



## GASTROINTESTINAL SUPPORT ACID ASSIST™

Helps with symptoms associated with occasional heartburn.

Stomach acid is commonly associated with heartburn. Stomach acid may cause tissue damage as a result of exposure to the lining of the esophagus. This occurs when the lower esophageal sphincter (LES) does not seal off the lower esophagus from the stomach. Heartburn can be described as a burning discomfort that begins behind the breastbone and radiates to the neck and throat resulting from stomach acid being regurgitated into the esophagus, which can have a bitter, sour taste. We combined specific ingredients that have been shown to be highly supportive in reducing symptoms from occasional heartburn.

### Supplement Facts

Serving size: 1 capsule

Servings per container: 90

Amount per serving		%DV
Zinc (as Zinc Monomethionine)	5 mg	45%
<i>Acid Assist Proprietary Blend</i>	805 mg	*
L-Glutamine, Gamma Oryzanol, Aloe Vera extract (inner leaf gel), Deglycyrrhizinated Licorice (DGL) extract (root) (Glycyrrhiza glabra), N-Acetyl-D-Glucosamine (vegan), Glycine, Marshmallow extract (root) (Althaea spp), Slippery Elm extract (bark) (Ulmus spp), Turmeric extract (root) (Curcuma longa), L-Carnosine		

\* Daily Value not established.

Other ingredients: vegetarian capsule (hypromellose, purified water)

### INGREDIENTS:

#### L-Glutamine

Glutamine is the most abundant free amino acid in the body (1). It is produced primarily in skeletal muscle and then released into circulation. Gastrointestinal tissue requires glutamine to help fuel the epithelial cells of the small intestine (2). The gastrointestinal tract is one of the largest utilizers of glutamine in the body (3). Glutamine acts as an intra-organ nitrogen and carbon transporter (4). Depletion of glutamine can result in poor intestinal health (5). A preliminary study found that glutamine supplementation supported the lining of the upper gastrointestinal tract (6). Glutamine is a precursor to glutathione, a powerful antioxidant.

#### N-Acetyl Glucosamine (NAG)

N-acetyl glucosamine is the acetylated derivative of the amino sugar glucosamine, which is a constituent of cartilage proteoglycans. NAG is incorporated into glycoproteins, glucolipids, and glycosaminoglycans, the substrates for tissue repair. It is involved in the protection and repair of mucous membranes throughout the body, including the large and small intestines, stomach and esophagus. When N-acetylation of glucosamine is relatively deficient in the body, the synthesis of the gastric and intestinal mucosa's protective glycoprotein cover may be reduced (7).

### **Glycine**

Glycine is an amino acid. It is not considered an essential amino acid because the body makes glycine from serine. The body requires glycine for the formation of DNA, collagen, phospholipids and for the release of energy. Glycine is an essential intermediate in the metabolism of protein, peptides and bile salts. Glycine promotes the repair of stressed tissue and neutralizes acid, soothing the gastric mucosa.

### **Gamma Oryzanol**

Gamma oryzanol is a naturally occurring mixture of plant chemicals called sterols and ferulic acid esters. It is extracted from rice bran oil and has a wide variety of biological activities that include antioxidant activity. Gastrointestinal benefits from gamma oryzanol have been shown to provide beneficial support for gastric health and comfort.

### **Aloe Vera**

Aloe vera is the clear, jelly like substance obtained from the thin-walled mucilaginous cells in the center of the leaf. Historically, Aloe vera has been used because of its soothing and demulcent qualities.

### **Licorice Root DGL**

Licorice has soothing properties. Deglycyrrhizinated (purified) licorice (DGL) promotes mucus activity which may act as a barrier to support the healthy lining of the stomach and intestinal tract.

### **Marshmallow Root and Slippery Elm Bark**

These mucilaginous and demulcent herbs support the repair and strengthening of the gut mucosa.

### **Curcumin (Turmeric)**

Turmeric's major active constituents are curcuminoids including curcumin (diferuloylmethane), a yellow pigment. Studies have reported that taking curcumin twice daily for 6 months showed improvements from occasional indigestion (8).

### **Zinc and Carnosine**

The combination of zinc and carnosine creates a natural complex that serves to help restore stomach health and comfort. Zinc and carnosine have been shown to support a healthy epithelial lining of the stomach (9).

***Patients: Consult with your healthcare professional for the proper use of this formula.***

**For more information about this and other Condition Specific Formulas® please visit our website at:**

mountainpeaknutritionals.com  
email us: support@mtnpeaknutrition.com



1000 SE Tech Center Drive STE 130  
Vancouver, WA 98683

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## REFERENCES

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