NUTRINED

focus

Reset your gut for good

The gut is where you start in...

1 _ Neuroinflammation

Scientific evidence implicates dysbiosis through the systemic release of endotoxins. This exposure may be enhanced by increased permeability of the intestinal barrier, allowing the entrance of microbiota-produced substances via the blood-brain barrier.

Read more

- The link between gut dysbiosis and neuroinflammation in Parkinson's disease (https://pubmed.ncbi.nlm.nih.gov/32112917/)
- Emerging role of gut microbiota dysbiosis in neuroinflammation and neurodegeneration (https://pubmed.ncbi.nlm.nih.gov/37255721/)

2 _ Autoimmunity

Only 30% of autoimmunity is genetic.
Gut dysbiosis is one of the main contributors to inflammation and immune dysfunction.

Read more

- Zonulin and its regulation of intestinal barrier function: the biological door to inflammation, autoimmunity, and cancer (https://journals.physiology.org/doi/full/10.1152/physrev.00003.2008?view=long&pmid=21248165&)

3 _ Systemic inflammation

Mucosal immunology modulates inflammation.

Read more

- Connection between the gut microbiome, systemic inflammation, gut permeability and FOXP3 expression in patients with primary Sjögren's syndrome (https://pubmed.ncbi.nlm.nih.gov/33228011/)
- A proinflammatory gut microbiota increases systemic inflammation and accelerates atherosclerosis (https://pubmed.ncbi.nlm.nih.gov/30582442/)
- The role of the gut microbiome in systemic inflammatory disease (https://pubmed.ncbi.nlm.nih.gov/29311119/)

4 _ General health

Intestinal induced "low-grade inflammation" is one of the leading causes of work absence, disability and mortality.

Read more

- Gut microbiome: profound implications for diet and disease (https://pubmed.ncbi.nlm.nih.gov/31315227/)
- Human gut microbiota/microbiome in health and diseases: a review (https://pubmed.ncbi.nlm.nih.gov/33136284/)

Gut Protocol

The Gut protocol is a multi-level intervention that rebuilds acidity, digestion and intestinal immunity.

Acidity

Individualized dosage to optimize gastric acidity and intestinal PH.

Digestion

Selected enzymes to support digestive breakdown and prevent abdominal bloating.

Immune defense

Protects the barrier between gastrointestinal tract and bloodstream to prevent gut-induced inflammation.
Targeted released formulation guarantees optimal bio-availability of building blocks without partial conversion to Glutamate.

Anti-inflammation

Research based delivery of bio-active Butyrate.
Butyflam® supports T reg Cells, modulates immunity to prevent local and systemic inflammation.

You can find the product sheets and references for our gut protocol on the following pages.

Complementary recommendations

RenewGut+™

Multi-function gut support
> See product sheet on page 9

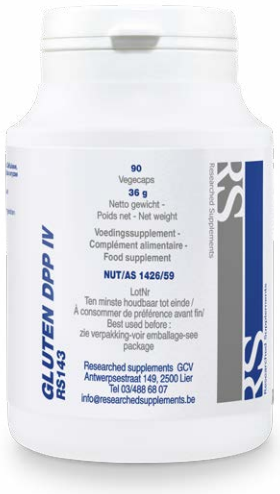
CoreBiotic®

Advanced spore based probiotic
> See product sheet on page 11

Guttae Pepsini

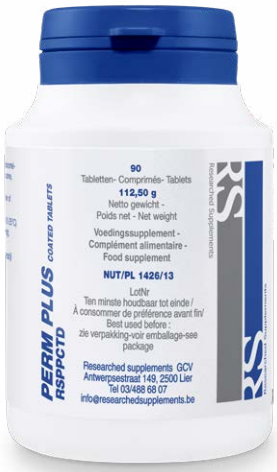
indication	Stomach acid deficiency Poor digestion Intestinal malabsorption Rebuilds intestinal pH	
dosage	Start with 3 x 5 drops at the start of each meal, dilute in water and swallow immediately Gradually increase the dose with 1 drop per day until 3 x 20 drops or until the saturation dose has been reached (warm feeling in stomach) In that case the optimal dose is 3 drops less than the saturation dose	
packaging	30 ml per bottle	
daily dose (based on 60 drops)	Purified water Glycerol Hydrochloric acid HCl 37% Pepsine	1,11 ml 0,73 ml 0,2 ml 0,15 ml

Gluten DPP IV Complex

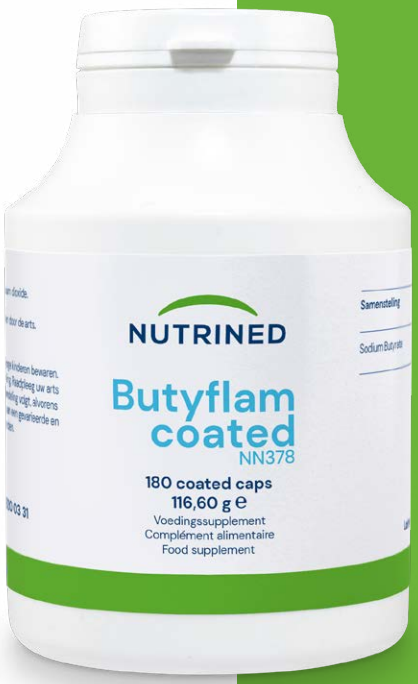


indication	DPP-IV proteolytic enzyme complex Breaks down proline residues in Gluten and decreases the intestinal immune reaction Intolerance for gluten and/or casein Indigestion, gas, bloating, constipation and diarrhea	
dosage	Take 3 x 1 caps per day at the beginning of each meal	
packaging	90 vegecaps per container	
daily dose (based on 3 vegecaps)	**Digestive enzyme blend:** Amylase 5000 DU, Protease 4.5 24.500 HUT, Gluco-amylase 16 AGU, Protease 6.0 7500 HUT, Lipase 3000 FIP, Cellulase 2500 CU, Alpha-galactosidase 125 GalU, Pectinase 12 endoPGU, Protease 3.0 10 SAPU, Xylanase 100 XU, Hemicellulase 75 HCU	150 mg
	Hemicellulase (1500 HCU)	75 mg
	Biocore DPP IV: Protease DPP IV (Aspergillus oryzae 300 DPP-IV),Protease (Aspergillus oryzae 18000 HUT), Aspergillus meleus (5.1 AP)	60 mg
	Lactase (285 ALU)	60 mg

Perm Plus Coated



indication	Rebuilding intestinal permeability and immunity with targeted released molecules	
dosage	The first month: take 3 x 2 tablets per day Then take 3 x 1 tablet per day 20 min. before food	
packaging	90 tablets per container	
daily dose (based on 3 tablets)	L-Glutamine	975 mg
	N-Acetyl-D - Glucosamine	375 mg
	N-Acetylcysteine	298 mg
	Liquorice root powder (Glycyrrhiza Glabra L.)	255 mg
	Gamma oryzanol	180 mg
	L-Carnosine	58.5 mg
	Rapeseed (Brassica napus L.)	45 mg
	Zinc (as Zinc bisglycinate and Zinc methionin)	22,5 mg



Butyflam Coated

Butyrate is a short-chain fatty acid produced by the intestinal bacteria through fermentation of non-digestible fibers. Butyflam Coated delivers bio-available levels of butyrate in our intestines to guarantee immune tolerance and avoid excessive inflammation or auto-immune reactions.

indication	Neuroinflammation Immune modulating (T reg + IL-10 anti-inflammation) Remodeling intestinal barrier function	
dosage	Take 3 x 2 caps per day	
packaging	180 coated caps per container	
daily dose (based on 6 coated caps)	Sodium butyrate	3000 mg

References
Butyflam Coated

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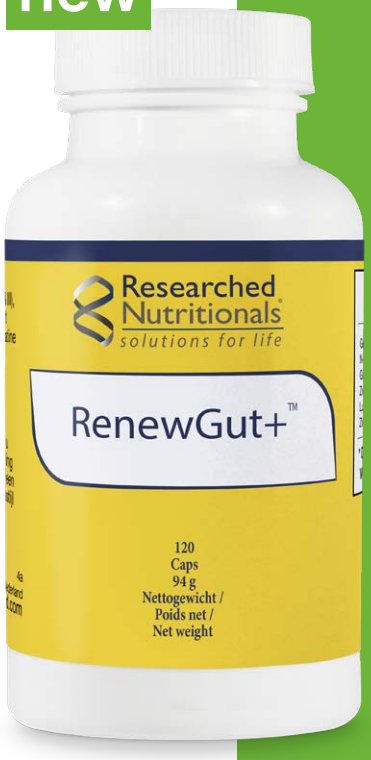

RenewGut+

Multi-function gut support

indication	Fortifies the gut lining and tight junctions to promote healthy intestinal mucosal barrier	
dosage	Take 4 caps once daily	
packaging	120 caps per container	
daily dose (based on 4 caps)	Hydrolyzed Collagen Peptides (Type I & III)	1000 mg
	N-Acetyl D-Glucosamine	500 mg
	GutGard® Deglycyrrhized Licorice	150 mg
	Black Cumin (Nigella sativa)	125 mg
	Luteolin	75 mg
	Zinc (as Zinc Carnosine)	15 mg

RenewGut+™
Free of potentially harmful nutrients

Free of Glutamine[1]

- Alterations in amino acids: enhanced GLN intake may impair amino acid distribution among tissues and their absorption in the gut and kidneys.
- Alterations in GLN metabolism-GLN supplementation may impair synthesis of endogenous GLN and enhance glutamate and ammonia production.
- Alterations in ammonia transport-GLN supplementation may impair ammonia detoxification and negatively affect the role of GLN as the carrier of ammonia among tissues.
- Abnormalities in aminoacidemia-increased plasma levels of GLN, glutamate, citrulline, ornithine, arginine, and histidine and decreased levels of valine, leucine, isoleucine, glycine, threonine, serine, and proline are reported.
- Alterations in immune system- GLN has immunomodulating properties, the effect of chronic GLN consumption on the immune system needs to be assessed.
- Effect on tumor growth-it should be elucidated whether chronic intake of GLN increases the risk of cancer.

Free of Aloe[2]

- Recent findings have raised concern over long-term aloe use due to potential carcinogenic activities in rats.

[1] Side effects of long-term glutamine supplementation. Milan Holecek. JPEN J Parenter Enteral Nutr. 2013 Sep;37(5):607-16

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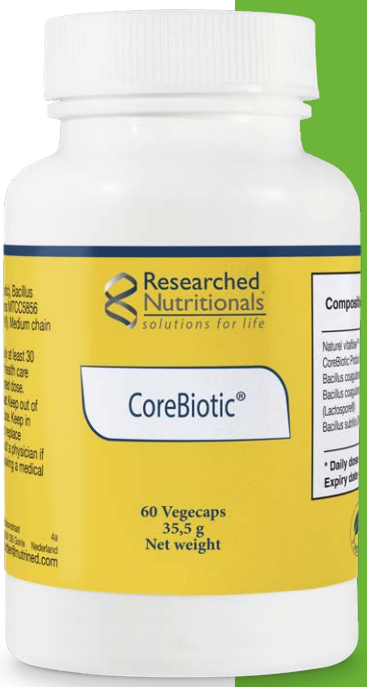

CoreBiotic

CoreBiotic® combines three fully sequenced and registered spore-based probiotics along with VitaFiber® prebiotic to support a healthy microbiome. Each strain was specifically chosen for its mechanisms of action, backed by supporting research.

indication	Advanced soil based probiotic formulation with prebiotics: Rebuilds intestinal microbial balance Reduces LPS-translocation Microbial support in autoimmunity	
dosage	Take 1 x 2 caps at least 30 min. before food	
packaging	60 vegecaps per container	
daily dose (based on 2 vegecaps)	Organic VitaFiber® (Prebiotic) CB Complex: Bacillus coagulans (SNZ1969) Bacillus coagulans MTCC5856 (Lactospore®) Bacillus subtilis (DE111®)	660 mg 50 mg 25 mg 20,84 mg