



G.I.² Enhance

What Is It?

G.I.² Enhance consists of a combination of hydrolyzed fish protein and the amino acid L-glutamine. Developed by a team of scientists in conjunction with the US National Academy of Sciences, this hydrolyzed fish protein has a high protein efficiency ratio (PER), providing an exceptional protein quality that is uniquely composed of a highly digestible ratio of small chain peptides and amino acids. G.I.² Enhance has been combined with L-glutamine for optimal gut integrity support.*

Uses For G.I.² Enhance

Gastrointestinal Tract Health: Hydrolyzed fish protein contains oligopeptides that can be absorbed across the intestinal brush-border intact, providing gentle and easily assimilated protein nutrition for tissue building support as well as optimal nitrogen retention. For these reasons, hydrolyzed fish protein has been used in a number of global-aid programs that provide nourishment for populations in developing countries. Numerous studies have reported the efficacy of biologically active di- and tri-peptides in nourishing and supporting the integrity of the gastrointestinal (GI) mucosal lining. A preliminary randomized, double-blind, placebo-controlled trial performed at the Center for Nutrition and Digestive Disorders in Hanover, PA, reported that the fish protein concentrate used in G.I.² Enhance may help moderate gut permeability. Another preliminary randomized, double-blind, placebo-controlled trial indicated that this same fish protein helped support overall healthy GI tone and function. An outcome-based clinical study revealed similar results using this same fish hydrolysate, reporting that it helped promote gut health. L-Glutamine maintains and supports the tone of the intestinal tract by enhancing the protective mucosal lining. This helps to ensure proper nutrient utilization and absorption while limiting the amount of toxins that pass through the intestinal barrier.

In addition, glutamine may promote macrophage activity, providing potential support for healthy immune function.*

What Is The Source?

Pure Encapsulations hydrolyzed fish protein is derived from white fish obtained off the coast of the Pacific Northwest and L-glutamine is derived from fermentation of vegetables. This product also contains rosemary (*Rosemarinus officinalis*) extract. The hydrolyzed white fish in G.I.² Enhance is Seacure®, which is a registered trademark of Proper Nutrition, Inc.

Recommendations

Pure Encapsulations recommends 3-7 capsules per day, in divided doses, with meals.

Are There Any Potential Side Effects Or Precautions?

At this time, there are no known side effects or precautions. If pregnant or lactating, consult your physician before taking this product.

Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications.

References

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G.I.² Enhance®

each vegetable capsule contains



dried fish protein hydrolyzate	425 mg.
l-glutamine (free-form)	425 mg.
other ingredients: rosemary extract	

3-7 capsules per day, in divided doses, with meals.