33, *Lactobacillus paracasei* Lpc-37, *Lactobacillus plantarum* Lp-115, *Streptococcus thermophilus* St-21 (15 billion live organisms)

Recommendations: One capsule one to two times daily.

Form: 60 Capsule Bottle

[†] Capsules are composed of plant-derived ingredients.

^{††} At date of expiration.

BifoViden ID[™]

BifoViden ID features 15 billion highly specialized, viable probiotic organisms to help balance microflora and relieve minor irritation in the large intestine.[♦]



Recommended use:

- Support for microflora balance in the lower GI tract[♦]

Each capsule[†] supplies: A Proprietary Blend of *Bifidobacterium lactis* BI-07, *Bifidobacterium lactis* BI-01, *Streptococcus thermophilus* St-21 (15 billion live organisms^{††}).

Recommendations: One capsule one to two times daily.

Form: 60 Capsule Bottle

[†] Capsules are composed of plant-derived ingredients.

^{††} At date of expiration.

4R Program: Reinoculate



Digestive Support*

Stomach Acid Support*

Metagest®

Metagest features digestive support factors that assist in the proper breakdown of food. Use Metagest to help patients who may benefit from digestive support due to environmental, dietary, or age-related concerns.*

Patient benefits:

- Aids in the breakdown of proteins, fats, and carbohydrates, as well as the absorption of nutrients*
- Complements the natural production of digestive agents that may decrease as a result of environmental, dietary, or age-related factors*

Recommended uses:

- Post-prandial digestive discomfort*
- Supplemental digestive enzyme and betaine HCl support*

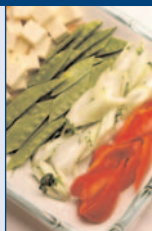
Two tablets supply: Betaine Hydrochloride 1,300 mg, Pepsin (porcine) 90 mg

Recommendations: Two tablets with each meal.

Form: 90 and 270 Tablet Bottles

Caution: Should not be used if the patient has a prior history of or a current peptic or duodenal ulcer.

4R Program: Replace



Broad-Spectrum Digestive Support*

Azeo-Pangen™ & SpectraZyme®

Azeo-Pangen is a whole pancreas enzyme complex consisting of protease, amylase, and lipase that promotes healthy digestion of proteins, carbohydrates, and fats.*

SpectraZyme is a vegetarian digestive enzyme complex that includes acid-stable lipase and three different proteases for comprehensive digestive support.*

Patient benefits:

- Promotes healthy digestion and utilization of nutrients*
- Complements the natural digestive process with increased digestive enzymes*

Azeo-Pangen

Recommendations: Three tablets with each meal.

Form: 90 and 270 Tablet Bottles

Warning: Do not use if there is a prior history of or a current peptic or duodenal ulcer.

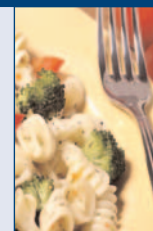
SpectraZyme

Recommendations: Two tablets with each meal.

Form: 60 and 180 Tablet Bottles

Warning: Do not use if there is a prior history of or a current peptic or duodenal ulcer.

4R Program: Replace



Microbial Defense*

Intestinal and Respiratory Microbial Defense*

CandiBactin-AR®

CandiBactin-AR is a unique blend of essential aromatic oils and dry leaf extracts designed to support a healthy intestinal microbial balance and promote good digestion.*

Patient benefits:

- Promotes intestinal and respiratory microbial balance and provides secondary support by promoting mucosal tissue health, muscle relaxation, and healthy digestive function*
- Supports the integrity of the intestinal mucosa, an integral part of the immune system*
- Designed to harmonize digestive and respiratory function, which traditional herbalists believe is essential for strong immune function*

Recommended uses:

- Promotion of intestinal microbial balance and proper digestion*
- Support for intestinal and respiratory function*

Each softgel supplies: Red Thyme Oil (*Thymus vulgaris*) 0.2 ml, Oregano Oil (*Origanum vulgare*) 0.1 ml, Sage Leaf 5:1 Extract (*Salvia officinalis*) 75 mg, Lemon Balm Leaf 5:1 Extract (*Melissa officinalis*) 50 mg

Recommendations: One softgel three times daily before or with meals.

Form: 90 and 120 Softgel Bottles

4R Program: Remove



Intestinal Microbial Defense*

CandiBactin-BR®

CandiBactin-BR contains a powerful mixture of berberine sulfate, standardized herbal extracts, and a Chinese herbal decoction to help encourage a healthy intestinal environment and healthy detoxification and elimination function.*

Patient benefits:

- Provides highly concentrated support for microbial balance in the intestinal tract*
- Supports healthy detoxification function of the liver and gallbladder*
- Provides 400 mg of berberine sulfate and a balanced decoction of Chinese herbs that encourage healthy microbial balance*

Recommended uses:

- Healthy detoxification function*
- Intestinal microbial balance*

Two tablets supply: Coptis Root & Rhizome 12:1 Extract (*Coptis chinensis*) 30 mg (containing berberine), Oregon Grape Root 4:1 Extract (*Berberis aquifolium*) 70 mg, Berberine Sulfate Trihydrate† 400 mg, A 4:1†† Proprietary Extract of Coptis Root and Rhizome (*Coptis chinensis*), Chinese Skullcap Root (*Scutellaria baicalensis*), Phellodendron Bark (*Phellodendron chinense*), Ginger Rhizome (*Zingiber officinale*), Chinese Licorice Root (*Glycyrrhiza uralensis*), Chinese Rhubarb Root & Rhizome (*Rheum officinale*) 300 mg

Recommendations: Two tablets two to three times daily.

Form: 90 and 180 Tablet Bottles (Vegetarian)

†Berberine from *Berberis aquifolium* root bark.

††Equivalent to 1,200 mg of raw, dried, unprocessed herbs.

4R Program: Remove



GI Ecology*

GI Ecology Balance*

Ultra Parex®

Ultra Parex provides a unique combination of premium standardized herbal extracts in a precise combination to support the body's healthful clearance of microbial organisms and to encourage the balance of intestinal microflora.*

Patient benefits:

- Promotes a healthy GI ecology*
- Intensively supports the body's natural defense in the GI tract*

Recommended use:

- Concerns with microbial balance in the GI tract*

Three tablets supply: Coptis Root & Rhizome Extract (*Coptis chinensis*) 400 mg, Ginger Root & Rhizome Extract (*Zingiber officinale*) 300 mg, Sour Plum Fruit 5:1 Extract (*Prunus mume*) 450 mg

Recommendations: Three tablets up to four times daily between meals.

Form: 60 Tablet Bottle (Vegetarian)

4R Program: Remove



Intestinal Ecology Balance & Immune Support*

Probioplex® Intensive Care

Probioplex features concentrated whey protein with bioactive immunoglobulins (antibodies) and prebiotic factors to support the growth of beneficial intestinal microflora and enhance immune defenses.*

Patient benefits:

- Helps to promote the growth of "friendly" intestinal bacteria that support good health*
- Provides bioactive immunoglobulins to support immune defenses*
- Utilizes a patented† ultrafiltration and temperature/pH-controlled process that yields intact immunoglobulins and enzymes that are biologically active*

Recommended uses:

- Intestinal microflora balance*
- Intestinal immune defense*

Four tablets supply: Calories 10, Protein 2 g, Iodine (as potassium iodide) 32 mcg, Sodium 4 mg, Immunoglobulins (from whey protein) 150 mg, Lactoferrin 53 mg, Lactoperoxidase 13 mg

Other ingredient: Fructooligosaccharides (FOS)

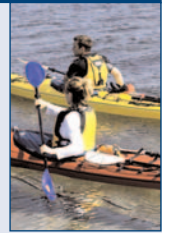
Recommendations: Four tablets three times daily between meals.

Form: 180 Tablet Bottle

† U.S. Patent Nos. 5,531,989; 6,180,099.

Also available: Powder form

4R Program: Reinoculate



Acute Care*

Acute Upper GI Discomfort*

Ulcinex®

Ulcinex is a proprietary blend of traditional Chinese herbs designed to address the symptoms of GI discomfort, while nourishing and protecting the mucosal layers of the stomach and duodenum.*

Patient benefits:

- Helps to relieve occasional heartburn and acid indigestion, settle an upset stomach, and act as a local antispasmodic*
- Nourishes and protects the mucosal layer of the stomach and duodenum, thus supporting the health and function of this important protective barrier*
- Helps to maintain a healthy microbial environment, providing further support for a healthy mucosal lining*

Recommended use:

- Occasional symptoms of stomach and intestinal discomfort*

Two tablets supply: A Proprietary Ultra-Concentrate of Corydalis Yanhusuo Tuber (*Corydalis yanhusuo*), Astragalus Root (*Astragalus membranaceus*), Tienchi Ginseng Root (*Panax notoginseng*), Chekiang Fritillary Bulb (*Fritillaria thunbergii*), Chinese Licorice Root (*Glycyrrhiza uralensis*), Gambir Leaf and Stem (*Uncaria gambir*), Brown's Lily Bulb (*Lilium brownii*), Bletilla Root (*Bletilla striata*), Cuttlefish Shell (*Sepia esculenta*)

Recommendations: Two tablets three times daily, preferably 20 to 30 minutes before meals.

Form: 90 Tablet Bottle



Antispasmodic GI Support*

Intesol®

Intesol provides comforting relief of GI disturbances with a beneficial combination of traditional herbs that are known for their antispasmodic and carminative properties.*

Patient benefits:

- Helps to relax intestinal smooth muscle for relief of occasional intestinal discomfort*
- Supports healthy colonic motility and relieves symptoms of occasional indigestion*
- Promotes relaxation and helps to relieve stress by featuring lavender and chamomile*
- Enteric-coated capsules allow delivery of the actives through the stomach and to the intestines for maximum effectiveness

Recommended use:

- GI disturbances such as temporary indigestion and lower bowel discomfort*

Each softgel supplies: Chamomile Flower Extract (*Matricaria recutita*) 250 mg, Peppermint Leaf Oil (*Mentha x piperita*) 0.222 ml (200 mg), English Lavender Flower Oil (*Lavandula angustifolia*) 0.023 ml (20 mg), Sodium Copper Chlorophyllin 0.15 mg

Recommendations: One softgel three times daily before meals.

Form: 60 Softgel Bottle



GI Lining*

Relief of Gastric Discomfort*

Zinlori 75®

Zinlori 75 contains a high potency, patented† zinc-carnosine complex. Zinc carnosine addresses the underlying issues related to stomach discomfort—where many conventional approaches fall short. It provides relief without interfering with digestion.*



Patient benefits:

- Helps protect gastric mucosal cells from damage via antioxidant activity*
- May support healthy mucus secretion, which helps to maintain the integrity of the protective gastric mucosal lining*
- Some research indicates that zinc-carnosine may protect gastric mucosal cells without altering prostaglandin metabolism*
- High degree of predicted safety*

Recommended uses:

- Mild nausea*
- Occasional heartburn*
- Upset stomach*
- Bloating*

Each tablet supplies: Zinc (as zinc-carnosine) 16 mg, Zinc-Carnosine 75 mg

Recommendations: One tablet twice daily between meals.

Form: 60 Tablet Bottle (Vegetarian)

†U.S. Patent #4,981,846.

4R Program: Regenerate

CHOOSING SPECIFIC PROBIOTICS FOR SPECIFIC HEALTH CONCERNS



The ID guarantee. The genetic identification of probiotic strains provides the means for obtaining optimal health benefits from probiotic supplementation. Not all genera, species, and strains of probiotic bacteria are suitable for all purposes. Probiotic strains have specific characteristics that may affect their ability to benefit the intestinal environment. Each Metagenics probiotic formula provides guaranteed purity, clinical reliability, and predicted safety through the DNA identification of strains with established health benefits. In addition, in vitro analysis of each strain for acid tolerance and cell adherence assures potency and high viability.

Metagenics probiotics are shipped refrigerated to ensure maximum viability when they reach your door, and to ensure that each capsule meets or exceeds the number of organisms claimed on the label. Each of the strains are stable at room temperature, and although refrigeration is recommended, will remain viable at room temperature for many weeks as long as they are not exposed to prolonged or excessive heat.

Medical Food for GI Support

UltraClear SUSTAIN®

UltraClear SUSTAIN is a clinically tested medical food designed to nutritionally support patients with leaky gut syndrome.



Patient benefits:

- Supports GI mucosal integrity with zinc, L-glutamine, and pantothenic acid
- Supports the growth of “friendly” intestinal bacteria with prebiotic factors
- Nourishes the cells of the colonic mucosa with inulin from chicory
- Features low-allergy-potential rice protein
- Provides a rice carbohydrate source and readily absorbed and metabolized lipid source

Recommended uses:

- Leaky gut syndrome
- Dysbiosis

Recommendations: Blend, shake, or briskly stir two level scoops into eight ounces of chilled water or juice.

Form: 29.4 oz. (840 g) Powder Container (14 servings)

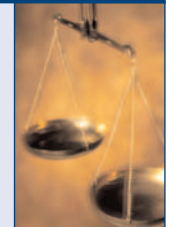
4R Program: Regenerate and Reinoculate

Also available: UltraInflamX® Plus 360°—A medical food for inflammatory bowel disease.

Multi-Dimensional GI Support*

Endefen™

Endefen is formulated to support the overall health and function of the upper GI tract, particularly the mucosal lining.*



Patient benefits:

- Supports gastric mucosal cell growth to help preserve optimal thickness of the gastric mucosal layer*
- Selectively supports *Bifidobacterium* and *Lactobacilli* growth to promote a healthy balance of intestinal microflora*
- Enhances GI immune system function and cytokine response*
- Promotes short-chain fatty acid production for GI tract integrity*
- Inhibits the generation of harmful ammonia and beta-glucuronidase*

Recommended use:

- Concerns with upper GI health as it relates to integrity of the mucosal lining and balance of intestinal microflora*

Each serving supplies: Calories 54 (Calories from Fat 18), Total Fat 2 g (Saturated Fat 0.5 g), Cholesterol 0 mg, Total Carbohydrate 11 g (dietary fiber 3 g, sugars 4 g), Protein 1 g, Vitamin C (as calcium ascorbate) 300 mg, Calcium (as calcium ascorbate) 34 mg, Sodium 12 mg, Potassium 130 mg, Arabinogalactans (from Larch Gum) 1,500 mg, Soy Lecithin 1,000 mg (Phosphatides† 970 mg), Astaxanthin 1 mg, D-Mannose 250 mg, D-Xylitol 950 mg, Green Tea Leaf Extract†† (*Camellia sinensis*) 250 mg, Cinnamon Bark (*Cinnamomum cassia*) 700 mg, Plantain Fruit (*Musa paradisiaca*) 2,000 mg, Apple Fruit Powder 2,000 mg

Recommendations: Mix two level tablespoons in two to four ounces of juice or water one to two times daily.

Form: 14.81 oz (420 g) Powder Container

†Typical analysis reveals 230 mg phosphatidylcholine.

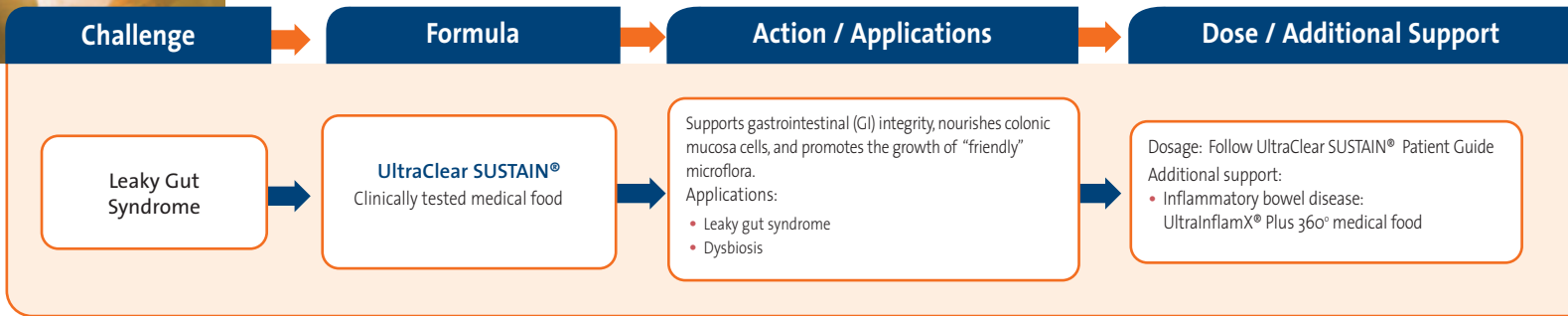
††Supplies a minimum of 60% (150 mg) total catechins.

4R Program: Regenerate

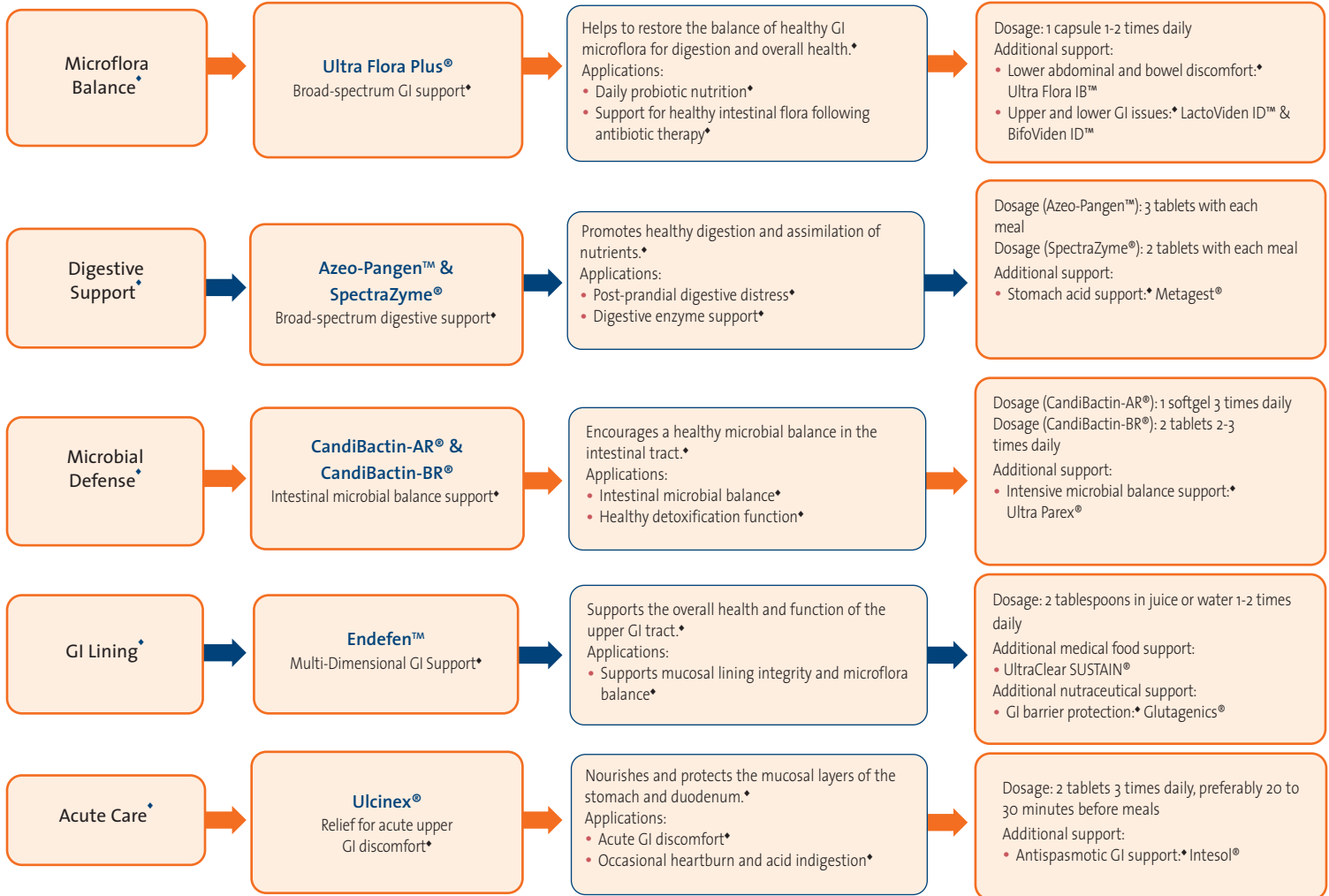


Natural approaches to gastrointestinal health* from Metagenics.

Which should you choose for your patients?



Nutraceutical Support



For more information visit us online at www.metagenics.com/GI or contact our Technical Support department.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, or prevent any disease.



These certifications for Good Manufacturing Practices demonstrate the Metagenics commitment to purity and quality.

www.metagenics.com
©2005 Metagenics, Inc.
MET1194 9/05 Rev 6/07