

PepZin GI[®] with Zinc L-Carnosine Complex

**Doctor's
BEST**
Science-Based Nutrition™



INGREDIENTS

PepZin GI[®] is an exclusive, patented complex of zinc and L-carnosine that was first developed in Japan and has been in use since 1994.¹ This special chelated form of the mineral zinc has a unique ability to exert its effects directly on the cells of the stomach lining. When zinc is complexed to L-carnosine, it dissociates in the stomach at a slower rate. This prolonged existence allows it to maintain its gastric support effect over a longer period of time.² The proprietary chelation process along with excellent scientific research make PepZin GI[®] your best choice for supporting gastric health.

BENEFITS

Helps relieve occasional gastric discomfort*

In a multi-center, placebo-controlled, comparative double-blind study, 299 participants with symptoms of gastric discomfort were randomly allocated into one of four groups for 8 weeks.³ Of the 258 people who completed the trial, 136 were in a group receiving zinc-L-carnosine. Of them, 92% experienced support for symptoms including occasional heartburn, tenderness, diarrhea, and constipation after 8 weeks.

In another study, 28 individuals with gastric discomfort were given a zinc-L-carnosine compound and monitored for 8 weeks.⁴ Change was rated on a scale of subjective and objective symptoms. After 4 weeks, 68.4% reported significant support for occasional gastric discomfort (as rated by the scale), and after eight weeks, the number was 68.8%. Over 60% of these individuals reported significant support well after discontinuation of the supplementation, suggesting a lasting effect of the zinc-L-carnosine compound beyond the time it is taken.

Maintains a healthy GI environment*

The mineral zinc in PepZin GI[®] is a critical component to a number of physiological processes in our bodies. Some of these functions include growth and metabolism of cells, cell repair, and maintenance of carbohydrate and lipid metabolism.²

PepZin GI[®] may also be able to favorably maintain the bacterial balance of the stomach and GI tract. Studies suggest that the zinc-L-carnosine compound may have effects on certain strains of bacteria and, therefore,

may be able to help maintain a GI environment that is favorable to health.¹ By supporting the bacterial balance in the stomach, PepZin GI[®] can help maintain a healthy mucosal lining.

Supports the health of gastric cells*

PepZin GI[®] has been studied for its ability to prevent free radical damage to gastric cells. In one such study, rat gastric cells were exposed to ethanol and hydrogen peroxide, two substances known to cause free radical damage to living cells.⁵ Cells were bathed in hydrogen peroxide, ethanol, zinc-L-carnosine, or a combination of zinc-L-carnosine with either ethanol or hydrogen peroxide. While the cells bathed in ethanol and hydrogen peroxide solutions all exhibited signs of damage due to free radical production, the cells that were bathed in zinc-L-carnosine were largely protected from the effects of free radical damage. The authors concluded that the zinc compound directly protected gastric mucosal cells from oxidant stress.

Additional animal research further confirms the gastro-supportive effects of PepZin GI[®].⁶ The stomach lining of rats fed zinc-L-carnosine compound prior to being exposed to monochloramine, a known pro-oxidant (producer of free radicals), fared better than the stomach lining of rats from the control group that were exposed to monochloramine without the zinc-L-carnosine compound beforehand.⁷

Supplement Facts

Serving Size 2 Veggie Capsules
Servings Per Container 60

	Amount Per Serving	% Daily Value
Zinc (from PepZin GI [®] Zinc-L-Carnosine)	16 mg	150%
Zinc-L-Carnosine (from PepZin GI [®] Zinc-L-Carnosine)	75 mg	†
L-Carnosine (from PepZin GI [®] Zinc-L-Carnosine)	59 mg	†

† Daily Value not established.

Other Ingredients: Microcrystalline cellulose, modified cellulose (vegetarian capsule), magnesium stearate (vegetable source), silicon dioxide.

Suggested Adult Use: Take 2 capsules daily on an empty stomach, or as recommended by a nutritionally-informed physician.

Non-GMO / Gluten Free / Soy Free / Vegan
Store in a cool dry place.

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

SCIENTIFIC REFERENCES

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5. Hiraishi H, Sasai T, Oinuma T, others. 1999;13:261-9.
6. Naito Y, Yoshikawa T, Yagi N, others. 2001;46:845-51.
7. Kato S, Nishiwaki H, Konaka A, Takeuchi K. 1997;42:2156-63.



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