

KBMO GI Supporting Formulas



Intestinal Permeability and Endotoxemia

Zonulin and LPSs

GI Complex <i>Daily dose: 1 teaspoon</i>	High potency powder complex with L-Glutamine, N-Acetyl Glucosamine, Nucleotides, Alpha Lipoic Acid, Ginger, LAB ⁴ probiotics, <i>Lactobacillus salivarius</i> , vitamin A, C, & zinc to support gut lining repair, reduce inflammation, dysbiosis, improve immunity and support secretory IgA.
L-Glutamine Powder <i>Daily dose: 1 teaspoon</i>	High potency L-Glutamine powder for intestinal permeability, intestinal barrier function, allergies, food intolerances/sensitivities, digestive and immune support. Glutamine is the most important fuel for enterocytes, supporting growth - especially helpful in maintenance of gut barrier function.
NAG <i>Daily dose: 2 capsules</i>	High potency N-Acetyl Glucosamine to support gut lining. Particularly useful in intestinal permeability, inflammatory bowel disease and coeliac disease. NAG encourages the growth of beneficial bacteria in the gastrointestinal tract and promotes growth of mucosal tissue.
Slippery Elm Intensive <i>Daily dose: 2 teaspoons</i>	A unique combination of powerful nutrients including Slippery Elm, Licorice, and Marshmallow to support stomach or peptic ulcers, soothe GERD/heartburn, and persistent cough related to reflux. Also useful with <i>H. Pylori</i> infection, and to soothe mucus membranes along the digestive tract.
Prebio NutriPowder <i>Daily dose: 1 teaspoon</i>	All-in-one blend of plant prebiotics to support the balance of the gut microbiome, gut motility, improve SCFA production, and overall gut health. Contains Inulin, FOS, GOS, Apple Pectin, Acacia Gum, Arabinogalactans, and Resistant Starch, mimicking the optimum human plant diet and increasing microbial diversity. Can act as a binder for toxins.
BioAcidophilus Forte Plus <i>Daily dose: 1 capsule</i>	<p>A high potency blend of the unique, clinically-researched LAB⁴ complex of 75 billion live bacteria with <i>Lactobacillus salivarius</i>.</p> <p>In a placebo-controlled study, LAB⁴ probiotics have been shown to decrease intestinal permeability, lower levels of bacterial endotoxins, fewer GI symptoms and led to faster race completion time in people training for a triathlon.¹ Can be used during and after antibiotic therapy.</p>

Candida

MicroClear <i>Daily dose: 2 capsules</i>	A high-potency botanical complex providing a synergistic blend of antimicrobial ingredients including Oregano, Thyme, and Wormwood oils, alongside Grapeseed, Olive Leaf, Clove, and Caprylic Acid for gut bacteria balance, food poisoning, SIBO, dysbiosis, parasites, candida & fungal infections in the gut. With freeze-dried plant oils to reduce irritation to the mucous membranes and promote absorption for systemic support. Garlic free for those avoiding FODMAPs or sensitive to sulphur.
Caprylic Acid <i>Daily dose: 3 capsules</i>	Provides over 2000mg of the medium chain fatty acid Caprylic Acid per daily dose to support a balanced microbiome, especially for <i>C. albicans</i> infections. Caprylic acid also exhibits antimicrobial properties against <i>Streptococcus</i> and <i>Staphylococcus species</i> , <i>Escherichia coli</i> , and <i>Listeria monocytogenes</i> . Buffered with calcium and magnesium for efficient delivery to the colon.
BioAcidophilus Forte <i>Daily dose: 1 capsule</i>	<p>A high potency blend of the unique, clinically researched LAB⁴ complex of 30 billion live bacteria for digestion, immunity, and microbiome support.</p> <p>A study showed that daily supplementation with LAB⁴ significantly reduced incidence and total numbers of antibiotic-resistant strains after antibiotic therapy (>70%), and inhibited overgrowth of <i>C. albicans</i>.² Can be used during and after antibiotic therapy.</p>

Food Sensitivities

Quercetin Complex <i>Daily dose: 3 capsules</i>	A unique combination of powerful nutrients including Quercetin, Bromelain and Vitamin C for immune, antioxidant, and histamine support. Vitamin C, quercetin, nettle & bromelain reduce the release of histamine & pro-inflammatory cytokines. Useful for allergies, food sensitivities and high histamine containing foods.
Polyzyme <i>Daily dose: 1 capsule with each main meal</i>	Optimum potency enzyme complex for broad spectrum support of digestion and absorption. Useful for indigestion, bloating, food sensitivities, coeliac disease, IBD, problems digesting fibre or carbohydrates including FODMAPs, fat maldigestion, and dysbiosis. Can be used between meals as part of a protocol to disperse bacterial biofilms.

Glutenzyme Plus <i>Daily dose: 1 capsule with each gluten containing meal</i>	A digestive enzyme complex designed to support the digestion of gluten-containing foods with cellulase, protease and amylase, plus two billion <i>Lactobacillus acidophilus</i> and <i>Lactobacillus brevis</i> . Useful for mild gluten sensitivity (inc. Non-Coeliac Gluten Sensitivity) or intolerance, or in situations where gluten cannot be completely avoided such as eating out or travelling.
Lactase Enzyme <i>Daily dose: 1 capsule with each lactose containing meal</i>	High potency lactase enzyme capsule for lactose digestion. Provides 4500 ALU per capsule, an effective dose for lactose intolerance, as recommended by EFSA. Use for lactose intolerance, and/or digestive discomfort, including diarrhoea when consuming dairy products. Stomach acid stable.
Vegan Betaine HCl & Pepsin <i>Daily dose: 1 capsule with each main meal</i>	A combination of Betaine Hydrochloride (HCl) and the protein-digesting Pepsin enzyme in vegan form for stomach acid and digestion support. Useful for low stomach acid, compromised digestion, especially of protein and fat, bloating & distension, dysbiosis/SIBO, post <i>H. pylori</i> treatment (once stomach lining healed).
Liver/ Bile	
Liver Cleanse Complex <i>Daily dose: 2 capsules</i>	A unique combination of Choline, Milk Thistle, Artichoke, and Turmeric for detoxification, liver health, digestion, and cholesterol balance. Supports phase I & II detoxification pathways, protect the liver from damage, as well as promote toxin excretion through bile & gut. Use for general liver health, fatty liver, detoxification, fat digestion, gallbladder and bile support, and high cholesterol and triglycerides.
Cleanse NutriPowder <i>Daily dose: 1teaspoon</i>	An all-in-one blend of plant extracts and antioxidants including Broccoli, Turmeric, Milk Thistle, Spirulina, Alfalfa, Artichoke, Beetroot, Chlorella, Coriander, Celery Root, and Dandelion to naturally support multiple elimination organs and processes, whilst providing potent antioxidant support. Use for general detoxification and antioxidant support – all phases, lymphatics, heavy metal detoxification. For daily, or therapeutic support.
Artichoke & Lipase Complex <i>Daily dose: 1capsule with each fat containing meal</i>	A high potency complex of lipase enzyme with Artichoke, Choline, Taurine & Glycine to support fat digestion and absorption, gallbladder, and liver function. Useful for supporting ketogenic/paleo diets, reduced production of bile, fatty liver/high cholesterol, gall bladder removal, also support healthy balance of the microbiome.
Inflammation & Antioxidant	
MicroCell Curcumin Turmeric Complex <i>Daily dose: 2 capsules</i>	A potent and synergistic blend of Curcumin, Turmeric, Ginger, and Pine Bark to support inflammation, immune balance, and allergies. Curcumin is emulsified with <i>Curcuwin Ultra+</i> technology to make it 144 times better absorbed than standard curcumin and with a fast-acting and long-lasting effect in the body.
Quercetin Complex <i>Daily dose: 3 capsules</i>	A unique combination of powerful nutrients including Quercetin, Bromelain and Vitamin C to reduce the release of histamine & pro-inflammatory cytokines. For immune, antioxidant, and allergies support.
Antioxidant Complex <i>Daily dose: 1 capsule</i>	A unique combination of powerful antioxidants, providing Turmeric, Vitamin C, Alpha Lipoic Acid, Quercetin, Bilberry & Grapeseed Extract, Green Tea, Lycopene and Lutein for everyday antioxidant protection and collagen support.
Vitamin C Powder <i>Daily dose: 1/3 teaspoon twice a day</i>	High potency, low acid form of vitamin C providing over 1600mg vitamin C per daily dose as magnesium ascorbate. Use as everyday antioxidant and immune support, allergies, detoxification, and connective tissue support, including collagen formation for the repair of the gut lining. Perfect for therapeutic doses. Can be taken up to bowel tolerance for constipation.
Vitamin C Rosehip Complex <i>Daily dose: 1 teaspoon</i>	Vitamin C with Flavonoids and Berry Extracts in a convenient powder form, to support inflammation, collagen synthesis and detoxification, alongside antioxidant support. Rosehip has also been traditionally recognised as a diuretic, astringent, cholagogue and antidiarrheal.

Need further support?

Our friendly team of qualified Nutritional Therapists are here to help!

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Available Monday – Friday, 9am – 5pm – www.biocare.co.uk

References:

1. Roberts JD, Suckling CA, Peedle GY, Murphy JA, Dawkins TG, Roberts MG. An exploratory investigation of endotoxin levels in novice long distance triathletes, and the effects of a multi-strain probiotic/prebiotic, antioxidant intervention. *Nutrients*. 2016;8(11). doi:10.3390/nu8110733
2. Madden JA, Plummer SF, Tang J, et al. Effect of probiotics on preventing disruption of the intestinal microflora following antibiotic therapy: a double-blind, placebo-controlled pilot study. *Int Immunopharmacol*. 2005;5(6):1091-1097. doi:10.1016/j.intimp.2005.02.006

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