



GI Sustain

Nutritional Support for the Management of Compromised Gut Function

GI Sustain is designed to provide gastrointestinal nutritional support. The formula is uniquely designed to aid in promoting the growth of beneficial bacteria by including prebiotic nutrient, combined with readily digestible macronutrients.

Why GI Sustain?

- Nourishes the cells of the intestinal mucosa
- Features rice protein concentrate supplemented with L-lysine and L-threonine for an improved amino acid profile
- Rice syrup solids for a natural energy source
- Features medium chain triglycerides, a readily absorbed and metabolized lipid source
- Features prebiotic IMO's to selectively nourish beneficial bacteria, including lactobacilli and bifidobacteria
- Formulated with zinc and L-glutamine to nutritionally support gastrointestinal mucosa integrity
- Features methylated vitamin B12 and calcium L-5 methyltetrahydrofolate

Form: 400g / 840g / 1.2 kg
Serving Size: 2 Scoops

Ingredient:	Amount Per Serving
Calories	220
Calories From Fat	45
Total Fat	5 g
Saturated Fat	1.5 g
Total Carbohydrate	32 g
Dietary Fibre	3 g
Sugars	9 g
Protein	13 g
Vitamin A (2,500 IU as beta-carotene and 1,500 IU as retinyl palmitate)	4000 IU
Vitamin C (as ascorbic acid)	102 mg
Vitamin D (as cholecalciferol)	50 IU
Vitamin E (as d-alpha tocopheryl acetate)	50 IU
Thiamin (as thiamin HCl)	0.525 mg
Riboflavin	7 mg
Niacin (as niacinamide)	0.7 mg
Vitamin B6 (as pyridoxine HCl)	140 mg
Folate (as calcium L-5-methyltetrahydrofolate†)	140 mcg
Vitamin B12 (as methylcobalamin)	2.1 mcg
Biotin	105 mcg
Pantothenic Acid (as D-calcium pantothenate)	100 mg
Calcium (as calcium citrate and dicalcium phosphate)	300 mg
Iron (as ferrous fumarate)	3.6 mg
Phosphorus (as dipotassium phosphate and dicalcium phosphate)	175 mg
Magnesium (as magnesium citrate)	121 mg
Zinc (as zinc gluconate)	7.5 mg
Copper (as copper gluconate)	0.5 mg
Manganese	1.3 mg
Chromium (as chromium picolinate)	75 mcg
Sodium	20 mg
Potassium (as dipotassium phosphate)	300 mg
Isomalto-oligosaccharides	3.4 g
L-Glutamine	500 mg
Glycine	100 mg
DL-Methionine	100 mg
L-Lysine (as L-lysine HCl)	35 mg
L-Threonine	34 mg
L-Cysteine (as L-cysteine HCl)	25 mg

Other Ingredients: Rice protein concentrate, rice syrup solids, rice flour, olive oil, medium chain triglycerides, natural flavours, silica, and rice maltodextrin

Directions: Blend, shake, or briskly stir about 2 level scoops (60 grams) of GI Sustain into 120ml of chilled water or juice twice daily or as directed by your healthcare practitioner. For highly sensitive individuals, consider reducing consumption to ½ to 1 scoop with 120ml of chilled water or juice twice daily during the first 3 to 4 days before starting a full daily dose.

This product is non-GMO and gluten free.

Warning: Excess vitamin A intake may be toxic, may increase the risk of birth defects, and may contribute to osteoporosis. Pregnant women and women who may become pregnant should not exceed 10,000 IU of preformed vitamin A (retinyl palmitate) per day unless instructed to do so by a healthcare practitioner.

Certain persons, considered experts, may disagree with one or more of the foregoing statements, but the same are deemed, nevertheless, to be based on sound and reliable authority. No such statements shall be construed as a claim or representation as to Metagenics products, that they are offered for the diagnosis, cure, mitigation, treatment or prevention of any disease.