



repair+

L-GLUTAMINE + FIBER
GUT SUPPORT

Ingredient Information

L-Glutamine

Fennel Seed
Deglycyrrhizinated Licorice
Peppermint Leaf Extract
Slippery Elm Bark

Soluble Fiber Blend:
• Apple/Citrus Pectin
• Acacia Fiber

Alpha-galactosidase



SOY FREE



NUTS FREE



DAIRY FREE



VEGAN



GLUTEN FREE



NON GMO



MADE IN USA

Avisae's **repair+**[™] L-Glutamine + Fiber drink mix is a complete gut support product with ingredients shown to sooth the occasional discomforts of a bloated, gassy gut and support the restorative processes that your gut needs to digest food and absorb all the powerful nutrients they have to offer.

An efficacious blend of the key healing amino acid, L-glutamine, together with soothing and demulscent herbs, gentle soluble fiber sources, a key digestive enzyme which work together to support healing of the digestive system:

L-GLUTAMINE

L-Glutamine is the most abundant amino acid in the body. It is a precursor of the most potent antioxidant, glutathione. It is also a critical fuel source for the mucosal epithelial cells of the small intestine.¹ In clinical studies it has been shown to assist in the prevention of gut deterioration and hyperpermeability, including leaky gut.

GUT HEALING HERBS

We have included four effective but gentle gut-healing herbs to reduce discomfort and support repair.

1. DEGLYCYRRHIZINATED LICORICE

Deglycyrrhizinated Licorice is an extract of licorice from which the glycyrrhizin has been removed. Glycyrrhizin may have the effect of raising blood pressure in sensitive individuals. Licorice stimulates the body to increase the number of mucus-secreting cells in the digestive tract, improves the quality of mucus, lengthens intestinal cell life, and enhances microcirculation in the gastrointestinal lining.

2. FENNEL SEED

Fennel Seed has been shown to increase bile production, assisting digestive function, decrease gas, bloating and abdominal cramps.

3. PEPPERMINT LEAF EXTRACT

Peppermint Leaf Extract has been studied in clinical trials and results suggest that it is effective in reducing abdominal pain, flatulence, and diarrhea in patients with “irritable bowel syndrome”

4. SLIPPERY ELM BARK

Slippery Elm Bark is considered the classic “demulscent herb” The mucilaginous inner bark supports production of an effective mucosal barrier in the gut and thereby soothes damaged gut tissue and allows healing.

SOLUBLE FIBER, unlike insoluble fiber, forms a soft gel. It provides a perfect environment for the growth of commensal bacteria and acts as a repository for toxins allowing them to be eliminated. We have included two soluble fiber sources.

PECTIN

Pectin is a soluble fiber that acts as a detoxicant, regulator and protectant of the gastrointestinal tract. Pectin can regulate the body’s use of sugars and cholesterol, and its bulking effect can assist in satiety, reducing appetite and food intake so it may contribute to your weightloss goals.

ACACIA FIBER

Acacia fiber strengthens the gut mucosal barrier by increasing numbers of specific strains of beneficial bacteria that can produce gut-nourishing short-chain fatty acids.³ One of these fatty acids is butyrate which nourishes intestinal cells lining the gut barrier and assists with the assembly of tight junctions that seal gaps between gut barrier cells. Studies show that gut bacteria ferment acacia fiber well into the distal (or last) part of the colon, while most other prebiotic fibers are fermented right away in the first section of the colon, leading to a sudden release of gas.⁴ For people prone to gas and bloating, acacia fiber proves to be incredibly well-tolerated, even at high doses.⁵

ENZYME

Alpha Galactosidase is an enzyme that works in the gut to break down the complex branched sugars (polysaccharides) found in foods such as legumes (beans) and cruciferous vegetables (cauliflower, broccoli, cabbage, brussels sprouts). The enzyme breaks the complex sugars into simple sugars, making these foods somewhat more digestible, and reducing intestinal gas. Without the enzyme the polysaccharides found in these foods can pass through the small intestine unaffected and, once in the large intestine, they be metabolized by intestinal flora, fermenting to produce the gases that cause discomfort.

OTHER INGREDIENTS

Other ingredients include a natural lemon-lime flavor, citric acid to support the flavor, and sweetener (stevia) to produce a pleasant tasting product suitable for daily use.