



# A.C. Formula® II

## INTRODUCED 2011

### What Is It?

This synergistic combination of herbal extracts, caprylic acid and calcium undecylenate promotes a healthy environment for microflora in the colon and intestinal tract.\*

### Uses For AC Formula II

**Microbial Balance:** Undecylenic acid and caprylic acid are fatty acids that promote a favorable environment for beneficial microflora. Calcium and magnesium act as buffers and may also help slow the dispersion and release of undecylenic acid and caprylic acid to support activity throughout the gastrointestinal tract. Grapefruit seed extract and berberine sulfate are highly concentrated fungal and microbial balancing extracts. Research suggests that they promote a healthy GI environment when exposed to a wide range of bacterial biotypes.\*

### What Is The Source?

Caprylic acid is derived from palm oil. Undecylenic acid is derived from castor bean. Calcium and magnesium are derived from the lime of rock. Bromelain is sourced from the stem of pineapple. The activity of is expressed as GDU (gelatin digestion units) and provides 2,400 GDU per gram. Grapefruit seed extract is derived from the seed and standardized to contain 40% flavones and flavonones. Berberine sulfate is derived from *Berberis aristata* root. Hypo-allergenic plant fiber is derived from pine cellulose.

### Recommendations

Pure Encapsulations recommends 2–6 capsules per day, in divided doses, just before meals, with 6–8 oz. water.

### Are There Any Potential Side Effects Or Precautions?


Not to be taken by pregnant or lactating women. Caprylic acid has been associated with GI upset, bloating or diarrhea. Caprylic acid is not recommended for individuals prone to developing kidney stones. Bromelain has been associated with GI upset or diarrhea. Individuals with an

allergy to pineapple should avoid this product. Consult your physician for more information.

### Are There Any Potential Drug Interactions?

Caprylic acid may be contra-indicated with NSAID's (non-steroidal anti-inflammatory drugs) and certain blood thinning medications. Bromelain may be contra-indicated with blood thinning medications and certain antibiotics. The capacity for grapefruit seed extract to produce drug interactions remains unknown. Human pharmacokinetic studies have that established that two furanocoumarins, bergamottin and 6,7-dihydroxybergamottin (DHB), are primarily responsible for drug interactions with grapefruit juice. HPLC analysis has revealed no detectable bergamottin in Pure Encapsulations grapefruit seed extract. DHB is present at a concentration of 3 ppm, providing <1 mcg DHB per 6 capsules of A.C. Formula II. This is <0.1% of the DHB dose obtained from a single 8-oz glass of grapefruit juice. Furthermore, the DHB content of our grapefruit seed extract is below that detected in the furanocoumarin-free grapefruit juices used as negative controls in studies. Like all botanical products, grapefruit seed extract is a complex material with numerous phytochemicals that remain largely uncharacterized with respect to drug pharmacokinetics. However, the absence of bergamottin and low concentrations of DHB in the seed are consistent with a chemical composition distinct from the pulp and juice. Our findings indicate that Pure Encapsulations grapefruit seed extract is exempt from bergamottin mediated interactions and carries a low likelihood of DHB-mediated interactions. Consult your physician for more information.

#### A.C. Formula®

two vegetable capsules contain		V 00
calcium (as calcium undecylenate and calcium caprylate).....	44 mg	
magnesium (as magnesium caprylate).....	17 mg	
caprylic acid (as calcium and magnesium caprylate).....	400 mg	
bromelain (2400 GDU/g).....	250 mg	
undecylenic acid .....	125 mg	
grapefruit seed extract .....	100 mg	
berberine sulfate.....	50 mg	
(hypo-allergenic plant fiber added to complete capsule volume requirement)		
2-6 capsules per day, in divided doses, just before meals, with 6-8 oz. water.		

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.

