

# TOTAL UPPER GI

**Ingredients:** L-Glutamine 50mg, Okra 25mg, Stomach 125mg, Folic Acid 250mcg, Vitamin A 1,500i.u, Parotid 10mg, Aloe Vera 5mg, N-Acetyl Glucosamine 50mg, Bromelain 25mg, Duodenum 125mg, Deglycerrhized Licorice Root 156mg, Cabigen Extract (Vitamin U) 20mg, Slippery Elm 25mg, Magnesium Chelate 75mg

**Supportive Function:** The stomach is where the processes of digestion really begin (minimal starch digestion in saliva), which in turn will determine how effectively we extract vital nutrients from our food. Upper GI was formulated in an effort to completely support these sensitive, all-important cells of digestion and includes soothing herbals and nutrition for healthy maintenance.

**When are upper GI nutrients helpful?** Heartburn, ulcer, and gastrointestinal distress and complaints

**Clinical Applications/Research: L-Glutamine:** Glutamine is the main fuel that the intestinal cells need for maintenance and repair (they slough off every three days). Glutamine reinforces the immune system, and there is considerable evidence that glutamine can enhance the barrier function of the gut against viral, bacterial, and food antigen invaders (Hall JC et al. Br J Surg 1996 Mar; 83(3): 305-312). Glutamine has been proven to stimulate intestinal cell growth while reducing cell injury and infection. It also stimulates mucosal cells, which are highly protective against the damage seen in ulcers. In Japan, glutamine is known as the most popular anti-ulcer treatment.

**Okra** has beneficial phytochemicals, and as mucilage is capable of covering the stomach lining and protecting cells. Its soothing effect on the lining helps the healing process.

**Glandulars** are thought to provide precursor substances that the body can use to support and enhance the function of a specific gland. They may provide the potential “life force” the body needs to enhance function of a specific organ or gland. Glandulars are tissue concentrates, usually of a bovine source, which stimulate their respective glands.

**Folic acid** is essential to the growth and repair of cells. It plays an integral role in DNA/RNA replication, and is required whenever there is a large turnover of cells, such as when the stomach lining has been injured and is in need of cellular repair.

**Vitamin A** is considered to be an essential immune vitamin. It is necessary to cellular growth, repair, and regeneration. Its role in regenerating epithelial tissue is vital to immune organs. It has been known for a long time that a lack of vitamin A in the diet will result in reduced resistance to infection.

**Aloe Vera** is a soothing, mucilaginous herb that aids in the healing of stomach disorders and ulcers, by providing tissue protection to the gastro-intestinal mucosa. (Balch JF Presc for Nutr Healing 1990, Garden City Park, NY). Aloe vera improves wound healing and inhibits inflammation, and regenerates epithelial cells.

**N-acetyl Glucosamine (NAG)** is important to the extra cellular matrix that helps to comprise our, “cellular cement.” NAG is needed for synthesis of the chondroitin proteoglycans (big building blocks of connective tissue) (Biochem J. 1991 Jan; 273(Pt 2): 283-88). It provides the extra cellular layer of cells, which forms a protective layer over the stomach lining.

**Bromelaine** has been documented in over 200 studies as being a potent anti-inflammatory agent. Additionally, double blind studies have shown that bromelaine can combat infection by affecting mucosal inflammation (Headache 1967; 7:13-17; Acta Obstet Gynaecol Jpn 1972; 19:147-153).

**Deglycyrrhizinated Licorice (DGL)** increases the integrity of the mucous/bicarbonate-producing cells in the stomach. A natural licorice extract, deglycyrrhizinated licorice (DGL), has been found to increase the life span of the intestinal cells, improve the quality of protective substances, and improve blood supply of nutrients (Glick L. Lancet ii: 817,1982). DGL has been effective in treating both gastric and duodenal ulcers, and can reduce the gastric bleeding caused by aspirin (Rees WDW et al. Scand J Gastroenterol 14:605-7.1979). When DGL was compared to antacids and H2 receptor antagonists in over 800 patients, all had a high healing rate. DGL, however, had a significantly lower relapse rate (Kassir ZA Irish Med J 78:153-56, 1985), probably because of its ability to inhibit helicobacter pylori, the bacteria suspected of causing over 90% of ulcers.

**Cabbage** is reported to heal ulcers; it has a high glutamine content (glutamine is involved in the synthesis of the mucoproteins present in the mucous secretions). Cabbage is defined in the Merck index as "vitamin U," named so because of its powerful antiulcer properties.

**Slippery Elm** calms the inflamed mucous membranes of the stomach (Balch JF Presc for Nutr Healing 1990, Garden City, NY). In addition to a soothing texture that coats the stomach lining, slippery elm contains the fiber-rich ingredient mucilage that stimulates mucous secretion (protective against ulcers).

**Suggested Dosage:** 1 tablet 3 times daily or as directed.

**Size:** 60 tablets

**Vegetarian:** No

**Contraindications:** None known.