



Manufacturers of
Hypo-allergenic
Nutritional
Supplements



MotilCalm

INTRODUCED SEPTEMBER 2010

What Is It?

MotilCalm is an advanced gut signaling support formula, maintaining healthy GI contractile function, mucosal protection, normal inflammatory balance and immune function.*

Uses For MotilCalm

G.I. Motility: Proper gastrointestinal motility is essential for optimal rates of nutrient and fluid absorption, elimination of toxins and overall abdominal comfort. GI motility is regulated by over 100 million neurons embedded in the walls of the GI tract. Collectively known as the enteric nervous system, or the "gut brain," these neurons communicate by way of numerous neurotransmitters and neurohormones to coordinate smooth muscle contraction. Clinical studies indicate that supplemental melatonin calms the intestinal tract, provides mucosal protection, maintains normal inflammatory balance and promotes immune function in the GI tract. Melatonin also supports the normal regenerative capacity of the epithelia. Ginger promotes gastric emptying and upper GI comfort and may relieve occasional nausea. Ginger also supports mucosal glutathione levels and maintains healthy mucosal cytokine and eicosanoid production. Clinical evidence has indicated the value of *Boswellia serrata* in maintaining slower contractile patterns of intestinal smooth muscle. AKBA, a major triterpenoid in *boswellia*, promotes mucosal integrity and healthy leukotriene balance in the ileum and colon. Curcumin supports healthy TNF α production and gene expression through nuclear factor kappa B activity. Quercetin supports intestinal barrier function and complements melatonin in maintaining normal neuromuscular activity in the ileum and colon by maintaining presynaptic acetylcholine retention at neuromuscular junctions of the GI tract.*

What Is The Source?

Curcumin C3 Complex[®] turmeric extract is derived from *Curcuma longa* root and standardized to contain 95% curcuminoids. Ginger extract is derived from *Zingiber officinale* root and standardized to contain 5% gingerols. 5-LOXIN[®] AKBA *boswellia serrata* extract is derived from gum resin and standardized to contain 30% 3-acetyl-11-keto-beta-boswellic acid (AKBA). Quercetin is derived from Japanese pagoda tree (*Sophora Japonica*) flower buds. Melatonin is synthetic. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil.

Curcumin C3 Complex[®] is a registered trademark of Sabinsa Corporation.

5-LOXIN[®] AKBA *boswellia serrata* extract. 5-LOXIN[®] is a registered trademark of PL Thomas & Co., Inc. International patents pending.

Recommendations

Pure Encapsulations recommends 3 capsules per day, in the evening, 1/2 to 1 hour before bedtime.

Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women. Rare side effects of *boswellia* or turmeric include GI upset, acid reflux, diarrhea or skin rash. May have sedating effects and is for bedtime use only. This product may be contraindicated in depression, seasonal affective disorder, schizophrenia, autoimmune disease, diabetes or asthma. Common reported side effects include daytime drowsiness, headache, and dizziness, but these do not seem to occur any more frequently than with placebo. It has also been associated with depression, anxiety, abdominal cramps, irritability, nausea, vomiting or hypotension. Consult your physician for more information.

(continued)

*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.

Are There Any Potential Drug Interactions?

Ginger, curcumin and melatonin may be contra-indicated with blood thinning medications. Studies suggest boswellia moderates 5-lipoxygenase and therefore may interact with leukotriene inhibitors. Quercetin may react with calcium channel blockers, estradiol, and immune suppressive medications. Melatonin should not be taken in conjunction with antidepressants, beta blockers, MAO inhibitors or corticosteroids. Consult your physician for more information.

MotilCalm

three vegetable capsules contain  V 00

Curcumin C3 Complex® turmeric (*Curcuma longa*) extract (root) 1,000 mg
(standardized to contain 95% curcuminoids)
ginger (*Zingiber officinale*) extract (root) 500 mg
(standardized to contain 5% gingerols)
5-LOXIN® AKBA boswellia serrata extract (gum resin) 100 mg
(standardized to contain 30% 3-acetyl-11-keto-beta-boswellic acid (AKBA))
quercetin 100 mg
melatonin 6 mg
ascorbyl palmitate (fat-soluble vitamin C) 15 mg

3 capsules per day, in the evening, 1/2 to 1 hour before bedtime.

WARNING: Not to be taken by pregnant or lactating women. May have sedating effects and is for bedtime use only. This product may be contraindicated in depression, seasonal affective disorder, schizophrenia, autoimmune disease, asthma and for individuals taking MAO inhibitors or corticosteroids.



— Your Trusted Source —

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