SOOTHING GASTROINTESTINAL TRACT SUPPORT

• Combines pure, organic Marshmallow root powder with flavonoid-rich GutGard™ Deglycyrrhizinated Licorice.*
• Marshmallow soothes & protects irritated mucosal tissues.*
• GutGard™ supports digestive comfort & GI function.*

Marshmallow Select™ is a natural supplement that uniquely combines soothing organic Marshmallow root with GutGard™, a flavonoid-rich deglycyrhrizinated licorice extract researched for providing significant benefits to GI health. These two ingredients work together to help calm digestion and to coat, protect, soothe and repair irritated mucosal tissues throughout the entire gastrointestinal tract—from throat and esophagus to stomach and intestines.

MARSHMALLOWS (Althaea officinalis) is a perennial woody plant. The root has a long history of use in European and Middle Eastern folk medicine traditions, where it is widely recognized for its moist, cooling and soothing benefits to irritated tissues, both inside and outside the body. Marshmallow root contains up to 20% polysaccharide hydrocolloids including arabinogalactans, glucans, arabinans and galacturonorhamnans. These mucilaginous compounds are characterized by the slick, slippery consistency they develop when combined with water. Applied externally, they serve as emollients that moisten and soften irritated tissues. Internally, they function as demulcents: healing mucilages that help coat, protect and soothe inflamed mucous membranes. The organically grown marshmallow in Marshmallow Select™ may provide direct relief to irritated throat and gastrointestinal tissues, support healthy gut barrier function by protecting mucosal linings from gastric acid and ease elimination by lubricating dry stool.

Few, if any, human studies on marshmallow exist; however, in vitro research has found that marshmallow polysaccharides provide anti-inflammatory and immune supportive activity. Aqueous extracts of the roots have been shown to stimulate phagocytosis and to release cytokines such as interleukin-6 and tumor necrosis factor from human monocytes (immune cells). Research published in 2010 found that marshmallow polysaccharides were effective stimulators of epithelial cell physiology, supporting the traditional use of marshmallow for helping to support tissue regeneration.

GUTGARD™ DGL (Deglycyrrhizinated Licorice) is a patented DGL extract researched for providing numerous benefits to digestive and gastrointestinal health. Whole licorice root has been used for centuries in Traditional Chinese Medicine to help regulate healthy GI function and provide adrenal support, but licorice naturally contains glycyrrhizin, a compound which can increase blood pressure. DGL does not contain this compound, making it safer. Our premium GutGard™ DGL contains more beneficial flavonoids (>10% vs <0.5%), less glycyrrhizin (<0.5% vs 2%-3%), and requires lower dosing than conventional DGL.

* 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.
Beneficial flavonoids in licorice that are preserved in GutGard™ include glabridin and glabrene, both of which have been shown to counter the activity of the ulcer-causing *Helicobacter pylori* bacteria. A randomized, double-blind, placebo-controlled study evaluating the effectiveness of GutGard™ (150 mg per day) on adults who tested positive for *H. pylori* found 56% of subjects in the GutGard™ group tested negative for *H. pylori* after 30 days, compared to only 4% in the placebo group. Similar results were reported after the crossover arm of this study was completed. In related animal research, GutGard™ has been shown to exhibit anti-ulcer and potent antioxidant activity. In vitro, it was found to inhibit inflammatory COX and LOX products.

GutGard™ also contains the licorice flavonoid isoliquiritigenin which helps to regulate and balance gut motility. Recent research suggests GutGard™ provides prokinetic activity, enhancing gastric emptying and GI transit time. Similarly, GutGard™ was shown in a 2012 study to offer significant benefit to overall digestive comfort in patients suffering from symptoms such as early satiety, abdominal pain and fullness, appetite loss and excess gas and bloating, as well as heartburn and regurgitation. The standard dose in all these studies has been 150 mg per day, the amount contained in one serving of Marshmallow Select™.

**Marshmallow Select™** is a mild tasting unflavored/unsweetened powder that thickens the consistency of any liquid with which it is combined. Most commonly, it is taken between meals or at least half an hour before eating, two times per day. To prepare, stir half a tablespoon of **Marshmallow Select™** into 8 ounces of cold water. Allow mixture to thicken for a few minutes or longer before consuming.

**REFERENCES**


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