



# GI RESTORE

Nutritional Support for Healthy Gastrointestinal Function\*

VANILLA



## Dynamic GI Restore Supplementation

Dynamic GI Restore is a delicious and easily digested specialized blend for supporting gastrointestinal integrity and function.\* Dynamic GI Restore contains a comprehensive mix of amino acids, prebiotics, select micronutrients, and antioxidant compounds. A gluten-free, non-GMO, low-glycemic index, and low allergy potential formula helps promote healthy gut flora balance and intestinal barrier integrity.\*

Key benefits and quality differences of Dynamic GI Restore include:

- Supports gastrointestinal integrity\*
- Promotes healthy gut flora balance\*
- Promotes healthy digestive function\*
- Supports healthy immune function\*
- Promotes healthy nutrient absorption\*

## How the Ingredients in Dynamic GI Restore Work

Dynamic GI Restore features a carefully selected spectrum of amino acids, prebiotics, micronutrients, and antioxidant compounds for supporting healthy gastrointestinal integrity and function.\*

Amino acids help promote intestinal tissue repair and support healthy gut function.<sup>1</sup> Dynamic GI Restore contains critical amino acids for healthy GI function.\* L-glutamine, L-threonine, taurine, n-acetyl-L-cysteine, and alpha keto glutaric acid help support mucin synthesis, intestinal barrier integrity, and healthy inflammatory responses in the gut.\*<sup>1,2,3</sup> Supplementing with these amino acids can help promote healthy oxidative stress and absorption of nutrients in the gastrointestinal tract.\*<sup>3</sup>

Dynamic GI Restore also includes the proprietary FiberAid® arabinogalactans, a well-researched prebiotic fiber that stimulates growth of healthy gastrointestinal bacteria.\*<sup>4</sup> Healthy immune function relies on healthy gut bacteria. Clinical research shows that the larch arabinogalactans in FiberAid® is a potent prebiotic that supports healthy gastrointestinal function.\*<sup>5</sup> Clinical research also demonstrates larch arabinogalactans ability to support healthy immune responses.\*<sup>6</sup>

Additional herbal extracts, quercetin, flax seed, and a comprehensive array of vitamins and minerals promote healthy gut flora balance, intestinal barrier integrity, and healthy intestinal inflammatory response.\*<sup>7,8,9,10</sup> Clinical studies show how supplementing with a broad spectrum of vitamins and minerals as contained in Dynamic GI Restore can help promote healthy gut mucosa and healthy oxidative stress.\*<sup>7,8,9,10</sup>

For more information, visit: [www.nutridyn.com](http://www.nutridyn.com)

## Why Use Dynamic GI Restore?

Dynamic GI Restore is an ideal nutritional supplement for individuals looking to support healthy digestion and gastrointestinal function and integrity with evidence-based ingredients.\* Dynamic GI Restore can help support healthy immune function by promoting healthy gut flora balance and nutrient absorption, along with a variety of other processes necessary for healthy gastrointestinal function.\*

### Supplement Facts

Serving Size: About 1 Scoop

Servings Per Container: 14

Ingredients:	Amount	%DV*
Calories	150	
Total Fat	4 g	5%*
Saturated Fat	3 g	15%*
Total Carbohydrate	12 g	4%*
Dietary Fiber	2 g	7%*
Total Sugars	4 g	**
Includes 4g Added Sugars		8%
Protein	12 g	
Vitamin A (as 7,170 mcg beta carotene and 330 mcg retinyl acetate)	7,500 mcg RAE	833%
Vitamin C (ascorbic acid)	100 mg	111%
Vitamin D3 (as cholecalciferol)	10 mcg	50%
Vitamin E (as d-alpha tocopheryl succinate)	6.7 mg	45%
Thiamin (as thiamine HCl)	0.5 mg	42%
Riboflavin	0.425 mg	33%
Niacin	7 mg NE	44%
Vitamin B6 (as pyridoxal-5-phosphate)	0.5 mg	29%
Folate (as calcium L-5-methyltetrahydrofolate) (BioFolate®)	185.2 mcg DFE	46%
Vitamin B12 (as methylcobalamin)	1.5 mcg	63%
Biotin	75 mcg	250%
Pantothenic Acid (as calcium-d-pantothenate)	2.5 mg	50%
Calcium (dicalcium phosphate & calcium citrate)	260 mg	20%
Iron (as ferrous fumarate)	5.7 mg	32%
Phosphorous (as dicalcium phosphate)	185 mg	15%
Iodine (as potassium iodide)	37.5 mcg	25%
Magnesium (as magnesium citrate)	35 mg	8%
Zinc (as zinc picolinate and zinc carnosine)	18.75 mg	170%
Selenium (as L-selenomethionine)	52.5 mcg	95%
Copper (as cupric oxide)	1.5 mg	167%
Manganese (as manganese sulfate)	1.5 mg	65%
Chromium (as chromium picolinate)	120 mcg	343%
Sodium	230 mg	10%
Medium Chain Triglyceride Powder (mctSMART®)	2.8 g	**
L-Glutamine	2.5 g	**
Larch Arabinogalactans (FiberAid®)	2.5 g	**
2'-Fucosyllactose (2'-FL) (CARE4U™)	2 g	**
Tapioca Powder (fiberSMART®)	1.16 g	**
L-Threonine	500 mg	**
Taurine	500 mg	**

#### Ingredients:

Amount	%DV*
Quercetin (as quercetin dihydrate)	500 mg
Aloe Vera Leaf Extract	400 mg
Flax Seed Powder	400 mg
Marshmallow Root Powder	300 mg
Turmeric Root Extract	300 mg
Slippery Elm Bark Powder	200 mg
N-Acetyl-L Cysteine	200 mg
Alpha Keto Glutaric Acid	50 mg
L-Carnosine (as zinc-carnosine)	26.5 mg

#### Amino Profile

Alanine	535 mg
Arginine	1,009 mg
Aspartic Acid	1,269 mg
Cystine	134 mg
Glutamic Acid	2,055 mg
Glycine	447 mg
Histidine	327 mg
Isoleucine	571 mg
Leucine	989 mg
Lysine	866 mg
Methionine	130 mg
Phenylalanine	664 mg
Proline	506 mg
Serine	590 mg
Threonine	425 mg
Tryptophan	112 mg
Tyrosine	372 mg
Valine	648 mg

**Other Ingredients:** Pea Protein Isolate, Organic Evaporated Cane Sugar Powder, Creamer (Sunflower Oil (with tocopherols), Modified Food Starch, Contains 2% or less of Mono & Diglycerides, and Tricalcium Phosphate), Organic Brown Rice Protein, Natural Flavors, Guar Gum Powder, Stevia Leaf Extract, Silica, Calcium Silicate.

BioFolate® is a federally registered trademark of MTC Industries, Inc.

FiberAid® is a registered trademark of Lonza Inc.

mctSMART® is a registered trademark of Anderson Global Group.

CARE4U™ is a registered trademark of DuPont.

fiberSMART® is a registered trademark of Anderson Global Group.

**Directions:** Shake canister before scooping. Mix 1 scoop in 8 ounces of water twice daily or as recommended by your healthcare practitioner.

**Caution:** If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

#### References:

- Wang, W. W., Qiao, S. Y., & Li, D. F. (2009). Amino acids and gut function. *Amino Acids*, 37(1), 105-110.
- Neu, J., DeMarco, V., & Li, N. (2002). Glutamine: clinical applications and mechanisms of action. *Current Opinion in Clinical Nutrition and Metabolic Care*, 5, 69-75.
- Hou, Y. Q., Wang, L., Ding, B. Y., Liu, Y., Zhu, H., Liu, J., & Wu, G. (2011). Alpha-ketoglutarate and intestinal function. *Frontiers in Bioscience*, 16(1), 1186-1196.
- Kim, L. S., Burkholder, P. M., & Waters, R. F. (2002). Effects of low-dose larch arabinogalactan from *Larix occidentalis*: A randomized, double-blind, placebo-controlled pilot study. *Complementary Health Practice Review*, 7(3), 221-229.
- Udani, J. K., Singh, B. B., Barrett, M. L., & Singh, V. J. (2010). Proprietary arabinogalactan extract increases antibody response to the pneumonia vaccine: A randomized, double-blind, placebo-controlled, pilot study in healthy volunteers. *Nutrition Journal*, 9(1), 32.
- Fitzpatrick, A., Roberts, A., & Witherly, S. (2004). Larch arabinogalactan: A novel and multifunctional natural product. *Agro Food Industry Hi Tech*, 15(1), 30-32.
- Mahmood, A., Fitzgerald, A. J., Marchbank, T., Ntatsaki, E., Murray, D., Ghosh, S., & Playford, R. J. (2007). Zinc carnosine, a health food supplement that stabilizes small bowel integrity and stimulates gut repair processes. *Gut*, 56(2), 168-175.
- Atkuri, K. R., Mantovani, J. J., Herzenberg, L. A., & Herzenberg, L. A. (2007). N-Acetylcysteine—a safe antidote for cysteine/glutathione deficiency. *Current Opinion in Pharmacology*, 7(4), 355-359.
- Scalbert, A., Morand, C., Manach, C., & Révész, C. (2002). Absorption and metabolism of polyphenols in the gut and impact on health. *Biomedicine & Pharmacotherapy*, 56(6), 276-282.
- Cassani, B., Villablanca, E. J., De Calisto, J., Wang, S., & Mora, J. R. (2012). Vitamin A and immune regulation: Role of retinoic acid in gut-associated dendritic cell education, immune protection and tolerance. *Molecular Aspects of Medicine*, 33(1), 63-76.



\* 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.



NON-GMO



GLUTEN-FREE



PRODUCED IN A  
cGMP FACILITY

For more information, visit: [www.nutridyn.com](http://www.nutridyn.com)

# Research Review: Dynamic GI Restore

## Nutritional Support for Healthy Gastrointestinal Function\*

Dynamic GI Restore features a carefully selected spectrum of amino acids, prebiotics, micronutrients, and antioxidant compounds for supporting healthy gastrointestinal integrity and function.\* In addition, Dynamic GI Restore can help support healthy immune function by promoting healthy gut flora balance and nutrient absorption, along with a variety of other processes necessary for healthy gastrointestinal function.\*

## Amino Acids to Support Intestinal Tissue Repair\*

The primary function of amino acids is to metabolize proteins. However, they also play a critical role in the gastrointestinal tract by acting as precursors for numerous metabolic processes involving GI integrity and function.\*<sup>1</sup> Amino acids specifically help support intestinal tissue repair by promoting healthy intestinal mucosa and microbiota.\*<sup>1,2</sup>

## L-Glutamine

Quantitatively, L-glutamine is the most important form of fuel for intestinal tissue, with research showing it is imperative for healthy gastrointestinal integrity.\*<sup>3,4</sup> A critical function of the GI tract is to promote beneficial bacterial growth and keep toxic waste material from circulating within other bodily systems. L-glutamine supports the intestinal barrier in this function.\*

Studies show that up to 30% of glutamine in the body is used by the intestine to support healthy oxidative stress and support intestinal permeability.\*<sup>5,6,7</sup> Pugh et al. (2017) studied the effect of glutamine supplementation on endurance athletes who may experience GI issues during exercise and found that gastrointestinal integrity was supported through supplementation.\*<sup>8</sup>

## Branched-Chain Amino Acids (BCAAs)

The Dynamic GI Restore formula also contains BCAAs — the three essential amino acids of leucine, isoleucine, and valine. BCAAs have been widely studied for their role in promoting athletic performance and supporting healthy metabolism.\*

Recent research is focused on studying how BCAAs support intestinal health via signaling networks.\*<sup>9</sup> Zhou et al. (2018) found that BCAAs support healthy intestinal barrier function by promoting the intestinal absorption of amino acids.\*<sup>10</sup> Yin et al. (2020) also found that BCAAs play a critical role in promoting healthy gut microbiota by supporting healthy amino acid metabolism.\*<sup>11</sup>

## L-Threonine, Taurine, N-Acetyl-L-Cysteine, and Alpha Keto Glutaric Acid

Dynamic GI Restore also contains l-threonine, taurine, n-acetyl-l-cysteine, and alpha keto glutaric acid to support mucin synthesis, intestinal barrier integrity, and healthy inflammatory responses in the gut.\*<sup>12,13</sup> Supplementing with these amino acids can help promote healthy oxidative stress and absorption of nutrients in the gastrointestinal tract.\*<sup>12,13</sup>

## Prebiotic Fiber to Promote Beneficial Bacteria\*

Dynamic GI Restore also includes the proprietary FiberAid® Arabinogalactans, a well-researched prebiotic fiber that stimulates the growth of healthy gastrointestinal bacteria.\*<sup>14</sup> Healthy immune function relies on healthy gut bacteria, as demonstrated in clinical studies where larch arabinogalactan was shown to support healthy immune function via the gut microbiota.\*<sup>15,16,17</sup>

A second prebiotic fiber in the Dynamic GI Restore formula is made through microbial fermentation, giving the final product more than 98 percent 2'-fucosyllactose, the most abundant of the more than 130 oligosaccharides in human milk. The clinically proven 2'-fucosyllactose (2'-FL) as CARE4U™ is the purest human milk product on the market.\* Clinical studies have shown that while 2'-FL as CARE4U™ was originally developed for use in infant formula, it also has many health benefits for adults by promoting healthy gut microbiota in the large intestine.\*<sup>18,19</sup>

## Additional Nutrients to Promote Healthy Inflammatory Response\*

The Dynamic GI Restore formula is rounded out with a comprehensive micronutrient profile as well as additional antioxidant ingredients to further promote healthy gut flora balance and intestinal barrier integrity.\*<sup>20,21,22</sup> These additional nutrients are backed by research for their ability to promote healthy inflammatory responses.\*

Clinical studies on medium-chain triglycerides, aloe vera, marshmallow root, slippery elm bark, and quercetin demonstrate their respective ability to support healthy gut microbiota.\*<sup>23-27</sup>

## Why Use Dynamic GI Restore

Dynamic GI Restore is an ideal nutritional supplement for individuals looking to support healthy digestion and gastrointestinal function with evidence-based ingredients.\* A gluten-free, non-GMO, low-glycemic index, and low allergy potential formula helps promote healthy gut flora balance and intestinal barrier integrity.\*

Key benefits and quality differences of Dynamic GI Restore include:

- Supports gastrointestinal integrity\*
- Promotes healthy gut flora balance\*
- Promotes healthy digestive function\*
- Supports healthy immune function\*
- Promotes healthy nutrient absorption\*

### References:

1. Ma N & Xi M. *Compr Rev Food Sci F*. 2019;18(1):221-242.
2. Wang WW, et al. *Amino Acids*. 2009;37(1):105-110.
3. De-Souza DA & Greene LJ. *Crit Care Med*. 2005;33(5):1125-1135.
4. Calder PC & Yaqoob P. *Amino Acids*. 1999;17(3):227-241.
5. Kim MH & Kim H. *Int J Mol Sci*. 2017;(18):1051.
6. Rao R & Samak G. *J Epithel Biol Pharmacol*. 2012;5(1-M7):47-54.
7. Wang B, et al. *Acids*. 2015;47(10):2143-2154.
8. Pugh JN, et al. *Eur J Appl Physiol*. 2017;117(12):2569-2577.
9. Nie C, et al. *Int J Mol Sci*. 2018;19:954.
10. Zhou H, et al. *Anim Sci J*. 2018;89(1):3-11.
11. Yin J, et al. *Food Funct*. 2020;11(2):1304-1311.
12. Neu J, et al. *Curr Opin Clin Nutr*. 2002;5:69-75.
13. Hou YQ, et al. *Front Biosci*. 2011;16(1):1186-1196.
14. Kim LS, et al. *Complement Health Pract Rev*. 2002;7(3):221-229.
15. Udani JK, et al. *Nutr J*. 2010;9(1):32.
16. Fitzpatrick A, Roberts A, & Witherly S. *Agro Food Industry Hi Tech*. 2004;15(1):30-32.
17. Dion C, Chappuis E, & Ripoll C. *Nutr Metab*. 2016;13:28.
18. Elison E, et al. *Br J Nutr*. 2016;116(8):1356-1368.
19. Salli K, et al. *Sci Rep*. 2019;9:13232.
20. Mahmood A, et al. *Gut*. 2007;56(2):168-175.
21. Atkuri KR, et al. *Curr Opin Pharmacol*. 2007;7(4):355-359.
22. Scalbert A, et al. *Biomed Pharmacother*. 2002;56(6):276-282.
23. Rial SA, et al. *Nutrients*. 2016;8(5):281.
24. Khedmat H, et al. *J Res Med Sci*. 2013;18(8):732.
25. Deters A, et al. *J Ethnopharmacol*. 2010;127(1):62-69.
26. Langmead L. *Aliment Pharmacol Ther*. 2002;16(2):197-205.
27. Lin R, Piao M, & Song Y. *Front Microbiol*. 2019;10(1092).





FUNCTIONAL  
FOOD

# Optimal Nutrition for a Healthy Gut\*



For more information, visit: [www.nutridyn.com](http://www.nutridyn.com)



# Why Use Dynamic GI Restore?



Nutrient  
Absorption\*



Gut Flora  
Balance\*



Healthy  
Digestion\*



Prebiotic  
Fiber



Healthy Stress  
Response\*



Immune  
Health\*

Healthy immune function relies on healthy gut bacteria.\* Dynamic GI Restore is a delicious and easily digested drink mix to help promote healthy gut mucosa and healthy oxidative stress.\* It features a carefully selected range of amino acids, prebiotics, micronutrients, and antioxidants for promoting gastrointestinal tissue support.\*

Dynamic GI Restore contains proprietary and clinically studied ingredients that stimulate the growth of healthy gut bacteria to promote healthy inflammatory responses.\* Plus, the numerous herbal extracts, vitamins, and minerals further promote healthy digestion, absorption of critical nutrients, and healthy immune function.\*



NON-GMO



GLUTEN-FREE



PRODUCED IN A  
cGMP FACILITY

\* 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.

ND656 ©2020 NutriDyn

For more information, visit: [www.nutridyn.com](http://www.nutridyn.com)