

# GASTRICSOOTHE™

## Zinc L-Carnosine for Stomach Lining Protection



In today's hectic world, it's not unusual to experience stress-related discomforts. Our fast modern lifestyle makes it difficult to eat properly and lead a healthy, balanced life. One of the most common health challenges busy people experience is occasional stomach discomfort. Some of the causes of occasional stomach discomfort can be eating foods that are processed, fast, fried or too sugary and starch-filled, which can trigger stomach irritation. Other factors that can impact the stomach's mucosal lining are alcohol use, poor metabolism, a spicy diet,

stress at work, financial worries, family issues, not exercising, and sitting and eating while watching TV.

Because the digestive system is an important part of the immune system, maintaining a healthy stomach is just good common sense. A compromised stomach lining can impact other body systems and cause health challenges. After extensive scientific research, Source Naturals developed a premium product for soothing the stomach that combines zinc with L-carnosine – GASTRICSOOTHE. GASTRICSOOTHE protects the delicate mucosal lining of the stomach and helps maintain immunity and health.



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## Maintaining Gastric Balance

Since the digestive tract is an important part of the immune system, the integrity of the stomach lining is paramount to healthy immune function. For this reason, the stomach works hard to maintain a balance between the secretion of digestive substances and maintenance of the mucosal wall. A key function of the stomach is to produce acid and enzymes to break down food into biologically available nutrients. The stomach is protected from these harsh substances by a thick layer of mucus that covers its lining. The mucosal lining must produce sufficient quantities of mucus to prevent these caustic substances from attacking its own walls. When an imbalance between digestion and stomach wall integrity develops, the stomach wall is left highly vulnerable to discomfort and health challenges. Source Naturals GASTRICSOOTHE contains a synergistic combination of zinc and L-carnosine, which adheres to eroded mucosal lining to help maintain a healthy balance between these two functions.

### Zinc L-Carnosine – Potent Protection

Zinc is a biologically essential trace element and the second most abundant trace element in the body. It is a critical component of a number of physiological processes in our bodies, including growth and metabolism of cells, protein synthesis and maintenance of carbohydrate and lipid metabolism. Carnosine is a naturally occurring dipeptide composed of the amino acids  $\beta$ -alanine and L-histidine. Found in brain, heart, muscle, and other nervous tissues, carnosine has the ability to form stable complexes with ion minerals like zinc and copper.

Zinc L-carnosine is a combination of these two nutrients that support gastrointestinal health, particularly for the lining of the stomach and duodenum. When zinc and carnosine are chelated (chemically bound), a new compound is formed which has specific properties that are different from those of the two elements taken separately. The compound contains 22% zinc and 78% L-carnosine. When zinc is paired with L-carnosine, it dissolves in the stomach at a much slower rate. This prolonged presence in the stomach allows it to maintain its positive effect on mucosal lining over a longer period of time.

## Supporting Gastric Health

Some of the positive effects of GASTRICSOOTHE with zinc L-carnosine are protection of epithelial cell membranes in the stomach and a return to normal metabolism. It acts as a protective barrier between stomach acids and the stomach lining. GASTRICSOOTHE also supports the production of prostaglandins essential to the mucosal lining of the stomach and strengthens these mucosal linings, as well as stimulating production of protective mucus. In addition, the zinc in GASTRICSOOTHE acts as an antioxidant. Zinc L-carnosine may also help maintain the natural flora of the stomach and GI tract, which can also help support a healthy mucosal lining.

Source Naturals has identified 12 basic bodily SystemiCare™ systems that serve to maintain overall health. GASTRICSOOTHE supports these major systems – Digestion, Immunity, Inflammation Response, and Cells/DNA.

### Live A Healthy Lifestyle

Although GASTRICSOOTHE can help with occasional stomach discomfort, for lasting health and longevity it's important to change your lifestyle to reflect healthy food choices, less fast food and minimal alcohol consumption. Find ways to *de-stress* your life, such as working less hours, taking daily walks in the forest or by the seashore, and exercising. Include GASTRICSOOTHE in your daily diet and soothe your stomach stress away.

### References

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