



Optimal Digestion and Absorption*

Protocols

www.itiprotocols.integrativeinc.com

Product & Ingredient	Dosage	Features	Reference
Similase® enzymes 74239 – 90 UltraCaps™ 74230 – 180 UltraCaps Amylase Protease I, II, III, IV Lipase I, II Lactase I, II Phytase Cellulase I, II	Take 1-2 UltraCaps at the beginning of each meal. Two UltraCaps contain: 32,000 USP 23,800 DU 30,000 USP 48,750 PC 82,000 HUT 2100 LU 970 LU 1600 LacU 1.7 PU 350 CU	<ul style="list-style-type: none"> • Provides acid-stable enzymes that are active through a broad pH range* 1-3 • Supports healthy digestion and assimilation of nutrients*4 	<ol style="list-style-type: none"> 1. Nakamura T, et al. Pancreatic dysfunction and treatment options. <i>Pancreas</i>. 1998;16(3):329-336. 2. Roberts I. Enzyme therapy for malabsorption in exocrine pancreatic insufficiency. <i>Pancreas</i>. 1989;4(4):496-503. 3. Zorn J. Experiences with substitution therapy using a new pancreatic enzyme of plant origin. <i>Fortschr Med</i>. 1978 Oct 12;96(38):1941-3. 4. Dietary Aspergillus niger phytase increases iron absorption in humans. <i>J Nutr</i>. 1996 Feb;126(2):476-80.
Similase Jr. enzymes 106009 – 90 capsules Amylase Lactase I, II Protease I, II, III, IV Lipase I, II Cellulase I, II Phytase	Take 1-2 capsules at the beginning of each meal. Two capsules contain: 10,680 USP 7950 DU 2400 LacU 8970 USP 8700 PC 15,460 HUT 630 LacU 290 LU 124 CU 0.64 PU	Children’s digestive support alternative for Similase.* Refer to Features and References above.	
Probiotic Pearls™ active cultures 136001 – 30 pearls 136002 – 90 pearls Stable, Gastric-Protected Probiotic Blend of: <i>Lactobacillus acidophilus</i> <i>and Bifidobacterium longum</i>	Take one Pearl capsule daily, with water. May be taken with or without food. Each Pearl capsule contains: 1 billion CFU	<ul style="list-style-type: none"> • Increases healthy intestinal flora* 1-3 • Patented “True Delivery” system • Delivers up to 900% more intact microflora to the intestine than leading competitors*2 • Unique form; easy to swallow • Shelf-stable – no need to refrigerate 	<ol style="list-style-type: none"> 1. Goossens D, et al. Probiotics in gastroenterology: indications and future perspectives. <i>Scand J Gastroenterol Suppl</i>. 2003(239):15-23. 2. Probiotic Comparison Testing. Unpublished data. June 3, 2002.† 3. Fleming T, ed. Probiotics. In: <i>PDR for Nutritional Supplements</i>. Montvale, NJ: Medical Economics Company; 2001:381.

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Occasional Indigestion (abdominal gas, bloating, discomfort)*

Protocols

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Product & Ingredient	Dosage	Features	Reference
<p>BASIC SUPPORT: Include Similase® enzymes, or Similase® Jr. enzymes listed in the “Optimal Digestion and Absorption” category, and add the following:</p> <p>COMPREHENSIVE SUPPORT</p>			
<p>Probiotic Pearls™ active cultures 136001 – 30 pearls 136002 – 90 pearls</p> <p>Stable, Gastric-Protected Probiotic Blend of: <i>Lactobacillus acidophilus</i> and <i>Bifidobacterium longum</i></p>	<p>Take one Pearl capsule daily, with water. May be taken with or without food. Each Pearl capsule contains: 1 billion CFU</p>	<ul style="list-style-type: none"> Patented “True Delivery” system Supports healthy digestive function*¹ Delivers up to 900% more actives than leading competitors*² Unique form; easy to swallow Shelf-stable – no need to refrigerate 	<ol style="list-style-type: none"> Di Stefano M, et al. Probiotics and functional abdominal bloating. <i>J Clin Gastroenterol.</i> 2004 Jul;38(6 Suppl):S102-3. Probiotic Comparison Testing. Unpublished data. June 3, 2002.†
<p>Heartburn Free®* with ROH10® 09110 – 10 softgels</p> <p>Orange (<i>Citrus sinensis</i>) Peel Extract (98.5% d-limonene)</p>	<p>Adult (18 and older): Take 1 softgel every other day for 20 days, and 1 softgel as needed for occasional relief thereafter. Take ½ hour before or 1 hour after meals, with water. Each softgel contains: 1000 mg</p>	<ul style="list-style-type: none"> Patented ingredient Provides lasting relief from occasional heartburn, acid indigestion and upset stomach*¹ 	<ol style="list-style-type: none"> United States Patent No. 6,420,435 B1. Method for treating gastrointestinal disorders. Issued: July 16, 2002.†
<p>Gastric Complex™ 136006 – 90 UltraCaps™ 136007 – 180 UltraCaps</p> <p>Slippery Elm (<i>Ulmus rubra</i>) Bark Deglycyrrhizinated Licorice (<i>Glycyrrhiza glabra</i>) Root Gamma-oryzanol Marshmallow (<i>Althaea officinalis</i>) Root</p>	<p>Take 1-2 UltraCaps before meals, three times daily. Two UltraCaps contain:</p> <p>240 mg 200 mg 170 mg 80 mg</p>	<ul style="list-style-type: none"> Supports healthy gastric mucosa*¹⁻³ 	<ol style="list-style-type: none"> Turpie AGG, et al. Clinical trial of deglycyrrhizinized liquorice in gastric ulcer. <i>Gut.</i> 1969;10:299-302. Itaya K, et al. Studies of gamma-oryzanol. (2) The antiulcerogenic action. <i>Nippon Yakurigaku Zasshi.</i> 1976 Nov;72(8):1001-11. Ooi I, et al. Usefulness of gamma-oryzanol on gastric and duodenal ulcers. <i>Shinyaku to Risho.</i> 1977;26(5):411.

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Product & Ingredient	Dosage	Features	Reference
<p>Include Similase® enzymes or Similase® Jr. enzymes listed in the “Optimal Digestion and Absorption*” category, and add the following:</p>			
<p>Probiotic Pearls™ active cultures 136001 – 30 pearls 136002 – 90 pearls</p> <p>Stable, Gastric-Protected Probiotic Blend of: <i>Lactobacillus acidophilus</i> and <i>Bifidobacterium longum</i></p>	<p>Take one Pearl capsule daily, with water. May be taken with or without food. Each Pearl capsule contains: 1 billion CFU</p>	<ul style="list-style-type: none"> • Supports healthy digestion for occasional constipation* ¹ • Patented “True Delivery” system • Delivers up to 900% more actives than leading competitors² • Unique form; easy to swallow • Shelf-stable – no need to refrigerate 	<ol style="list-style-type: none"> 1. Ouwehand AC, et al. Effect of probiotics on constipation, fecal azoreductase activity and fecal mucin content in the elderly. <i>Ann Nutr Metab.</i> 2002;46(3-4):159-62. 2. Probiotic Comparison Testing. Unpublished data. June 3, 2002.†
<p>Whole Body Cleanse* Laxative Formula* internal cleansing system* for short-term use. 78450 – 35 tablets</p> <p>Magnesium hydroxide Blend of: Slippery Elm (<i>Ulmus rubra</i>) Marshmallow (<i>Althaea officinalis</i>) Fenugreek (<i>Trigonella foenumgraecum</i>) Peppermint (<i>Mentha x piperita</i>) Fennel (<i>Foeniculum vulgare</i>) Ginger (<i>Zingiber officinale</i>)</p>	<p>Days 1-7: Take 3 tablets at bedtime with water. Days 8-14: Take 2 tablets at bedtime with water. Three tablets contain: 2600 mg 800 mg</p>	<ul style="list-style-type: none"> • Gently cleanses and refortifies the digestive tract* ¹⁻³ • No harsh stimulant laxatives • Simple 2-week cleanse 	<ol style="list-style-type: none"> 1. Kinnunen O, et al. Constipation in elderly long-stay patients: its treatment by magnesium hydroxide and bulk-laxative. <i>Ann Clin Res.</i> 1987;19(5):321-3. 2. Hashimoto K, et al. Component of Zingiber officinale that improves the enhancement of small intestinal transport. <i>Planta Med.</i> 2002 Oct;68(10): 936-9. 3. Langmead L, et al. Antioxidant effects of herbal therapies used by patients with inflammatory bowel disease: an in vitro study. <i>Aliment Pharmacol Ther.</i> 2202 Feb;16(2):197-205.

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Product & Ingredient	Dosage	Features	Reference
<p>Whole Body Cleanse* Fiber Formula* internal cleansing system* for short-term use. 78450 – 112 <i>UltraCaps™</i></p> <p>Encapsulated fiber blend of: Psyllium (<i>Plantago ovata</i>) Oat (<i>Avena sativa</i>) Guar gum (<i>Cyamopsis Tetragonoloba</i>) Pectin Marshmallow (<i>Althaea officinalis</i>)</p>	<p>Day 1-14: Take 4 UltraCaps twice daily, in the morning and at night with water, or take 8 UltraCaps at night with water. Eight UltraCaps contain: 3455 mg</p>	<ul style="list-style-type: none"> Gently cleanses and refortifies the digestive tract* ¹⁻³ Includes patent pending “True Dispersion” fiber⁴ Simple 2-week cleanse 	<ol style="list-style-type: none"> Marlett JA, et al. An unfermented gel component of psyllium seed husk promotes a lubricant in humans. <i>Am J Clin Nutr.</i> 2000 Sep;72(3):784-9. Leng-Peschlow E. Plantago ovata seeds as dietary fibre supplement: physiological and metabolic effect in rats. <i>Br J Nutr.</i> 1991 Sep;66(2):331-49. Andersson M, et al. Oat bran stimulates bile acid synthesis within 8 h as measured by 7-alpha-hydroxy-4-cholesten-3-one. <i>Am J Clin Nutr.</i> 2002 Nov;76(5):1111-6. Study on the comparative dispersion of encapsulated fiber blends. Unpublished data. June 2003.†
<p>Whole Body Cleanse* Super Milk Thistle® internal cleansing system* for short-term use. 78450 – 28 <i>UltraCaps</i></p> <p>Milk Thistle (<i>Silybum marianum</i>) Dandelion (<i>Taraxacum officinale</i>) Artichoke (<i>Cynara scolymus</i>) (13-18% caFFEYLQUINIC acids) Licorice (<i>Glycyrrhiza glabra</i>) (5% glycyrrhizic acid)</p>	<p>Day 1-7: Take 1 UltraCaps daily. Day 8-14: Take 1 UltraCap in the morning and 2 at night. Each UltraCaps contains: 100 mg</p> <p>10 mg</p> <p>10 mg</p> <p>10 mg</p>	<ul style="list-style-type: none"> Supports detoxification of the intestines, liver, gall bladder, circulatory and lymphatic systems *¹ Highly absorbable milk thistle Phytosome*² Artichoke and dandelion support bile flow* ^{3,4} Simple 2-week cleanse 	<ol style="list-style-type: none"> Gonzalez-Correa JA, et al. Effects of silymarin MZ-80 on hepatic oxidative stress in rats with biliary obstruction. <i>Pharmacology.</i> 2002 Jan;64(1):18-27. Barzaghi N, et al. Pharmacokinetic studies on IdB 1016, a silybin-phosphatidylcholine complex, in healthy human subjects. <i>Eur J Drug Metab Pharmacokinet.</i> 1990 Oct- Dec;15(4):333-8.† Speroini E, et al. Efficacy of different <i>Cynara scolymus</i> preparations on liver complaints. <i>J Ethnopharmacol.</i> 2003 Jun;86(2-3):203-11. Raggi MA, et al. The choleric effects of licorice: identification and determination of the pharmacologically active components of <i>Glycyrrhiza glabra</i>. <i>Boll Chim Farm.</i> 1995 Dec;134(11):634-8.
<p>For on-going maintenance, include Whole Body Cleanse* Fiber Formula internal cleansing system* 78450 – 35 <i>UltraCaps</i></p>	<p>Take 4 <i>UltraCaps</i> daily with water. Build slowly.</p>	<ul style="list-style-type: none"> Helps maintain healthy gastrointestinal function and improves colon health* 	<p>See References above.</p>

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<p>Include Similase® enzymes or Similase® Jr. enzymes listed in the “Optimal Digestion and Absorption*” category, and add the following:</p>			
<p>Probiotic Pearls™ active cultures 136001 – 30 pearls 136002 – 90 pearls</p> <p>Stable, Gastric-Protected Probiotic Blend of: <i>Lactobacillus acidophilus</i> and <i>Bifidobacterium longum</i></p>	<p>Take two Pearl capsules daily, with water. Increase as necessary. May be taken with or without food. Each Pearl capsule contains: 1 billion CFU</p>	<ul style="list-style-type: none"> • Supports healthy digestive function* ^{1,2} • Patented “True Delivery” system • Delivers up to 900% more actives than leading competitors³ • Unique form; easy to swallow • Shelf-stable – no need to refrigerate 	<ol style="list-style-type: none"> 1. Xiao SD, et al. Multicenter, randomized, controlled trial of heat-killed <i>Lactobacillus acidophilus</i> LB in patients with chronic diarrhea. <i>Adv Ther.</i> 2003 Sep-Oct;20(5):253-60. 2. Guarino A, et al. Oral bacterial therapy reduces the duration of symptoms and of excretion in children with mild diarrhea. <i>J Pediatr Gastroenterol Nutr.</i> 1997 Nov;25(5):516-9. 3. Probiotic Comparison Testing. Unpublished data. June 3, 2002.†
<p>Fiber Formula 78452 – 120 UltraCaps</p> <p>Encapsulated fiber blend of: Psyllium (<i>Plantago ovata</i>) Oat (<i>Avena sativa</i>) Guar gum (<i>Cyamopsis tetragonoloba</i>) Pectin (from citrus fruit) Marshmallow (<i>Althaea officinalis</i>)</p>	<p>Take 4 UltraCaps™ daily with water. Build slowly. Four UltraCaps contain: 1727 mg</p>	<ul style="list-style-type: none"> • Supports healthy gastrointestinal function* ¹ • Gently cleanses and refortifies the digestive tract* ²⁻⁴ • Includes patent pending “True Dispersion” fiber⁵ 	<ol style="list-style-type: none"> 1. Nick, GL. Psyllium. In: <i>Clinical Purification: A Complete Treatment and Reference Manual</i>. Brookfield, WI: Longevity Through Prevention Books;2001:183-190. 2. Marlett JA, et al. An unfermented gel component of psyllium seed husk promotes a lubricant in humans. <i>Am J Clin Nutr.</i> 2000 Sep;72(3):784-9. 3. Leng-Peschlow E. Plantago ovata seeds as dietary fibre supplement: physiological and metabolic effect in rats. <i>Br J Nutr.</i> 1991 Sep;66(2):331-49. 4. Andersson M, et al. Oat bran stimulates bile acid synthesis within 8 h as measured by 7-alpha-hydroxy-4-cholesten-3-one. <i>Am J Clin Nutr.</i> 2002 Nov;76(5):1111-6. 5. Study on the comparative dispersion of encapsulated fiber blends. Unpublished data. June 2003.†

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Healthy Stomach Acidity*

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Product & Ingredient	Dosage	Features	Reference
<p>Betaine HCl 126001 – 100 UltraCaps™ 126002 – 250 UltraCaps</p> <p>Betaine HCl Pepsin 1:3,000</p>	<p>Take 1-2 UltraCaps at the beginning of each meal. Two UltraCaps contain: 1.3 g 260 mg</p>	<p>Supplies acidifying factors and proteolytic enzymes necessary for protein digestion and assimilation*¹⁻³</p>	<ol style="list-style-type: none"> 1. Annibale B, et al. The stomach and iron deficiency anaemia: a forgotten link. <i>Dig Liver Dis.</i> 2003 Apr;35(4):288-95. 2. Baik HW, et al. Vitamin B12 deficiency in the elderly. <i>Annu Rev Nutr.</i> 1999;19:357-77. 3. Sturniolo GC, et al. Inhibition of gastric acid secretion reduces zinc absorption in man. <i>J Am Coll Nutr.</i> 1991 Aug;10(4):372-5.

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Healthy Stomach and Intestinal Tract Lining*

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Product & Ingredient	Dosage	Features	Reference
BASIC SUPPORT			
Rhizinate® 79001 – 100 chewable tablets 79021 – 100 chewable tablets, Fructose Free Deglycyrrhizinated Licorice (DGL) (<i>Glycyrrhiza glabra</i>) Root	Chew 2 tablets twenty minutes before each meal. Two tablets contain: 760 mg	<ul style="list-style-type: none"> Supports the lining of the stomach and intestinal tract*^{1,2} Chewable form enhances the effect of DGL's natural compounds* Glycyrrhizin, a compound associated with high blood pressure, has been removed* 	<ol style="list-style-type: none"> Morgan AG, et al. Comparison between Cimetidine and [deglycyrrhizinated licorice] in the treatment of gastric ulceration and subsequent maintenance therapy. <i>Gut</i>. 1982;23:545-51. Larkworth W. Deglycyrrhizinized liquorice in the treatment of chronic duodenal ulcer. <i>Practitioner</i>. 1975 Dec;215:787-792.
COMPREHENSIVE SUPPORT			
Gastric Complex™ 136006 – 90 UltraCaps™ 136007 – 180 UltraCaps Slippery Elm (<i>Ulmus rubra</i>) Bark Deglycyrrhizinated licorice (<i>Glycyrrhiza glabra</i>) Root Gamma-Oryzanol Marshmallow (<i>Althaea officinalis</i>) Root	Take 1-2 UltraCaps before meals, three times daily. Two UltraCaps contain: 240 mg 200 mg 170 mg 80 mg	<ul style="list-style-type: none"> Supports healthy gastric mucosa*¹⁻³ 	<ol style="list-style-type: none"> Turpie AGG, et al. Clinical trial of deglycyrrhizinized liquorice in gastric ulcer. <i>Gut</i>. 1969;10:299-302. Itaya K, et al. Studies of gamma-oryzanol. The antiulcerogenic action. <i>Nippon Yakurigaku Zasshi</i>. 1976 Nov;72(8):1001-11. Ooi I, et al. Usefulness of gamma-oryzanol on gastric and duodenal ulcers. <i>Shinyaku to Risho</i>. 1977;26(5):411.

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Healthy Lactose Digestion*

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Product & Ingredient	Dosage	Features	Reference
<p>Similase® enzymes 74239 – 90 UltraCaps™ 74230 – 180 UltraCaps</p> <p>Lactase I, II</p>	<p>Take 2 UltraCaps before meals containing lactose or dairy products. two UltraCaps contain: 1600 LacU</p>	<ul style="list-style-type: none"> • Aids in the digestion of lactose*¹ 	<ol style="list-style-type: none"> 1. He M, et al. Effect of exogenous lactase on the absorption of lactose and its intolerance symptoms. <i>Wei Sheng Yan Jiu</i>. 1999 Sep 30;28(5):309-11.
<p>Probiotic Pearls™ active cultures 136001 – 30 pearls 136002 – 90 pearls</p> <p>Stable, Gastric-Protected Probiotic Blend of: <i>Lactobacillus acidophilus</i> <i>and Bifidobacterium longum</i></p>	<p>Take 2 Pearl capsules daily, with water. May be taken with or without food. Each Pearl capsule contains: 1 billion CFU</p>	<ul style="list-style-type: none"> • Supports healthy digestive function*¹ • Patented “True Delivery” system • Delivers up to 900% more actives than leading competitors² • Unique form; easy to swallow • Shelf-stable – no need to refrigerate 	<ol style="list-style-type: none"> 1. De Vrese M, et al. Probiotics – compensation for lactase insufficiency. <i>Am J Clin Nutr</i>. 2001 Feb;73(2 Suppl):421S-429S. 2. Probiotic Comparison Testing. Unpublished data. June 3, 2002.†

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Product & Ingredient	Dosage	Features	Reference
BASIC SUPPORT			
Gastric Complex™™ 136006 – 90 UltraCaps™ 136007 – 180 UltraCaps Slippery Elm (<i>Ulmus rubra</i>) Bark Deglycyrrhizinated Licorice (<i>Glycyrrhiza glabra</i>) Root Gamma-Oryzanol Marshmallow (<i>Althaea officinalis</i>) Root	Take 1-2 UltraCaps before meals, three times daily. Two UltraCaps contain: 240 mg 200 mg 170 mg 80 mg	<ul style="list-style-type: none"> Promotes healthy gastric mucosa*¹⁻³ 	<ol style="list-style-type: none"> Inove T, et al. Therapeutic effectiveness of gamma oryzanol on chronic gastritis. <i>Shinyako to Rinsho</i>. 1977;26(5):41. Morgan AG, et al. Comparison between Cimetidine and [deglycyrrhizinated licorice] in the treatment of gastric ulceration and subsequent maintenance therapy. <i>Gut</i>. 1982;23:545-51. Van Marle J, et al. Deglycyrrhizinated liquorice (DGL) and the renewal of rat stomach epithelium. <i>Eur J Pharm</i>. 1981;72:219-25.
COMPREHENSIVE SUPPORT			
Similase® GS enzymes 106010 - 90 UltraCaps Amylase Lipase I, II Lactase I, II Phytase Cellulase I, II Protease I, II, III, IV	Take 1-2 UltraCaps at the beginning of each meal. Two UltraCaps contain: 32,000 USP 23,800 DU 2100 LU 970 LU 1600 LacU 1.7 PU 350 CU 1850 USP 1778 PC 4310 HUT	<ul style="list-style-type: none"> Provides acid-stable enzymes that are active through a broad pH range*¹⁻³ Supports healthy digestion and assimilation of nutrients*⁴ 	<ol style="list-style-type: none"> Nakamura T, et al. Pancreatic dysfunction and treatment options. <i>Pancreas</i>. 1998;16(3):329-336. Roberts I. Enzyme therapy for malabsorption in exocrine pancreatic insufficiency. <i>Pancreas</i>. 1989;4(4):496-503. Zorn J. Experiences with substitution therapy using a new pancreatic enzyme of plant origin. <i>Fortschr Med</i>. 1978 Oct 12;96(38):1941-3. Dietary <i>Aspergillus niger</i> phytase increases iron absorption in humans. <i>J Nutr</i>. 1996 Feb;126(2):476-80.

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Healthy Intestinal Permeability*

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Product & Ingredient	Dosage	Features	Reference
BASIC SUPPORT: Include Similase® enzymes or Similase® Jr. enzymes listed in the “ Optimal Digestion and Absorption* ” category, and add the following:			
Permeability Factors™ 136013 – 90 softgels L-Glutamine NAG (N-acetyl-D-glucosamine) Gamma-Oryzanol Phosphatidylcholine Gamma-Linolenic Acid (GLA)	Take 1-2 softgels three times daily. Two softgels contain: 500 mg 250 mg 66 mg 56 mg 133 mg	<ul style="list-style-type: none"> • Promotes healthy intestinal permeability*^{1,2} • Provides “targeted” nutritional support of gastrointestinal health and normal barrier function of the intestinal mucosa*^{3,4} 	<ol style="list-style-type: none"> 1. Foitzik T, et al. Glutamine stabilized intestinal permeability and reduces pancreatic infection in acute experimental pancreatitis. <i>J Gastrointest Surg.</i> 1997 Jan;1(1):40-47. 2. Usami M, et al. Effect of gamma-linolenic acid or docosahexaenoic acid on tight junction permeability in intestinal monolayer cells and their mechanism by protein kinase C activation an/or eicosanoid formation. <i>Nutrition.</i> 2003 Feb;19(2):150-6. 3. Fabia R, et al. Effects of phosphatidylcholine and phosphatidylinositol on acetic acid induced colitis in the rat. <i>Digestion.</i> 1992;53(1-2):35-44. 4. Minakuchi C, et al. Clinical effectiveness of gamma-oryzanol on gastric system complaints. <i>Shinyaku to Rinsho.</i> 1976;25(10):29.
Oxyperm™ 236008 – 90 capsules Quercetin NAC (N-acetyl-cysteine) Ginkgo biloba (24% ginkgoflavone-glycosides)	Take 1-2 capsules three times daily with meals. Two capsules contain: 267 mg 100 mg 28 mg	<ul style="list-style-type: none"> • “Targeted” antioxidant support for the intestinal mucosa*¹⁻³ • Promotes normal mast cell function in the intestinal mucosa*² • Helps replenish intracellular glutathione in the intestinal mucosa*¹ 	<ol style="list-style-type: none"> 1. Sun Z, et al. Gut barrier permeability, reticuloendothelial system function and protease inhibitor levels following intestinal ischaemia and reperfusion – effects of pretreatment with N-acetyl-L-cysteine and indomethacin. <i>Dig Liver Dis.</i> 2002 Aug;34(8):560-9. 2. Szabo A, et al. Mucosal permeability changes during intestinal reperfusion injury. The role of mast cells. <i>Acta Chir Hung.</i> 1997;36(1-4):334-6. 3. Otamiri T, et al. Ginkgo biloba extract prevents mucosal damage associated with small intestinal ischaemia. <i>Scand J Gastroenterol.</i> 1989 Aug;24(6):666-70.

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Product & Ingredient	Dosage	Features	Reference
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COMPREHENSIVE SUPPORT: Include Probiotic Pearls™ active cultures, listed in the “ Optimal Digestion and Absorption* ” category, and add the following:			
Blue Heron™ 146001 – 120 UltraCaps™ Flax (<i>Linum usitatissimum</i>) Psyllium (<i>Plantago ovata</i>) Slippery Elm (<i>Ulmus rubra</i>) Marshmallow (<i>Althaea officinalis</i>)	Take 3-6 UltraCaps twice daily. Take on an empty stomach with 12-16 oz. of water. Six UltraCaps contain: 1200 mg 1200 mg 150 mg 48 mg	<ul style="list-style-type: none"> • Supports healthy intestinal elimination and detoxification*^{1,2} • Promotes healthy intestinal flora*^{1,2} • Convenient encapsulated formula 	<ol style="list-style-type: none"> 1. Marlett JA, et al. An unfermented gel component of psyllium seed husk promotes a lubricant in humans. <i>Am J Clin Nutr.</i> 2000 Sep;72(3):784-9. 2. Trepel F. Dietary fibre: more than a matter of dietetics II - preventative and therapeutic uses. <i>Wien Klin Wochenschr.</i> 2004 Aug 31;116(15-16):511-22.

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Product & Ingredient	Dosage	Features	Reference
BASIC SUPPORT			
Para-Gard® 136008 – 60 UltraCaps™ 136009 – 120 UltraCaps Berberine Sulfate Grapefruit (<i>Citrus x paradisi</i>) Jamaica Quassia (<i>Picrasma excelsa</i>) Sweet wormwood (<i>Artemisia annua</i>) Garlic (<i>Allium sativum</i>) (0.8% allicin)	Take 1-3 UltraCaps three times daily, between meals. Three UltraCaps contain: 300 mg 300 mg 150 mg 150 mg 150 mg	<ul style="list-style-type: none"> Contains botanical concentrates and standardized extracts show to exhibit activity against a variety of intestinal organisms in vitro and in vivo studies*¹⁻³ Provides effective intestinal support with excellent tolerance* 	<ol style="list-style-type: none"> Randomized controlled trial of a traditional preparation of <i>Artemisia annua</i> L. (annual wormwood) in the treatment of malaria. <i>Trans R Soc Trop Med Hyg.</i> 2004 May;98(5):318-21. Amin AH, et al. Berberine sulfate: antimicrobial activity, bioassay, and mode of action. <i>Can J Microbiol.</i> 1969 Sep;15(9):1067-76. Hughs BG, et al. Antimicrobial effects of <i>Allium sativum</i> L. (garlic), <i>Allium ampeloprasum</i> L. (elephant garlic), and <i>Allium cepa</i> (onion), garlic compounds and commercial garlic supplement products. <i>Phytother Res.</i> 1991;5:154-8.
COMPREHENSIVE SUPPORT: Include Similase® enzymes or Similase® Jr. enzymes and Probiotic Pearls™ active cultures products listed in the “ Basic Support for Optimal Digestion and Absorption™ ” category, and add the following:			
Permeability Factors™ 136013 – 90 softgels L-Glutamine NAG (N-acetyl-D-glucosamine) Gamma-Oryzanol Phosphatidylcholine Gamma-Linolenic Acid (GLA)	Take 1-2 softgels three times daily. Two softgels contain: 500 mg 250 mg 66 mg 56 mg 133 mg	<ul style="list-style-type: none"> Promotes healthy intestinal permeability*^{1,2} Provides “targeted” nutritional support of gastrointestinal health and normal barrier function of the intestinal mucosa*^{3,4} 	<ol style="list-style-type: none"> Foitzik T, et al. Glutamine stabilized intestinal permeability and reduces pancreatic infection in acute experimental pancreatitis. <i>J Gastrointest Surg.</i> 1997 Jan;1(1):40-47. Usami M, et al. Effect of gamma-linolenic acid or docosahexaenoic acid on tight junction permeability in intestinal monolayer cells and their mechanism by protein kinase C activation an/or eicosanoid formation. <i>Nutrition.</i> 2003 Feb;19(2):150-6. Fabia R, et al. Effects of phosphatidylcholine and phosphatidylinositol on acetic acid induced colitis in the rat. <i>Digestion.</i> 1992;53(1-2):35-44. Minakuchi C, et al. Clinical effectiveness of gamma-oryzanol on gastric system complaints. <i>Shinyaku to Rinsho.</i> 1976;25(10):29.



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Product & Ingredient	Dosage	Features	Reference
<p>Detoxication Factors™* 146003 – 60 capsules 146004 – 120 capsules</p> <p>Vitamin C Vitamin B12 Folic acid Choline NAC (N-acetyl L-cysteine) L-Methionine Calcium D-Glucarate GSH (L-Glutathione, Reduced)</p>	<p>Take 1-2 capsules three times daily, between meals. Two capsules contain: 167 mg 44 mcg 200 mcg 66 mg 66 mg 66 mg 16 mg</p>	<ul style="list-style-type: none"> • Nutritional support for Phase I and Phase II detoxification pathways of the liver*^{1,2} • Supports healthy detoxification and microbial byproducts*^{1,2} 	<ol style="list-style-type: none"> 1. Corcoran GB, et al. Role of glutathione in prevention of acetaminophen-induced hepatotoxicity by N-acetyl-L-cysteine in vivo: Studies with N-acetyl-D-cysteine in mice. <i>J Pharm Exp Ther.</i> 1986;238:54-61. 2. Dwivedi C, et al. Effect of calcium glucarate on beta-glucuronidase activity and glucarate content of certain vegetables and fruits. <i>Biochem Med Metabol Biol.</i> 1990;21(2):83-92.

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Product & Ingredient	Dosage	Features	Reference
<p>Similase® enzymes (or Similase® Jr. enzymes) and Probiotic Pearls™ active cultures, products listed in the “Basic Support for Optimal Digestion and Absorption*” category can provide support for gastrointestinal comfort.* In addition, the supplements that follow should also be considered.</p> <p>Note: For additional nutritional support guidelines, see individual “Occasional Constipation” or “Loose Stools” protocols.</p>			
<p>Multiplex™ -2 With Iron Complete multivitamin formulated for enhanced absorption and intestinal support*: 196003 – 180 capsules 196012 – 240 capsules Vitamin A Riboflavin (riboflavin-5'-phosphate) Vitamin B6 (pyridoxal-5'-phosphate) Pantothenic Acid Chelated Minerals (calcium, magnesium, iron, zinc, selenium, copper, manganese, chromium, molybdenum)</p>	<p>Take 2 to 4 capsules 2 times daily with meals.</p> <p>12,500 IU 35 mg 60 mg 200 mg</p>	<ul style="list-style-type: none"> Nutrients to support the gastrointestinal lining and aid detoxification* Vitamin A and zinc supplementation enhances gut barrier function*¹ Chelated minerals are better absorbed than other forms*² Activated coenzyme forms of vitamins B2 and B6 for nutritional support for the intestinal mucosa*^{3,4} 	<ol style="list-style-type: none"> Chen P, et al. Association of vitamin A and zinc status with altered intestinal permeability: analyses of cohort data from northeastern Brazil. <i>J Health Popul Nutr.</i> 2003 Dec;21(4):309-15. Ashmead HD. The absorption and metabolism of iron amino acid chelate. <i>Arch Latinoam Nutr.</i> 2001 Mar;51(1 Suppl 1):13-21. Jusko WJ, et al. Absorption, metabolism, and excretion of riboflavin-5'-phosphate in man. <i>J Pharm. Sci.</i> 1967 Jan;56(1):58-62. Morita E, et al. Intestinal absorption of pyridoxal 5'-phosphate at physiological levels in rats. <i>J Nutr Sci Vitaminol (Tokyo).</i> 1988 Dec;34(6):553-65.
<p>Permeability Factors™ 136013 – 90 softgels L-Glutamine NAG (N-acetyl-D-glucosamine) Gamma-Oryzanol Phosphatidylcholine Gamma-Linolenic Acid (GLA)</p>	<p>Take 1 or 2 softgels three times daily.</p> <p>Two softgels contain: 500 mg 250 mg 66 mg 56 mg 133 mg</p>	<p>Nutrients to support the intestinal wall and healthy gastric mucosa against environmental toxins*¹</p> <p>Glutamine</p> <ul style="list-style-type: none"> Supports healthy gut barrier function*¹ Possesses free radical scavenging ability and supports the body's natural anti-inflammatory capabilities*¹ <p>GLA</p> <ul style="list-style-type: none"> Prostaglandin precursor Supports healthy gastric mucosa barrier*² <p>Phosphatidylcholine</p> <ul style="list-style-type: none"> Supports healthy GI mucosa by strengthening the mucous-phospholipid layer*³ <p>Gamma-oryzanol</p> <ul style="list-style-type: none"> Provides GI mucosal support by maintaining a healthy acid balance*⁴ Possesses antioxidant activity*⁴ <p>NAG</p> <ul style="list-style-type: none"> Necessary for biosynthesis of intestinal mucosa 	<ol style="list-style-type: none"> Foitzik T, et al. Glutamine stabilized intestinal permeability and reduces pancreatic infection in acute experimental pancreatitis. <i>J Gastrointest Surg.</i> 1997 Jan;1(1):40-47. Usami M, et al. Effect of gamma-linolenic acid or docosahexaenoic acid on tight junction permeability in intestinal monolayer cells and their mechanism by protein kinase C activation an/or eicosanoid formation. <i>Nutrition.</i> 2003 Feb;19(2):150-6. Fabia R, et al. Effects f phosphatidylcholine and phosphatidylinositol on acetic acid induced colitis in the rat. <i>Digestion.</i> 1992;53(1-2):35-44. Minakuchi C, et al. Clinical effectiveness of gamma-oryzanol on gastric system complaints. <i>Shinyaku to Rinsho.</i> 1976;25(10):29.

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Product & Ingredient	Dosage	Features	Reference
SUPPORT FOR GASTRINTESTINAL COMFORT*			
Mentharil™ 78466 – 60 softgels Peppermint (<i>Mentha piperita</i>) Oil Rosemary (<i>Rosmarinus officinalis</i>) Oil Thyme (<i>Thymus vulgaris</i>) Oil	One enteric-coated softgel between meals three times daily. Each softgel contains: 0.2 mL 0.02 mL 0.02 mL	<ul style="list-style-type: none"> Peppermint soothes intestinal discomforts by maintaining smooth muscle tone*¹⁻² Rosemary improves gastric tone, allowing food to be more easily digested* Thyme comforts the GI tract and helps relieve gas* Enteric-coating releases peppermint oil into small intestine and colon for optimum benefit* 	<ol style="list-style-type: none"> Liu JH, et al. Enteric-coated peppermint-oil capsules in the treatment of irritable bowel syndrome: a prospective, randomized trial. <i>J Gastroenterol.</i> 1997 Dec;32(6):765-8. Kline RM, et al. Enteric-coated, pH-dependent peppermint oil capsules for the treatment of irritable bowel syndrome in children. <i>J Pediatr.</i> 2001 Jan;138(1):125-8.
Artichoke Extract 78809 – 45 tablets Artichoke (<i>Cynara scolymus</i>) (13%-18% caffeoylquinic acids)	One tablet three times daily. Each tablet contains: 320 mg	<ul style="list-style-type: none"> In a clinical study, artichoke decreased occasional gastrointestinal discomfort by 26.4% and improved quality of life by 20% after two months*¹ 96% of participants rated artichoke as effective in reducing occasional gastrointestinal discomfort*² 	<ol style="list-style-type: none"> Bundy R, et al. Artichoke leaf extract reduces symptoms of irritable bowel syndrome and improves quality of life in otherwise healthy volunteers suffering from concomitant dyspepsia: a subset analysis. <i>J Altern Complement Med.</i> 2004 Aug;10(4):667-9. Walker AF, et al. Artichoke leaf extract reduces symptoms of irritable bowel syndrome in a post-marketing surveillance study. <i>Phytother Res.</i> 2001 Feb;15(1):58-61.
SUPPORT FOR THE BODY'S NATURAL ANTI-INFLAMMATORY RESPONSE*			
Eskimo-3® fish oil 72190 – 105 ml 72297 – 105 softgels Eskimo® PurEFA™ 1000mg fish oil 72622 - 150 softgels Omega-3 Fatty Acids 14-18% EPA** 8.3-11.7% DHA** Pharmaceutical grade High purity Naturally stable **EPA=eicosapentaenoic acid **DHA=docosahexaenoic acid <i>Eskimo-3® is a registered trademark of Cardinova Aktiebolag.</i>	Take up to 5 g daily with meals in the form of: – 3 original softgels (1.5 g) 3 times daily – 1 teaspoon liquid (5 mL) – 5 PurEFA softgels (5 g) Each daily serving contains 1.5 – 5 g fish oil and provides: 210-900 mg EPA 125-580 mg DHA	<ul style="list-style-type: none"> Supports the body's natural anti-inflammatory mechanisms by modulating interleukin (IL-1β) and tumor necrosis factor (TNF-α) production*¹ 	<ol style="list-style-type: none"> Saldeen T. Mechanisms behind the anti-inflammatory effects of stable fish oil. (Swe.) <i>Hygiea.</i>109(2):331, 2000.†

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Product & Ingredient	Dosage	Features	Reference
<p>Saventaro® cats claw 79853 – 30 UltraCaps™ 79859 – 90 UltraCaps</p> <p>POA Cat's Claw (pentacyclic chemotype) (1.3% pentacyclic oxindole alkaloids (POAs)) *Free from harmful levels of tetracyclic oxindole alkaloids (TOAs), which can negate effects of extract</p> <p><i>Saventaro® is a registered trademark of Immodal Pharmaka Gesellschaft M.B.H.</i></p>	<p>Take 1 UltraCap three times daily for the first 10 days, and 1 UltraCap thereafter. Each UltraCap contains: 20 mg</p>	<p>Supports the body's ability to regulate immune function and provide the right level of immune-boosting activity for optimal health*</p> <ul style="list-style-type: none"> • Beneficial for healthy B- and T-cell development*¹ • Inhibits tumor necrosis factor (TNF-α) synthesis*^{2,3} • Also a potent antioxidant*^{2,3} 	<ol style="list-style-type: none"> 1. Mur E, et al. Randomized double blind trial of an extract from the pentacyclic alkaloid-chemotype of <i>Uncaria tomentosa</i> for the treatment of rheumatoid arthritis. <i>J Rheumatol.</i> 2002;29:678-81. † 2. Sandoval M, Charbonnet RM, Okuhama NN, et al. Cat's claw inhibits TNF-alpha production and scavenges free radicals: role in cytoprotection. <i>Free Radic Biol Med.</i> 2000;29:71-78. 3. Sandoval-Chacon M, Thompson JH, Zhang XJ. Anti-inflammatory actions of cat's claw: the role of NF-kappaB. <i>Aliment Pharmacol Ther.</i> 1998;12:1279-1289.
SUPPORT FOR RELAXATION AND STRESS REDUCTION*			
<p>End Fatigue™ Daily Energy B Complex* 73243 – 30 UltraCaps™</p> <p>B-Complex Vitamins: Thiamin Riboflavin Niacin Vitamin B6 (pyridoxine) Folic Acid Vitamin B12 (cyanocobalamin) Biotin Pantothenic Acid Choline</p>	<p>One UltraCap daily.</p> <p>Each UltraCap contains: 100 mg 120 mg 150 mg 110 mg 800 mcg 200 mcg 100 mcg 100 mg 100 mg</p>	<ul style="list-style-type: none"> • Several B vitamins are involved in conversion of the amino acid tryptophan to serotonin¹⁻⁴ • Pyridoxine supports production of healthy levels of 5-HTP, a serotonin precursor*^{2,3} • Folic acid and vitamin B12 support healthy energy levels and mood*⁴ 	<ol style="list-style-type: none"> 1. Grodner M, et al. Vitamin categories. In: <i>Foundations and Clinical Applications of Nutrition: A Nursing Approach.</i> St. Louis, Mo: Mosby; 2000:173-174. 2. Calderon-Guzman D, et al. Pyridoxine, regardless of serotonin levels, increases production of 5-hydroxytryptophan in rat brain. <i>Arch Med Res.</i> 2004 Jul-Aug;35(4):271-4. 3. Hartvig P, et al. Pyridoxine effect on synthesis rate of serotonin in the monkey brain measured with positron emission tomography. <i>J Neural Transm Gen Sect.</i> 1995;102(2):91-7. 4. Coppen A, et al. Treatment of depression: time to consider folic acid and vitamin B12. <i>J Psychopharmacol.</i> 2005 Jan;19(1):59-65.

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Product & Ingredient	Dosage	Features	Reference
<p>5-HTP 246003 – 60 <i>UltraCaps™</i></p> <p>L-5-Hydroxytryptophan (5-HTP)</p>	<p>Take 1 UltraCap 1-3 times daily before meals.</p> <p>Each UltraCap contains: 50 mg</p>	<ul style="list-style-type: none"> • An amino acid metabolite of tryptophan • Easily crosses blood-brain barrier to enhance levels of the neurotransmitter serotonin (5-hydroxytryptamine or 5-HT)*¹⁻³ • Useful for maintenance of healthy emotional states*^{2,3} 	<ol style="list-style-type: none"> 1. Birdsall TC. 5-Hydroxytryptophan: a clinically-effective serotonin precursor. <i>Altern Med Rev.</i> 1998 Aug;3(4):271-80. 2. Turner EH, et al. 5-Hydroxytryptophan plus SSRIs for interferon-induced depression: synergistic mechanisms for normalizing synaptic serotonin. <i>Med Hypotheses.</i> 2005;65(1):138-44. 3. Byerley WF, et al. 5-Hydroxytryptophan: a review of its antidepressant efficacy and adverse effects. <i>J Clin Psychopharmacol.</i> 1987 Jun;7(3):127-37.
<p>L-Theanine 79556 – 60 <i>UltraCaps</i></p> <p>L-Theanine</p>	<p>One UltraCap two or three times daily. If additional support is desired, increase to two UltraCaps three times daily.</p> <p>Each UltraCap contains: 100 mg</p>	<ul style="list-style-type: none"> • Promotes relaxation and stress reduction by inducing muscle relaxation and maintaining blood pressure already within normal limits* • Increases alpha brain wave activity, associated with increased feelings of relaxation*¹ • Also increases certain neurotransmitter concentrations, including serotonin and dopamine, which promote muscle relaxation and provide relief for occasional sleeplessness*² 	<ol style="list-style-type: none"> 1. Juneja LR, et al. L-theanine - a unique amino acid of green tea and it's relaxation effect in humans. <i>Trends in Food Science & Technology.</i> 1999;10:199-204. 2. L-Theanine In: Fleming T., ed. <i>PDR® for Nutritional Supplements.</i> Montvale, NJ: Medical Economics Company; 2001:277-9.

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