DESCRIPTION:
A soothing demulcent combination to support gastric upset and for the healing of inflamed mucosal tissue in the gastrointestinal tract. G.I. Complex contains a combination of demulcents and mucosal support botanicals.

MECHANISM:
*Musa paradisiaca* - Contains substrates rich in pectin, potassium, Vitamin B6 and inositol to support gastrointestinal mucosal integrity.

*Deglycyrrhizinated Licorice* - A specialized process removing the glycyrrhizin, producing deglycyrrhizinated licorice (DGL). DGL may be beneficial in a variety of gastrointestinal disorders, particularly in peptic ulcers and inflammatory disorders. It has demulcent activity and reportedly stimulates the production of mucous.

*Ulmus fulva* - This botanical has been used as a soothing agent due to its mucilaginous components that consist of hexoses, pentoses, methylpentoses, polyuronides, glucose, galacturonic acid, lirhamrose, d-galactose, and a trace of fructose.

*Althea officinalis* - The active constituents in marshmallow root are large carbohydrate molecules that make up mucilage, creating a smooth, slippery substance which helps to protect irritated mucous membranes.

INDICATIONS:
- Colitis
- Gastric mucous support
- Gastritis

POSSIBLE SIDE EFFECTS:
*Deglycyrrhizinated Licorice* - Use with caution in individuals with history of bleeding, hemostatic and drug related hemostatic disorders, and individuals taking anticoagulants (see: Interactions).

Discontinue 14 days prior to dental or surgical procedures.
POSSIBLE INTERACTIONS:

*Deglycyrrhizinated Licorice* - Use with caution in individuals receiving Nitrofurantoin (can increase excretion). Interacts with anticoagulant medications ie: warfarin, aspirin, aspirin-containing products, NSAIDS or anti-platelet agents such as ticlopidine, clopidogrel, and dipyridamole, laxatives (potential for electrolyte disturbances), corticosteroids, cardiac glycosides (risk of hypokalemia), oral contraceptives, and hormone replacement.

*Althea officinalis* - Based on pharmacological activity, use with caution in individuals taking hypoglycemic medications (may further lower blood sugar); monitor a diabetic patient for hypoglycemic effects.

PRECAUTIONS:

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<table>
<thead>
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<tbody>
<tr>
<td>Acceptable in pregnancy?</td>
<td>No</td>
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<tr>
<td>Suitable when nursing?</td>
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<td>Suitable for children?</td>
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<tr>
<td>Suitable for diabetics?</td>
<td>Use with caution and monitor for hypoglycemic effects</td>
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<tr>
<td>Suitable for vegetarians?</td>
<td>Yes</td>
</tr>
<tr>
<td>Take with food?</td>
<td>Yes</td>
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</tbody>
</table>

REFERENCES:

(1) Bartrams Encyclopedia of Herbal Medicine, T. Bartram.
(2) Complementary and Alternative Medicines, C. Fetrow, J. Avila.
(4) Comprehensive Natural Therapies Data Base, Pharmacy Letter.