

# Gastrex®

## Contains Okra, Chlorophyll, Bentonite, and Anise to Support Digestion

The chlorophyll in Gastrex provides important phytochemicals that support gastrointestinal health. Okra powder, another key ingredient in Gastrex, is a powerhouse of valuable nutrients. Okra is universally recognized as an important food crop due to its mucilage and fiber and abundance of essential nutrients, including vitamins A, B<sub>1</sub>, B<sub>2</sub>, B<sub>9</sub>, and C and minerals such as calcium, phosphorus, and iron. Gastrex also contains vitamin B<sub>6</sub> and niacin. Chlorophyll and okra powder, together with the other ingredients in Gastrex, provide the necessary nutrients to support digestion, help cleanse the gastrointestinal tract, support immune function, and promote cardiovascular health.†

## How Gastrex Keeps You Healthy

### *Maintains healthy gastrointestinal function*

The okra contained in Gastrex provides high levels of insoluble fiber and mucilage and help keep the intestinal tract healthy. Mucilage coats various tissues, providing lubrication and tissue support. Folic acid, also found in okra, is an important B vitamin linked to better gastrointestinal health. Chlorophyll supports normal kidney function and is effective in the reduction of fecal, urinary, and body odor. Niacin is also provided by Gastrex and is necessary in maintaining healthy gastrointestinal function.†

### *Promotes cardiovascular health*

Okra provides oils containing unsaturated fatty acids. Okra provides a good source of folic acid, which has been linked to the prevention of heart attacks and stroke. Vitamin C plays an important role in cholesterol metabolism. Vitamin B<sub>6</sub> also supports cardiovascular health.†

### *Supports healthy immune response*

Chlorophyll provides antioxidant activity comparable to alpha-tocopherol, a powerful and well-known antioxidant that neutralizes free radicals. Vitamin C is also heavily involved in immune function.†



Introduced in 1959

#### **Content:**

90 capsules

**Suggested Use:** Two capsules with a full glass of water 15 minutes before meals and bedtime, or as directed.

#### **Supplement Facts:**

Serving Size: 2 capsules

Servings per Container: 45

	Amount per Serving	%DV
Calories	2	
Vitamin C	3.4 mg	6%
Niacin	6.4 mg	30%
Vitamin B <sub>6</sub>	0.1 mg	8%

#### **Proprietary Blend:** 590 mg

Okra (fruit), bentonite (montmorillonite), *Tillandsia usneoides*, anise (seed), bovine liver, porcine stomach, choline bitartrate, alginate acid, calcium lactate, porcine duodenum, allantoin, defatted wheat (germ), exciccated disodium phosphate, oat (straw) extract, para-aminobenzoate, and porcine brain.

Other Ingredients: Gelatin, water, calcium stearate, niacinamide, colors, ascorbic acid, and pyridoxine hydrochloride.

**Sold through health care professionals.**

*Please copy for your patients.*

# Gastrex®

## What Makes Gastrex Unique

### Product Attributes

#### Contains bentonite

- › A colloidal, hydrated aluminum silicate that helps attract and move gastrointestinal contents through the alimentary tract
- › Working much like a magnet, bentonite's adsorbent properties encourage waste materials to adhere to its surface and be carried away for elimination†

#### Tillandsia contains minerals, chlorophyll, and many B vitamins

- › Supports healthy gastrointestinal function
- › Once it's broken down in the digestive system, chlorophyll contains a number of derivatives that prove to be strong antioxidants and help maintain cellular health†

#### Multiple nutrients from a variety of plant and animal sources

- › Bovine and porcine tissues provide nutrients and support to the corresponding tissues in humans
- › Vitamins, minerals, and nutrients from plants and animal tissues work synergistically for maximum effect†

### Manufacturing and Quality-Control Processes

#### Low-temperature, high-vacuum drying technique

- › Preserves the enzymatic vitality and nutritional potential of ingredients

#### Not disassociated into isolated components

- › The nutrients in Gastrex are processed to remain intact, complete nutritional compounds

#### Degreed microbiologists and chemists in our on-site laboratories continually conduct bacterial and analytical tests on raw materials, product batches, and finished products

- › Ensures consistent quality and safety

#### Vitamin and mineral analyses validate product content and specifications

- › Assures high-quality essential nutrients are delivered

### Whole Food Philosophy

Our founder, Dr. Royal Lee, challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature—in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists—known and unknown—bioactivity is markedly enhanced over isolated nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to an isolated or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. See the supplement facts for Gastrex®.

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