



## G.I. Fort

Introduced 2003



### What Is It?

GI Fort is a blend of high-impact fiber, herbs and nutrients, providing far-reaching support for gastrointestinal function and occasional constipation. By combining psyllium with Nutra-Flax™ high-lignan flax seed, glutamine, DGL Plus® and triphala, this formula is designed to promote function, microflora balance, integrity, tone, comfort, cellular health and detoxification of the gastrointestinal tract.\*

### Uses For G.I. Fort

**GI Motility:** Psyllium, *Plantago indica* or blond psyllium, is grown primarily in India, Europe and the United States and is a valued source of soluble fiber. Soluble fiber increases stool volume when taken with appropriate amounts of water, supporting larger and softer stools for healthy bowel movements. As the bulk moves through the intestine, it helps to collect and eliminate other waste and toxins from the intestinal walls. This helps to minimize the amount of exposure of the gastrointestinal tract to toxins. Nutra-Flax™ provides a source of lignans, fatty acids, and both soluble and insoluble fibers, enhancing the gut health potential of this complex. Triphala, literally meaning “three fruits”, is a standardized blend of three fruit extracts in equal proportions, *Terminalia chebula*, *Terminalia bellerica*, and *Embolica officinalis*. It is an Ayurvedic blend prized for supporting intestinal detoxification and occasional constipation. Triphala has a long traditional history of use for bowel tonification and consists of various nutritive compounds, including antioxidants, tannins and polyphenols.\*

**GI Integrity:** L-Glutamine is the most abundant amino acid in the body. In times of stress or increased metabolic demand, glutamine is an especially important source of energy for the GI tract. In the gut, glutamine maintains healthy integrity of the intestinal tract and enhances the protective mucosal lining. This helps to ensure proper nutrient utilization and absorption while limiting the amount of toxins that pass through the intestinal barrier.\* Chlorella, the most studied “green food”, is traditionally celebrated for its digestive, cleansing and blood purifying properties. Furthermore, its nutrient rich matrix includes vitamins, minerals, protein, carotenoids and flavone compounds.\*

**GI Cell Health:** Soluble fiber is fermented in the large intestines by intestinal microflora, producing short chain fatty acids (SCFAs). SCFAs are extremely important energy sources for the colon and have protective effects for healthy colon cell function.

Furthermore, SCFAs keep the intestinal environment acidic, providing optimal conditions for lactobacillus and other beneficial bacteria to thrive. The fiber content of flax seed provides additional support for healthy intestinal function, microflora balance, and overall colon health. The ability of lignans to support colon cell health has been reported in numerous studies and may be due in part to antioxidant protection and the ability to promote healthy beta-glucuronidase activity and detoxification.\*

**GI Comfort:** GI Fort contains aloe that enhances the protective mucous lining throughout the gastrointestinal tract, promoting gut integrity and providing a soothing effect.\*

### What is the Source

Each capsule of G.I. Fort provides psyllium derived from *Plantago indica* and flaxseed from *Linum usitatissimum*. L-Glutamine (free-form) is derived from the fermentation of vegetables. Aloe vera extract (200:1) is derived from the inner fillet of *Aloe barbadensis*.

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## Recommendations

Pure Encapsulations recommends 1 capsule, with a meal, or as directed by your physician.


## Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women. Psyllium and flaxseed may cause gastrointestinal discomfort, including bloating, flatulence, abdominal pain or diarrhea. In rare cases, psyllium has been associated with headache, backache, rhinitis, increased cough, and sinusitis. Psyllium should be consumed with adequate water, as case reports indicate a potential for bowel obstruction when it is consumed without water. Rarely, individuals can have an allergic response to psyllium, with symptoms including runny nose, sneezing, conjunctivitis, skin rash, itching, flushing, chest and throat tightness, congestion, hypotension or anaphylactic shock. Consult your physician for more information.

## Are There Any Potential Drug Interactions?

L-Glutamine is contraindicated with anticonvulsant medications. Psyllium and flaxseed may be contraindicated with oral anti-hyperglycemic and certain blood thinning medications. Consult your physician for more information.

## G.I. Fort

each vegetarian capsule contains  00

calories.....	5
total carbohydrate.....	1 g
dietary fiber.....	1 g
sugars.....	0 g
protein.....	0 g
psyllium powder husk ( <i>Plantago indica</i> ).....	367mg
flax seed powder ( <i>Linum usitatissimum</i> ).....	133 mg
L-glutamine (free-form).....	167 mg
aloe vera ( <i>Aloe barbadensis</i> ) extract (inner fillet).....	33 mg
chlorella ( <i>Chlorella pyrenoidosa</i> ).....	33 mg

(powder cracked cell wall)

other ingredients: ascorbyl palmitate, vegetarian capsule (cellulose, water)

1 capsule daily, with meals.