

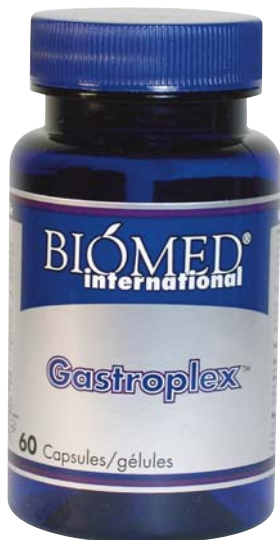
## For GastroIntestinal Support

**Gastroplex™** combines a blend of powerful anti-microbial herbs and compounds for the treatment of dysbiosis due to overgrowth of yeast, parasites, bacteria and other micro-organisms. Dysbiosis in the gastrointestinal (GI) tract may be the cause for a range of health problems in the body, including maldigestion, headaches, hives, irritable or inflammatory bowel diseases, fatigue, depression, diarrhea, constipation, colic, gastritis and many others. The age-old wisdom that "disease begins in the gut" only signifies the idea that improper elimination of waste materials has serious health repercussions. To re-establish proper GI function and health, treatment must include helping the body to rid itself of these microorganisms. **Gastroplex™** is an innovative formula for the elimination of gut dysbiosis.

### INDICATIONS:

- **Dysbiosis**
- **Intestinal candidiasis (Yeast syndrome)**
- **Acute infective diarrhea**
- **Bacterial overgrowth of the small intestine**

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### Each vegetarian capsule contains: Ingredients

Ingredients		Mode of Action
Undecylenic acid (Calcium undecylenate)	59.5 mg	Anti-fungal
Chinese wormwood ( <i>Artemisia annua</i> ) 4:1	70 mg	Anti-parasite
Caprylic acid (Calcium caprylate)	52.5mg	Anti-microbial
Garlic ( <i>Allium sativum</i> ) 4:1 extract standardized to 0.2% allicin	35mg	Anti-fungal; anti-bacterial Immuno-modulatory
Grapefruit seed ( <i>Citrus paradisi</i> ) 7:1 extract	52.5 mg	Anti-fungal; anti-bacterial
Rosemary leaf ( <i>Rosmarinus officinalis</i> ) 4:1 extract standardized to 1% rosmarinic acid	52.5mg	Anti-fungal
Thyme leaf ( <i>Thymus vulgaris</i> ) 4:1 extract	52.5 mg	Anti-fungal
Oregon grape root ( <i>Mahonia aquifolia</i> ) 4:1 extract	59.5 mg	Anti-bacterial; anti-diarrhea
Echinacea ( <i>Echinacea angustifolia</i> ) 4:1 extract	42 mg	Immuno-modulatory; candidicide
Huang liang root ( <i>Coptis chinensis</i> ) 4:1 extract standardized to 4% berberine	52.5 mg	Anti-bacterial; chronic atrophic gastritis secondary to <i>H. pylori</i> activity

**Other ingredients:** vegetarian capsule (cellulose, water), magnesium stearate, and silicon dioxide

**ADULT DOSAGE:** Take two capsules three to four times a day with food for at least one month or as directed by a practitioner.

**Contraindications:** Do not take during pregnancy or lactation. Do not use in individuals with known or suspected sensitivity to any of the above listed ingredients. This product should be taken two hours away from any probiotics as Gastroplex may exert an inhibitory effect on them.<sup>1</sup> Diabetics should use this product with caution as it may cause hypoglycemia.<sup>2</sup> Do not take this product with anti-coagulants or anti-platelet aggregating medications. Stop this product one week before surgery. Should not be employed by those with autoimmune conditions or those with organ transplants employing immunosuppressive medication.

# GASTROPLEX™

## Undecylenic acid and Caprylic Acid

Undecylenic acid and caprylic acid are fatty acids which exhibit effective fungistatic and fungicidal characteristics making them supportive for the maintenance of healthy intestinal and vaginal flora. Undecylenic acid is a naturally occurring constituent in sweat and produced commercially from castor bean oil. Caprylic acid is derived from coconut oil. Since they function systemically, when orally administered these two fatty acids can inhibit and even prevent candidiasis.<sup>3,4</sup> For some people, these acid compounds can be irritating to the mucous membrane, unless taken as calcium, magnesium or sodium salts.<sup>5</sup> For this reason, **Gastroplex™** uses the calcium form of both ingredients.

## Chinese Wormwood

Chinese wormwood (*Artemisia annua*) is a common plant found throughout China that contains a number of sesquiterpene lactones, including artemisinin (or qinghaosu). Artemisinin and its derivatives are primarily used in treating malaria, where it rapidly clears the parasite and brings on a subsequent reduction in fever.<sup>6</sup>

## Garlic

Garlic (*Allium sativum*) has cardiogenic and immuno-modulating effects and has shown itself to exert in vitro anti-fungal actions against *Aspergillus niger* and *Candida albicans* and antibiotic activity against both gram positive and gram negative bacteria such as *Klebsiella*, *Pasturella*, and *Mycobacterium*.<sup>7,8</sup>

## Grapefruit Seed

Grapefruit seed (*Citrus paradisi*) extract has long been a favorite remedy of complementary physicians for the treatment of dysbiosis. Yet, to date it has received little attention for its use as an anti-fungal and anti-bacterial agent. A study conducted in 2002 at the University of Texas, at Galveston, School of

Medical concluded that Grapefruit seed extract is effective against a wide number of bacteria in vitro, including both gram-negative and gram-positive organisms.<sup>9</sup> As a bactericidal, it acts by disrupting the membrane of the bacteria thereby releasing the vital cytoplasmic contents necessary for cell sustainability.<sup>10</sup>

## Rosemary and Thyme

Essential oils from plants can also provide anti-bacterial and anti-mycotic effects. For example, an in vitro study has shown that the oil from Rosemary (*Rosmarinus officinalis*) exhibits an anti-mycotic action against *Candida albicans*.<sup>11</sup> Moreover, it has been shown that in patients with oral candidiasis, a 1:10 aqueous emulsion of rosemary oil applied topically five times a day eliminated the infection within 2 to 4 days.<sup>12</sup> Like Rosemary, Thyme oil (*Thymus vulgaris*) inhibits the growth of a wide number of organisms, including *Candida albicans*.<sup>13</sup>

## Oregon Grape Root and Huang Liang Root

Berberine, derived from Oregon grape root (*Mahonia aquifolia*) and Huang liang root (*Coptis chinensis*) are two other significant plant components in Gastroplex. Berberine is an isoquinoline type alkaloid that research has shown to have a wide number of pharmacological effects including the treatment of infective diarrhea secondary to enterotoxic *E. coli*, and watery diarrhea in general.<sup>14,15</sup> Berberine may also be used as a treatment for *H. pylori* induced chronic atrophic gastritis.<sup>16</sup>

## Echinacea

*Echinacea angustifolia* is well known for its actions in treating the symptoms of viral upper respiratory infections. Yet, in a study it has been shown that oral ingestion of Echinacea by human volunteers increases immune phagocytic activity against *Candida albicans* from 30 to 45%.<sup>17</sup>

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