



repair+

L-GLUTAMINE + FIBER
GUT SUPPORT

THE + IS THE DIFFERENCE

Avisae's **repair+**TM 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.

Individually packaged for optimal portability and convenience, Avisae's **repair+**TM makes it easy for you to love your gutTM with the power of earth-made ingredients that are intelligently paired and backed by science.



Avisae **repair+**TM

The human gastrointestinal (GI) tract, or gut, has several very important jobs. First, it is the site of nutrient uptake from food we eat. Second it the home for trillions of commensal bacteria, our microbiome, which keep us healthy in many different ways. Third the gut wall acts as a barrier to keep gut contents, including food, the microbiome, digestive waste products and, potentially, food-borne toxins from invading our body and causing discomfort, immune sensitization and illness. The gut wall, like the skin and the lining of the lungs, is a barrier between the internal environment of the body and the outside world. Gut content is, from an immune perspective, outside the body and the gut wall should make sure it stays that way. Sometime the integrity of that barrier fails, and gut contents get past the barrier. When this happens we call it "leaky gut" and it needs to be addressed. Leaky gut, more correctly termed intestinal hyperpermeability occurs specifically when the tight junctions between the mucosal cells that line the gut, which control what passes through the lining of the small intestine, are defective.

Surrounding the gut is a second defense system, the gut associated lymphoid tissue, GALT. Normally the GALT receives tiny amounts of material via normal intestinal transport

KEY BENEFITS

Avisae **repair+**TM is a full spectrum gut-support formulation which can be used as a "gut first aid" product where gut function is severely compromised. It contains ingredients to immediately sooth a damaged gut, ingredients to support healing and ingredients to create a healthy gut environment to prevent future damage.

For people who have adequate gut function, **repair+**TM can be used as an effective gut maintenance product to ensure optimal gut function at all times.

repair+TM has been formulated to work in harmony with Avisae's Love Your Gut line. The soluble fiber in **repair+**TM acts as the perfect additional substrate for the growth of probiotic bacteria.

*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.





that it uses to protect the immune system against any new and potentially dangerous invaders (bacteria, fungus, viruses, toxins) so that the immune system is primed in case these materials make it into the body. When intestinal hyperpermeability is present the GALT receives too much of this trace material and becomes chronically inflamed. This may manifest as GI discomfort, and develop into GI diseases such as celiac disease, irritable bowel syndrome, ulcerative colitis, polyps and ulcers, depending on what sets off the process, many of these diseases also include an autoimmune component.

Once the GALT is overwhelmed, gut contents may even be allowed to leak into the bloodstream with very serious consequences including sepsis and, in extreme cases, breach of the blood-brain barrier.

The integrity of the gut wall is critical to our wellbeing and can slowly become damaged over time by poor diet, excessive stress, poor microbiome balance, prescription and recreational drugs and regular periods of dehydration. When there is gut damage we need to address the causative factors but we can assist the healing process with a product that provides the necessary components for gut repair. That product is Avisae repair +™.

Ingredient Information

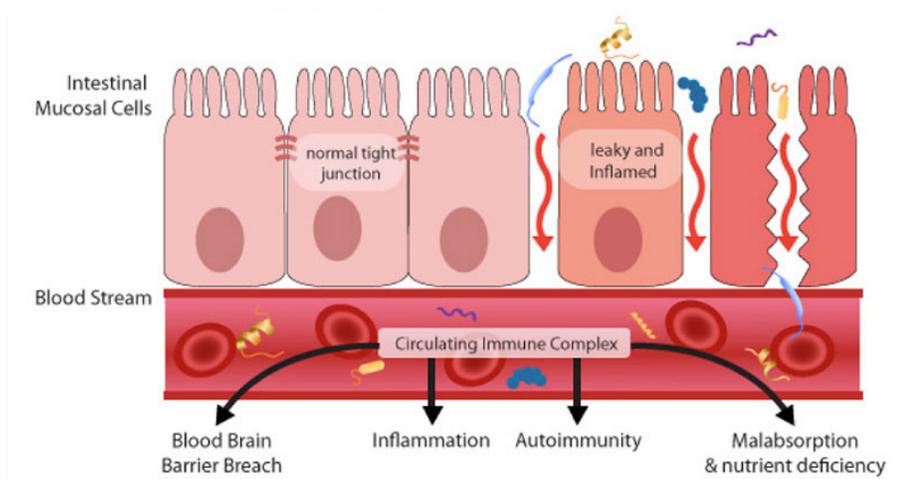
L-Glutamine

- Fennel Seed**
- Deglycyrrhizinated Licorice**
- Peppermint Leaf Extract**
- Slippery Elm Bark**

Soluble Fiber Blend:

- **Apple/Citrus Pectin**
- **Acacia Fiber**

Alpha-galactosidase



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Product Features

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 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.²
- Gut healing herbs. We have included four effective but gentle gut-healing herbs to reduce discomfort and support repair.
 - 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.
 - Fennel Seed has been shown to increase bile production, assisting digestive function, decrease gas, bloating and abdominal cramps.
 - 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”
 - 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 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.

Recommended Usage

repair+™ should be used once a day. Mix the recommended dose into 8-12 oz cup of water and follow this with an additional 1-2 glasses of water to ensure full hydration of the soluble fiber.

In situations of extreme discomfort repair+™ may be used more frequently or as prescribed by your healthcare professional.



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- o 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
- 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 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.

References

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