



G.I. Comfort

—pediatric formula—

INTRODUCED 2007

What Is It?

G.I. Comfort contains a blend of ingredients designed to soothe and protect the gastrointestinal (G.I.) tract, support mucosal integrity and promote immune health for the G.I. tract.*

Uses For G.I. Comfort

G.I. Integrity and Comfort: This formula contains ingredients that have been recognized historically for their soothing properties. Deglycyrrhizinated licorice (DGL) maintains intestinal comfort by enhancing the protective mucosal lining. Marshmallow root, lemon balm and chamomile contain various constituents with GI calming potential, including polysaccharides, terpenes, flavonoids and polyphenols. Some of these compounds may also maintain healthy histamine activity and promote healthy GI motility. L-Glutamine, a conditionally essential amino acid, supports the integrity of the GI tract, promoting healthy nutrient absorption and minimizing the amount of undigested food or environmental toxins that pass through the intestinal barrier.*

What Is The Source?

Marshmallow root extract is derived from *Althaea officinalis*. Lemon balm extract is derived from *Melissa officinalis* leaves and standardized to provide 5% rosmarinic acid. Deglycyrrhizinated licorice extract is derived from *Glycyrrhiza glabra* roots. L-glutamine is derived from vegetable fermentation. Chamomile extract is derived from *Matricaria recutita* flowers.

Recommendations

Pure Encapsulations recommends:

- Ages 4 to 11, take 1/2 to 1 scoop per day.
- Ages 12 and up, take 1-3 scoops per day, in divided doses.
- Mix with yogurt or applesauce.

Are There Any Potential Side Effects Or Precautions?

Chamomile is not recommended for individuals with sensitivity to botanicals from the Asteraceae/Compositae family. If pregnant or lactating, consult your physician before taking this product.

Are There Any Potential Drug Interactions?

Chamomile may be contra-indicated with blood thinning medications. Consult your physician for more information.

G.I. Comfort

each scoop (0.9 grams) provides		V
deglycyrrhizinated licorice extract (root)	400 mg	
Althaea officinalis (marshmallow root) extract	200 mg	
Melissa officinalis (lemon balm) extract (leaf)	100 mg	
(standardized to contain 5% rosmarinic acid)		
L-glutamine (free-form)	100 mg	
Matricaria recutita (chamomile) extract (flower)	100 mg	
Ages 4 to 11, take 1/2 to 1 scoop per day.		
Ages 12 and up, take 1-3 scoops per day, in divided doses.		
Mix with applesauce or yogurt.		

*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.

