**Promotes thorough intestinal cleansing and evacuation***

**Psyllium and Oat Bran**
- Psyllium significantly improved bowel function, softened and increased fecal output and water content of stools, and shortened gastrointestinal transit time in a non-irritating and non-habit-forming manner. 
- Oat bran resulted in marked improvement in stool consistency, bowel frequency and comfort with defecation.

**Bentonite**
- Effectively bound with uric acid to prevent its absorption from the intestines into the bloodstream.
- Shown to be the most effective of several adsorbants tested for ability to remove endotoxins in vitro.

**Papain (papaya enzymes)**
- Shown to remove surface particles from intestinal brush border without damaging enzyme activity.
- Demonstrated significant proteolytic activity, accelerated burn healing and produced a therapeutic effect in patients with inflammatory intestinal disorders.
- Associated with improved absorption, stool consistency and intestinal morphology in gluten-sensitive patients.

**Facilitates regularity without dependence and normalizes intestinal motility:**

**Psyllium, Prune, Ginger**
- Psyllium exhibits natural gut-stimulatory and gut-relaxant effects, making it safe and effective for moderating both constipation and diarrhea.
- Prunes shown to increase number of complete, spontaneous bowel movements and improve stool consistency.
- Ginger demonstrated prokinetic and spasmyolytic effects in the intestine, supporting its role in a range of gastrointestinal disturbances.

**Soothes intestinal linings, decreases inflammation, and boosts immune function:**

**Psyllium**
- Increased luminal production of short-chain fatty acids and the protective properties of the colonic mucus layer, and decreased edema, inflammation and pro-inflammatory cytokines (tumor necrosis factor-alpha, leukotriene B6, and nitric oxide).

**Slippery Elm (inner bark)**
- Mucilagenous herb used traditionally to soothe inflamed intestinal mucosa, and shown to have antioxidant activity in intestinal tissue.

**MSM (Methylsulfonylmethane) and L-Glycine**
- MSM shown to help decrease production of inflammatory cytokines.
- MSM demonstrated anti-inflammatory and antioxidant effects, and ameliorated intestinal damage in experimentally induced colitis.
- L-Glycine exhibited anti-ulcer and cytoprotective activity.

**Hemicellulose**
- Helped increase short chain fatty acid production and attenuate abdominal hypersensitivity and fecal urgency in an irritable bowel syndrome model.

**Rice Bran and Oat Bran**
- Rice bran extracts shown to promote inhibition of pro-inflammatory enzyme activity, enhance protective antioxidant effects in the colon, support stool consistency, and attenuate intestinal bleeding and histopathology in the colon.
- Specific gamma-oryzanol from rice bran demonstrated inactivation of NF kappa B, thus down-regulating a host of pro-inflammatory mediators.
- Oat bran shown to enhance colonic concentration of carboxylic acids, including acetic, butyric, and propionic, which have a beneficial effect on inflammatory processes in the distal colon.

**Helps maintain healthy levels of serum cholesterol and glucose:**

**Fenugreek (seed), Oat Bran, and Psyllium (husk and seed)**
- Fenugreek seeds enhanced insulin sensitivity and attenuated levels of plasma glucose and insulin.
- Oat bran exhibited the most marked reduction of post-prandial hyperglycemia among several fiber sources studied.
• Psyllium demonstrated significant attenuation of elevated fasting blood glucose and glycosylated hemoglobin levels, and significant enhancement of HDL cholesterol levels in diabetic patients. It also helped attenuate total cholesterol, LDL cholesterol, body weight and body fat percentage in overweight or obese individuals. 26, 27

Effectively replenishes friendly bacteria for healthy intestinal balance and immune support:*  
Lactobacillus acidophilus, Lactobacillus bulgaricus, and Bifidobacterium bifidum  
• This combination demonstrated to support normalization of bowel function in gastrointestinal illness in humans 28  
• L. acidophilus and B. bifidum demonstrated effectiveness in helping  
• This combination demonstrated to support normalization of bowel function in gastrointestinal illness in humans  
• Fructooligosaccharides (FOS)  
• Shown to significantly enhance survival and retention time of  
• L. acidophilus and B. bifidum demonstrated effectiveness in helping  
• This combination demonstrated to support normalization of bowel function in gastrointestinal illness in humans  
• Psyllium demonstrated significant attenuation of elevated fasting blood glucose and glycosylated hemoglobin levels, and significant enhancement of HDL cholesterol levels in diabetic patients. It also helped attenuate total cholesterol, LDL cholesterol, body weight and body fat percentage in overweight or obese individuals. 26, 27

References
19. Kanauchi O, Misoyama K, Komya Y, Yagi M, Andoh A, Sata M. Preventive effect of enzymes- 

Companion Products Formulated by Dr. Wilson

Enhanced Health & Integrity of GI Linings: Inner Healing®
Intestinal Immune Boost: Body-Guard®

Supplement Facts

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Serving Size</th>
<th>Servings Per Container</th>
<th>Per Serving</th>
<th>Per Container</th>
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<tbody>
<tr>
<td>Proprietary Blend (dried and powdered)</td>
<td>2 capsules</td>
<td>900 mg</td>
<td>1600 mg</td>
<td>9000 mg</td>
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<tr>
<td>Psyllium husk and seed</td>
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<tr>
<td>Rice bran, fructooligosaccharides (FOS)</td>
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<tr>
<td>Papan papaya enzyme, bentonite</td>
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<tr>
<td>Lactobacillus acidophilus (10 billion CFU/gm)</td>
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<tr>
<td>Bifidobacterium bifidum (100 billion CFU/gm)</td>
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<tr>
<td>Slippery elm inner bark, hemicellulose, ginger root, vegetable cellulose, fenugreek seed, prune (fruit), methylsulfonylmethane (MSM)</td>
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<td>Glycine, Lactobacillus Bulgarica (50 billion CFU/gm)</td>
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<td>Apple cider vinegar, betaine HCL</td>
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*Daily Value not established*

Other Ingredients: vegan capsules, silicon dioxide, magnesium stearate, water

KEEP OUT OF REACH OF CHILDREN

Store tightly closed and refrigerate after opening.