

# Gut Brain Align™

Wild berry flavored powder

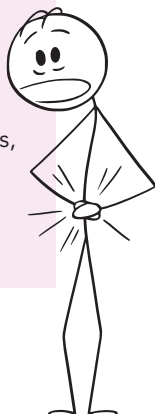
Anytime

Delivers dispersible powdered ingredients to promote gut wall integrity, GI cellular health and replication, microbiome diversity, balanced immune responses, and emotional stress resilience\*

## Health interests

### Calm\* Gut\* Immune\*

- ☐ Seeking help for gut discomfort, bowel movements, and/or food sensitivities†
- ☐ High stress lifestyles with processed foods, eating out, and/or frequent travel†
- ☐ Amino acid, botanical, or vitamin supplement non-responder†



## Ingredients

**L-glutamine**  
3000 mg

- Increases expression of tight junction proteins and integrity of intestinal lining\*
- Shown to minimize immune responses during gut mucosal irritation\*

**Deglycyrrhizinated licorice (DGL)**  
(*Glycyrrhiza glabra*)  
400 mg

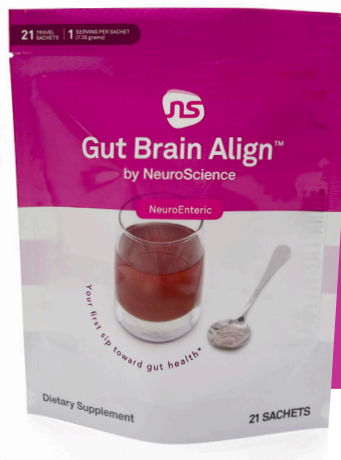
- Shown to support indigestion and inhibit gastrin secretion\*
- Supports healthy gastric mucosal lining and stimulates increased mucin production for tight junctions\*

**Aloe vera**  
(*Aloe barbadensis*)  
(as ACTiValoe®)  
300 mg

- Prebiotic with low gas production, promotes short chain fatty acids (SCFAs) and gut bacteria proliferation\*
- Qmatrix® containing at least 8% polysaccharides to promote intestinal epithelial barrier integrity by upregulating expression of occludin, zonula occludens-1\*

**Marshmallow**  
(*Althaea officinalis*)  
200 mg

- Traditional demulcent herb to form a soothing coat over gastric mucous membranes\*
- Shown to modulate immune activating cytokines TNF-α and IL-1β\*



Item #  
20072

Available sizes  
21 Sachets

Serving size  
1 Sachet

✓ Each lot third party tested

✓ Formulated free of eggs, fish, gluten, milk, peanuts, shellfish, soy, sesame, and tree nuts

✓ Designed vegan, non-GMO

**Suggested Use:** Mix 1 sachet in 8 oz of water daily or as recommended by your healthcare provider.

**Saffron**  
(*Crocus sativus L.*)  
(7.5% crocins)  
15 mg

- Found to increase SCFA producing bacteria (i.e. Faecalibacterium, Oscillibacter)\*
- Shown to promote healthy bowel movements and support occasional diarrhea\*
- At 30mg daily, data shows improvements in subjective, objective sleep quality as well as mood and anxiousness\*

**Uridine**  
25 mg

- Found to slow the rate of senescence associated beta galactoside positive cells (associated with declines in cell replication)\*
- Shown to downregulate immune pathways, reduce oxidative stress markers, and improve superoxide dismutase and glutathione peroxidase activity\*

**Okra**  
(*Abelmoschus esculentus*)  
135 mg

- Contains antioxidant flavonoid compounds\*
- Roles in regulating intestinal bacteria and defending against GI pathogens\*
- Shown to promote healthy bowel movements and support occasional diarrhea\*

**GABA**  
400 mg

- GI tract receptors play roles in gastric emptying and acid secretion, motility, and sensation of colonic cramping\*
- GABA signaling inhibits corticotropin-releasing hormone (CRH), which upregulates cortisol production in response to stress\*



\*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.

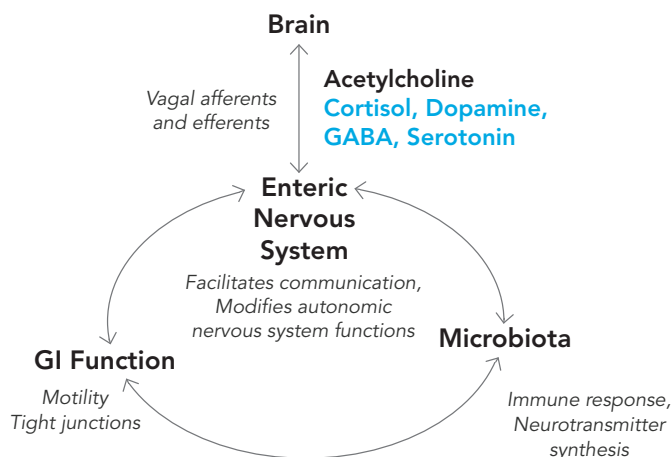
# SCIENCE BEHIND GUT BRAIN ALIGN

## ■ Dysfunctions in gut brain interactions are found in 40% of people worldwide

- 60% first experienced stress-related mental health issues

## ■ Physical or perceived stress impact gut physiology via:

- GI motility and secretion
- Increases in intestinal permeability
- Increases in visceral perception (gut discomfort)
- Negative effects on microbiota composition, function
- Decreased regenerative capacity of GI mucosa, mucosal blood flow



**Figure 1** Impacting Gut Brain Connections

	Gut Lining*	Cell Health*	Microbiome*	Immune*	Stress*
Aloe	•	•	•	•	
DGL	•	•			
GABA			•		•
Glutamine	•		•	•	
Marshmallow	•			•	
Okra			•	•	•
Saffron	•		•	•	•
Uridine	•	•		•	

## Balancing role of GABA in the gut

GABA is an inhibitory neurotransmitter that balances excitatory neurotransmitter glutamate (synthesized from glutamine)

CRH influences the colonic gut barrier by disrupting tight junction proteins and increasing permeability, cytokines, and mast cell degranulation

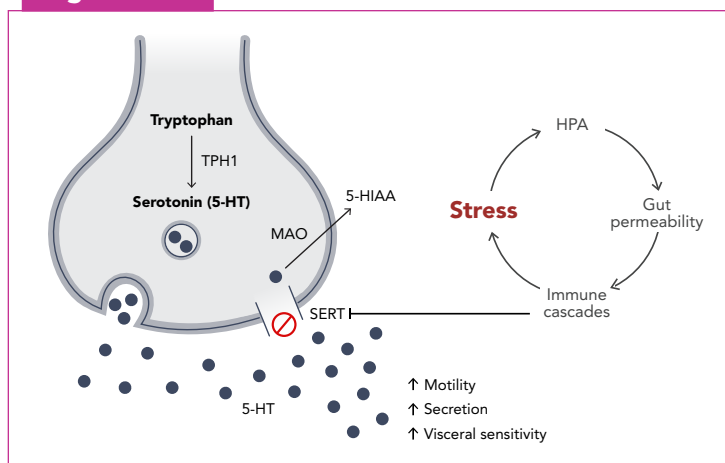
- GABA inhibits CRH | Glutamate promotes CRH

## GI cellular health

Stress modulates peptides (i.e. tissue repairing CGRP) that negatively impact the health and regeneration of GI tract cells

- Uridine downregulates the enzyme (SA bgal) associated with stagnant cell replication, thereby reducing intestinal cellular age\*
- Aloe upregulates the PI3K-AKT pathway, a signaling pathway for biological processes like cell survival, proliferation, and angiogenesis\*
- DGL is shown to prolong the life span of surface cells in the stomach while research shows glutamine supporting intestinal cell proliferation\*

**Figure 2** Stress and Serotonin



## Gut serotonin and SERT

- In the intestinal epithelium, serotonin modulates secretion, motility, immune signaling, and nociception
- Enterochromaffin cells (EC) produce serotonin while SERT recycles it (Fig. 2)
- Immune mediators decrease SERT function, leading to excess serotonin in the colon and plasma
- Research found downregulation of TPH1 and increased SERT function reduces motility

## Saffron is shown in patients with gut issues to

- Reduce diarrhea events, decrease gut immune markers, and aid bacteria that increase mucin expression (tight junction health)\*
- Balance serotonin secretion and SERT function\*
- Promote BDNF levels, dopamine release, mood stability, and feeling calm\*

\* Symptom depictions represent a possible presentation based on scientific information and claims on this sheet.

\* ACTIValue® Qmatrix® is a registered trademark of Aloecorp Inc., Tacoma, WA, USA.

\*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.