

# Gastro Support



## Clinical Applications

- Provides Hydrochloric Acid to Help Maintain Gastric pH\*
- Contains Factors to Promote Healthy Digestion, Especially of Dietary Protein\*
- Supports Absorption of Certain Macro- and Micronutrients\*
- Helps Maintain Normal Gastric Flora\*

*Gastro Support provides a variety of health-supportive factors. L-glutamic acid, betaine HCl, and pepsin, a proteolytic enzyme, assist in protein digestion. Gentian root, an herbal bitter, promotes normal secretion of saliva and gastric acid for digestive support. HCl (hydrochloric acid) supports nutrient absorption and helps maintain a healthy gastric pH, which, in turn, supports healthy gastric ecology.\**

All ND Formulas Meet or Exceed cGMP Quality Standards

## Discussion

**Gastro Support** is designed to support the gastric phase of digestion directly and provide stimulus for the excretion of pancreatic digestive juices in the small intestine. Adequate hydrochloric acid is fundamental to healthy protein digestion, nutrient availability, and the maintenance of normal gastric flora.<sup>[1-3]</sup> There is a natural decline in the ability to produce hydrochloric acid, especially after the age of 60.<sup>[1]</sup> There appears to be an even greater decline in pepsin production related to normal aging.<sup>[4]</sup> Support of natural gastric secretions and acidity helps support normal digestion, absorption, and immune health.<sup>[5]</sup> Maintaining an acidic pH in the stomach helps support normal gastric and intestinal flora as well.<sup>\*[6-8]</sup>

**Glutamic Acid Hydrochloride (HCl)** Also called glutamate, glutamic acid is an amino acid that can be obtained from dietary protein or synthesized endogenously from other amino acids, such as glutamine. Glutamic acid HCl is used in Gastro Support as an acidifying agent.\*

**Betaine Hydrochloride (HCl)** Betaine (also known as trimethylglycine) is a natural substance found in foods such as beets, spinach, and grains. Research suggests that betaine supports cell health by acting as a methyl donor, and this, in turn, supports healthy methionine, homocysteine, and hepatic fat metabolism. Betaine also functions as an osmolyte, which supports the integrity of cells and proteins during fluctuations in hydration, salinity, and temperature. Betaine HCl, the acidic form of betaine, has traditionally been used to support digestion and absorption due to its ability to lower gastric pH.<sup>\*[9,10]</sup>

**Pepsin** One of the first enzymes to initiate protein digestion, pepsin is first synthesized in the parietal cells of the gastric mucosa and secreted as the inactive zymogen precursor pepsinogen. Hydrochloric acid activates pepsinogen to convert it to pepsin once it is outside the cell. This activation sets up a chain reaction leading to the production of still more pepsin. Porcine pepsin, in addition to betaine HCl, is provided in Gastro Support with the goal of promoting more endogenous pepsin production.<sup>\*[4,6]</sup>

**Gentian Root** (*Gentiana lutea*) Used for centuries to support healthy digestion, gentian contains the bitter glycosides gentiopicroin and amarogentin. Gentian's bitter taste can be detected even at a dilution level of 50,000:1. Gentian root appears to support digestion by stimulating secretion of saliva in the mouth, hydrochloric acid in the stomach, and digestive juices from the pancreas. Due to the stimulant effect that gentian root has on endogenous production of HCl, individuals may be able to discontinue Gastro Support after a period of use.<sup>\*[11-14]</sup>

Gastro Support is formulated with a variety of compounds and is designed to support gastric acidity, digestion, and normal gastrointestinal flora. Gastro Support should be taken with, or immediately following a meal. Do not use if there is a prior history of, or a current complaint of, a peptic or duodenal ulcer.\*

\*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.



## Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 90

	Amount Per Serving	%Daily Value
L-Glutamic Acid	350 mg	**
Betaine HCl	300 mg	**
Pepsin 1:10,000 (from porcine)	100 mg	**
Gentian ( <i>Gentiana lutea</i> )(root)	20 mg	**

\*\* Daily Value not established.

**Other Ingredients:** HPMC (capsule), vegetable stearic acid, silica, vegetable magnesium stearate, and medium-chain triglycerides.

## Directions

Take one capsule with meals, or as directed by your healthcare practitioner.

Children and pregnant or lactating women should consult their healthcare practitioner prior to use. Do not use if tamper seal is damaged.

## References

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## Does Not Contain

Wheat, gluten, corn protein, yeast, soy, dairy products, fish, shellfish, peanuts, tree nuts, egg, artificial colors, artificial sweeteners, or preservatives.

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