

# GI·Soothe

A blend of three demulcent herbs to effectively reduce inflammation and irritation to the digestive tract lining.

## Each capsule contains:

DGL (root, Deglycyrrhizinated licorice) 10:1	225mg
Marshmallow extract (root, <i>Althea officinalis</i> ) 20:1	250mg
Slippery Elm extract (bark, <i>Ulmus rubra</i> ) 4:1	250mg



60 vegetable capsules

Gluten, soy and dairy free.

Irritation to the digestive tract lining can occur under many circumstances, leading to inflammation and symptoms of abdominal pain, heartburn, gas, bloating, irritable bowel syndrome and more. Traditionally, specific herbs have been used to soothe and coat the gastrointestinal lining under such circumstances, providing a mucoprotective action. These herbs are known as demulcents.

Demulcents are effective in treating diarrhea, constipation and inflammatory conditions of the gastrointestinal tract. They act by preventing microbe binding to cell membranes, binding excessive water,

improving microcirculation and acting as a direct physical barrier in the digestive tract. **Deglycyrrhizinated licorice (DGL)**, *Althea officinalis* (marshmallow root) and *Ulmus rubra* (slippery elm) are some of the most well-established demulcents with clinical efficacy.

**DGL** is a form of licorice root that has removed glycyrrhizin, a constituent that is responsible for increasing cortisol and fluid retention. This allows for a soothing effect on the gastrointestinal lining with minimal safety concerns. DGL has been studied for its ability to effectively treat the symptoms associated with

## Key points

- Provides a blend of deglycyrrhizinated licorice root (DGL), marshmallow root and slippery elm in highly potent extracted forms
- Indicated for reducing inflammation and irritation to the digestive tract lining, including gastritis, reflux esophagitis and irritable bowel syndrome, and preventing damage to the digestive tract as a result of anti-inflammatory medications
- Can be used adjunctively with GI Matrix powder
- 60 vegetable capsules per bottle

damaged gastric and duodenal linings. Moreover, chewing DGL has also shown to have a positive effect on the gastrointestinal mucosa and some evidence suggests that DGL can help to prevent damage to the digestive tract lining caused by non-steroidal anti-inflammatory drugs (NSAIDs). **Marshmallow root and slippery elm** have anecdotally been used for decades as safe and

effective demulcents to treat reflux esophagitis, gastritis, diarrhea, respiratory concerns and even inflammatory skin lesions.

**GI Soothe** provides DGL, marshmallow root and slippery elm in high-potency extracts for effective demulcent and mucoprotective effects on the gastrointestinal tract. Available in 60 vegetable capsule bottles.

## Related products

Cyto Glutamine  
Inflamatrix  
GI Matrix  
Multistrain 11  
Multistrain 50  
Saccharo B  
Zinc Bisglycinate  
Zinc Citrate 50mg  
Cyto Fibre  
Cyto Zyme

**Non-Medicinal Ingredients:** Vegetable-grade magnesium stearate, microcrystalline cellulose. Capsule: hypromellose.

**Indications:** Traditionally used in Herbal Medicine to relieve mild inflammation of the gastro-intestinal mucosa (e.g. gastritis), irritation of the oral and pharyngeal mucosa and associated dry cough. Used in Herbal Medicine as a demulcent to help relieve abdominal pain and burning sensation in the stomach.

**Directions:** Adults - Take 1 capsule, 2 times per day or as directed by a healthcare professional. Take a few hours before or after other medications or natural health products.

**Warnings:** Do not use if safety seal is broken. Consult a healthcare professional if symptoms persist or worsen.

**Contraindications:** Consult a healthcare professional prior to use if you are pregnant or breastfeeding.