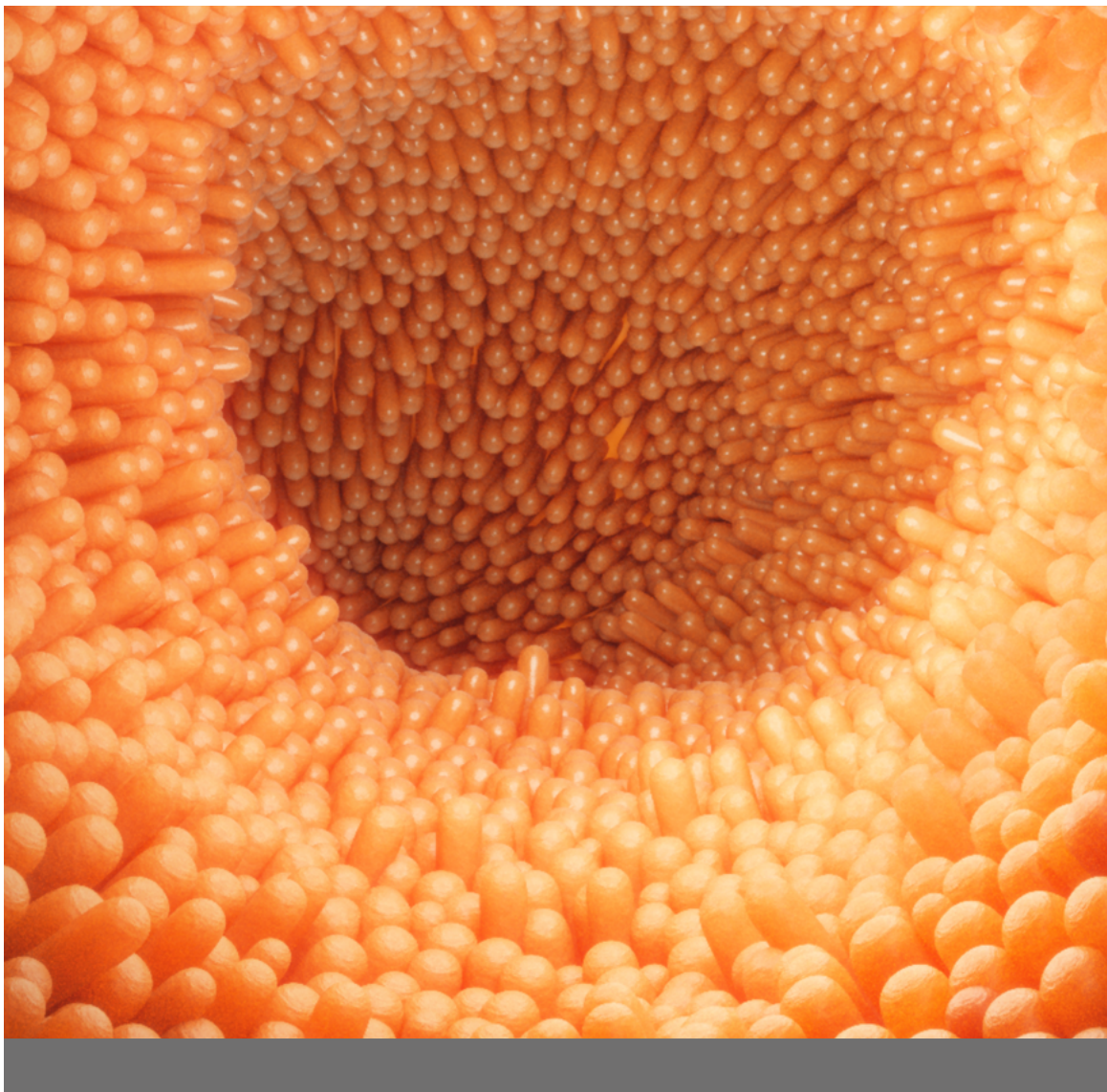


# NEW ROOTS

NATURAL HEALTH PRODUCTS  
WWW.NEWROOTSHERBAL.EU

## HERBAL

### » LEAKY GUT PROTOCOL



- Exclusive information for health-care professionals -



# INTESTINAL LEAKINESS

The integrity of the intestinal barrier is critical for nutrient absorption and overall health.

Barrier dysfunction is associated with increased intestinal leakiness and the development of gastrointestinal diseases, as well as various autoimmune diseases.

An increase in intestinal leakiness appears to occur prior to the appearance of the disease and causes an abnormality in antigen supply leading to the autoimmune response. The balance between immunity and tolerance is critical for keeping a healthy intestine, while abnormal immune responses can result in inflammatory diseases.



## INTESTINAL EPITHELIUM

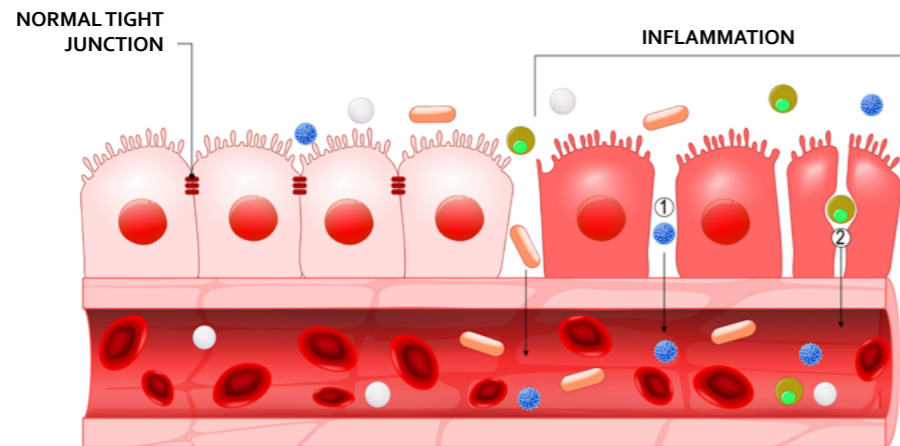
It is the intestinal mucosal barrier formed by a single layer of cells (enterocytes) that line the entire intestine. It consists mainly of the intestinal cell membranes and the tight junctions between cells.

## FUNCTIONS

- » It allows the transport of essential dietary nutrients, electrolytes and water to enter the bloodstream.
- » It prevents the passage of harmful substances such as toxins, pathogenic microorganisms, foreign substances, antigens, etc.

## CAUSES OF PERMEABILITY DEREGULATION

- » Stress and lack of sleep.
- » Poor nutrition.
- » Infections.
- » Hypochlorhydria.
- » Immune system problems associated with various diseases, etc.



## INTESTINAL REPAIR PROTOCOL Duration 16 weeks

	Weeks 1-2	Weeks 3-4	Weeks 5-12	Weeks 13-16
<b>L-Glutamine</b>	5 g al daily	2,5 g daily	-	-
<b>Wild Omega 3</b>	1 softgel 3 times daily	1 softgels 3 times daily	-	-
<b>Pro Boulardii Plus</b>	1 capsule daily	1 capsule daily	-	-
<b>PsylliumPlus</b>	1-2 teaspoons daily	1-2 teaspoons daily	-	-
<b>Lion's Mane</b>	-	1 capsule daily	1 capsule daily	-
<b>HumanBiota</b>	-	-	1 capsule daily	1 capsule daily
<b>Seabuckthorn Oil</b>	-	-	-	1 softgel daily



### L-GLUTAMINE

A non-essential amino acid that is important in intestinal cell function and is the main fuel for intestinal cells. Promotes intestinal cell proliferation and survival and regulates the intestinal barrier function.

<b>Nutritional information</b>	<b>1 teaspoon</b>
L-Glutamine	5 g



### LION'S MANE

Used in traditional Chinese medicine for gastrointestinal disorders. Promotes the growth of beneficial intestinal bacteria and enhances immunity in Inflammatory Bowel Disease. Reverses intestinal dysbiosis and maintains intestinal barrier integrity.

<b>Nutritional information</b>	<b>1 cap.</b>
Lion's mane ( <i>Hericium erinaceus</i> ) (40 % polysaccharides) (8:1)*	500 mg

\*Standardized extract. Hot-water extraction.



### PSYLLIUM PLUS

Product with a high fibre content, which helps improve and regulate intestinal function, combat constipation and remove toxins from the body. All without irritating or damaging the colon.

<b>Nutritional information</b>	<b>2 teaspoons</b>
Psyllium ( <i>Plantago ovata</i> ) (100% husks)	3 890 mg
Hibiscus flower ( <i>Hibiscus sabdariffa</i> )	829 mg
Licorice root ( <i>Glycyrrhiza glabra</i> )	104 mg
Stevia leaf ( <i>Stevia rebaudiana</i> )	95 mg
Inulin (from chicory root, <i>Cichorium intybus</i> )	71 mg
Clove ( <i>Syzygium aromaticum</i> )	11 mg



### WILD OMEGA 3

Essential fatty acid that helps reduce intestinal inflammation. Eicosapentaenoic acid (EPA) is of particular interest for the regulation of inflammation. It also has properties on cardiovascular health, cognitive function, etc.

<b>Nutritional information</b>	<b>2 softgels</b>
Concentrated marine lipids (wild anchovie)	2 640 mg
Providing essential fatty acids omega-3:	
EPA (eicosapentaenoic acid)	1 320 mg
DHA (docosahexaenoic acid)	660 mg
Vitamin E (D-alpha tocopherol, 20 IU)	13,4 mg -TE (112%*)

\*NRV: Nutrient Reference Value in %. **Oils of pharmaceutical grade, molecular distillation.**



### SEABUCKTHORN OIL

SeabuckthornOil supplements improve the hydration of mucous membranes (intestinal, ocular, oral, etc.).

Reduces inflammation in patients with ulcerative colitis by decreasing IL-6 expression in the colonic mucosa.

<b>Nutritional information:</b>	<b>1 softgel</b>
Sea-buckthorn fruit oil(1)	600 mg
Palmitoleic acid (omega-7)	16-54%
Oleic acid	2-35%
Linoleic acid	1-15%
Sea-buckthorn seed oil <sup>(1)</sup>	400 mg
Linoleic acid	30-40%
Oleic acid	13-30%
Goji seed oil <sup>(1)</sup>	40 mg
Vitamin E (D-alpha-tocopherol)	6,7 mg α-TE (55,8%*)

<sup>(1)</sup>from controlled cultivation.  
Berries grown in the Qinghai-Tibetan plateau.  
\*NRV: Nutrient Reference Value in %.



### PRO BOULARDII PLUS

Complete formula to protect and restore the intestinal flora. Contains 11 beneficial strains (21,000 million CFU) including 10,000 million CFU of *Saccharomyces boulardii*, that can prevent and treat the leaky gut, as well as relieve the symptoms of irritable bowel. Reduces the pro-inflammatory response and protects the intestinal barrier.

#### Nutritional information

1 enteric caps

#### Human strains:

<i>Lactobacillus acidophilus</i> R0418	619 million CFU
<i>Bifidobacterium longum</i> ssp. <i>longum</i> R0175	338 million CFU
<i>Bifidobacterium breve</i> R0070	338 million CFU
<i>Bifidobacterium infantis</i> R0033	338 million CFU

#### Plant strains:

<i>Saccharomyces boulardii</i>	10.000 billion CFU
<i>Lactobacillus plantarum</i> R1012	450 million CFU

#### Dairy strains:

<i>Lactobacillus rhamnosus</i> R0011	4.500 billion CFU
<i>Lactobacillus rhamnosus</i> R1039	3.375 billion CFU
<i>Lactobacillus helveticus</i> R0052	563 million CFU
<i>Lactobacillus casei</i> R0215	450 million CFU
<i>Streptococcus salivarius</i> ssp. <i>thermophilus</i> R0083	225 million CFU
<i>Lactobacillus delbrueckii</i> ssp. <i>bulgaricus</i> R9001	56 million CFU
Inulin	8,3 mg
Arabinogalactan	8,3 mg



### HUMAN BIOTA

Contains 12 beneficial strains of human origin (42,000 million CFU). Specific strains are included to help restore mucosal integrity and intestinal barrier function, and repopulate the flora of the entire intestinal tract.

#### Nutritional information

1 enteric capsule

#### Human strains:

<i>Lactobacillus casei</i> HA108	20,940 billion CFU
<i>Lactobacillus paracasei</i> HA274	16,800 billion CFU
<i>Lactobacillus rhamnosus</i> HA111	3,360 billion CFU
<i>Lactobacillus reuteri</i> HA188	252 million CFU
<i>Bifidobacterium longum</i> ssp. <i>infantis</i> HA116	202 million CFU
<i>Lactobacillus rhamnosus</i> HA114	202 million CFU
<i>Lactobacillus salivarius</i> HA118	42 million CFU
<i>Lactobacillus acidophilus</i> HA122	42 million CFU
<i>Bifidobacterium bifidum</i> HA132	42 million CFU
<i>Bifidobacterium breve</i> HA129	42 million CFU
<i>Bifidobacterium longum</i> ssp. <i>infantis</i> R0033	42 million CFU
<i>Bifidobacterium longum</i> ssp. <i>longum</i> HA135	42 million CFU
Inulin	16,4 mg
Arabinogalactan	16,4 mg

## OTHER DIGESTIVE AIDS



### DIGESTIVE ENZYMES

Reduces fullness, bloating and gas sensation. Increases vitamin and mineral absorption. Increases energy. Improves digestion.

#### Nutritional information

1 capsules

Pancreatin 4x	200 mg
Protease	20.000 USP-PC
Amylase	20.000 USP-AGU
Lipase	4.000 USP-LU
Betaine (HCl)	105,3 mg
Bile extract (45% bile acids)	64,8 mg
Pepsin A	162 mg
	324 000 IU-PU
Papain	10,97 mg
	384.000 USP-PU



### PLANT DIGESTIVE ENZYMES

It aids the digestion of proteins, carbohydrates, fats and other nutrients, as well as vitamin and mineral absorption. Prevents digestive problems.

#### Nutritional information

3 capsules

Protease I	124 311 FCC HUT
Protease II	22 140 FCC HUT
Protease III	171 FCC SAP
Papain	900 000 FCC PU
Amylase	35 436 FCC DU
Lactase	1 632 FCC ALU
Lipase	9 000 FCC LU
Cellulase	3 780 FCC CU
<i>alpha</i> -Galactosidase	57 FCC GalU
Maltase	390 FCC DP
Invertase	240 FCC INVU
Pectinase	180 endo-PGU
Glucoamylase	150 FCC AGU
Hemicellulase	99,9 FCC HCU
Phytase (phosphorus)	7,5 FCC FTU
Bromelain ( <i>Ananas comosus</i> ) (60 mg)	2 160 000 FCC PU
Dipeptidyl peptidase IV	6 150 FCC HUT

