

Dr. Fuhrman®

PRODUCT FACTS

GASTRO CALM

Stress, dietary factors, and an imbalance of microorganisms in the gut can cause occasional gastrointestinal discomfort.

Gastro Calm contains a blend of vitamin C, zinc-L-carnosine, and plant extracts to maintain a healthy stomach lining and ease occasional abdominal discomfort. Stress, dietary factors, and an imbalance of microorganisms in the gut can cause occasional gastrointestinal discomfort. The ingredients in Gastro Calm support a healthy gastric mucosa and may be helpful for occasional heartburn, bloating, or upset stomach.

• **Zinc-L-carnosine**, a compound made up of the mineral zinc and amino acid carnosine, has antioxidant and anti-inflammatory effects in laboratory studies.¹

• **Mastic gum (*Pistacia lentiscus*)** is a resinous substance derived from a Mediterranean shrub whose stems, leaves, and fruit contain antioxidant, anti-inflammatory, and antimicrobial phytochemicals.²

• **GutGard®** is a flavonoid-rich extract of licorice root (deglycyrrhizated licorice: *Glycyrrhiza glabra*).³

• **Methylmethionine sulfonium chloride**, a derivative of the amino acid methionine, is found in cabbage and other cruciferous vegetables.



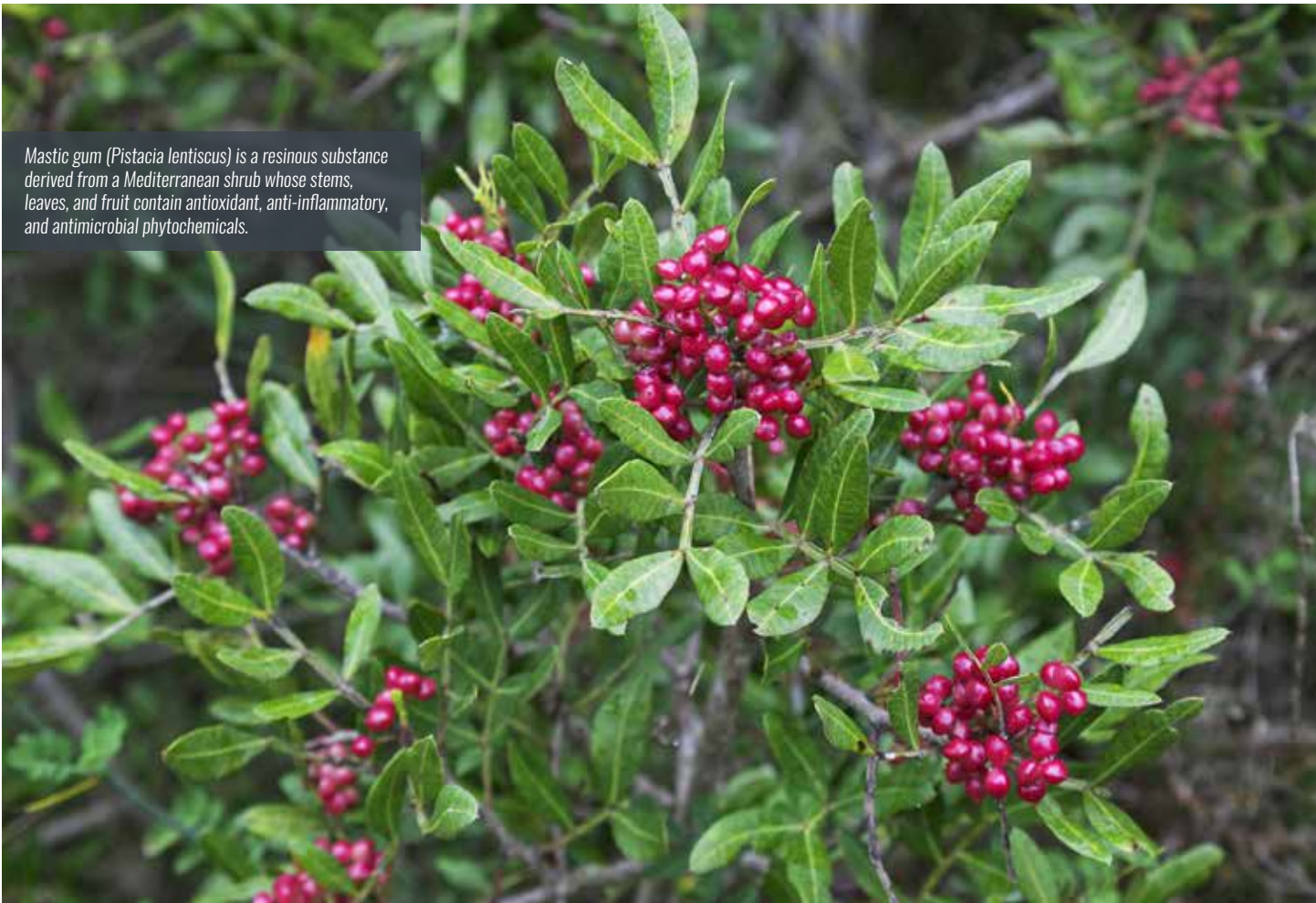
Research suggests zinc-L-carnosine has protective effects on the gut mucosal lining and promotes microbial balance.¹ Studies on mastic gum, licorice root extract, and methylmethionine sulfonium chloride suggest they promote gastric microbial balance.^{4,6} Laboratory studies on methylmethionine sulfonium chloride suggest it promotes gastric mucosal cell function.^{7,8}

GASTRO CALM

Product Features

- Contains zinc carnosine and botanical extracts
- Supports a healthy stomach lining and microbial balance
- Vegan
- Free of gluten, dairy, and soy
- Non-GMO

Caution: If you are pregnant, nursing, or on medication, consult with your healthcare practitioner.



Mastic gum (*Pistacia lentiscus*) is a resinous substance derived from a Mediterranean shrub whose stems, leaves, and fruit contain antioxidant, anti-inflammatory, and antimicrobial phytochemicals.



Studies on mastic gum, licorice root extract, and methylmethionine sulfonium chloride suggest they promote gastric microbial balance.



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GASTRO CALM Supplement Facts

Supplement Facts	
Serving Size 4 capsules	
Servings Per Container 15	
Amount Per Serving	% Daily Value
Vitamin C (as Ascorbic Acid)	500 mg 566%
Zinc (from Zinc L-Carnosine 75 mg)	17 mg 155%
Mastic Gum (<i>Pistacia lentiscus</i>) (sap tears)	1 g *
Methylmethionine Sulfonium Chloride (Vitamin U)	200 mg *
Deglycyrrhizinized Licorice Extract (GutGard®) (<i>Glycyrrhiza glabra</i>) (root) [standardized to contain 10% total flavonoids]	150 mg *
*Daily Value not established.	

Other Ingredients: Dicalcium phosphate, cellulose, vegetable stearate, tricalcium phosphate, silicon dioxide.

Suggested Use: Take 4 capsules per day between meals (divided dosing recommended) or as directed by your health-care practitioner.

These supplements have not been evaluated by the Food and Drug Administration.

Products listed are not intended to diagnose, treat, cure or prevent disease.

For more detailed information about this supplement, visit shop.drfruhman.com