

SOOTHING SUPPORT FOR A HEALTHY GASTROINTESTINAL LINING

Supplement Facts

Serving Size: 1 Tablespoon (3.7 grams)
Servings Per Container: 45

| | Amount Per Serving | % Daily Value |
|---|-----------------------|------------------|
| Slippery Elm bark powder (<i>Ulmus rubra</i>) | 2,590 mg | ** |
| Boswellia Serrata gum extract (65% boswellic acids) | 1,110 mg | ** |

** Daily Value (DV) not established.

Does not contain gluten.

SUGGESTED USE: 1 TABLESPOON PER DAY IN DIVIDED DOSES (1.5 LEVEL TEASPOONS, AM & PM) OR AS DIRECTED BY YOUR HEALTHCARE PROFESSIONAL.

MIX WITH 8 OZ WATER OR OTHER LIQUID.

WARNING: IF TAKING MEDICATION, PREGNANT OR NURSING, CONSULT A PHYSICIAN BEFORE USING.

- Unique powder blend of organic Slippery Elm bark & Boswellia standardized extract.*
- Slippery Elm soothes & protects irritated mucosal tissues.*
- Antioxidant Boswellia extract is researched to help support a healthy inflammation response.*

Slippery Elm Select™ provides a unique blend of organic Slippery Elm bark powder and a superior Boswellia standardized extract containing 65% boswellic acids. These two ingredients work together to help protect, repair, soothe and support a healthy gastrointestinal lining. **Slippery Elm Select™** may be used to help promote mucosal integrity throughout the entire GI tract.

SLIPPERY ELM is a tree whose inner bark is rich in mucilaginous compounds that provide soothing demulcent and emollient properties, helping to calm inflamed skin irritations and mucus membranes on contact. Mucus is a protective substance secreted by tissues lining the nasal passages, throat and gastrointestinal tract. Plant-based mucilages such as those found in Slippery Elm bark powder can provide a direct soothing effect on irritated gut tissues, form a protective barrier against gastric acid on digestive mucosa, and help to lubricate dry stool.

Slippery Elm is native to the entire eastern half of North America and has a long history of traditional use in Native American and Appalachian medicine. Primarily employed for its soothing, coating and antitussive properties, it also has been used as a nutritive gruel in convalescing patients. Many herbalists consider it a first line therapy for addressing inflammatory conditions of the gastrointestinal tract.

Owing to its primary reputation as a folk remedy, Slippery Elm has not been the subject of much scientific research; however, one published clinical trial that combined the bark powder with other herbs found a beneficial effect in people with constipation predominant digestive issues.

In addition to mucilaginous compounds, Slippery Elm bark powder contains non-fermentable insoluble fibers and prebiotic soluble fibers which may help it to act as a bulking agent, promoting healthy bowel habits. Also found in Slippery Elm are small amounts of astringent tannins that may be helpful in firming up loose stools, and very low levels of analgesic salicylic acid. Tannins additionally provide cell-protective antioxidant activity. Slippery Elm is one of four ingredients in the original Essiac formula, and the primary ingredient in **Slippery Elm Select™**.

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* 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.



BOSWELLIA SERRATA (also known as Salai Guggal or Indian Frankincense) is the second ingredient in **Slippery Elm Select™**. Boswellia is classified as an *oleo-gum resin*, or resinous plant extract. It contains triterpenes (notably alpha-boswellic acids and beta-boswellic acids), essential oils and polysaccharides. A well-known traditional Ayurvedic remedy, Boswellia has been studied for its ability to help support a healthy inflammatory response, particularly when pain and stiffness are present, and for its potent antioxidant characteristics.

Animal research suggests that Boswellia extract can help to protect intestinal barrier cells from free radical damage. The extract has been shown to decrease inflammatory biomarkers such as lipid peroxide (LPO) and TNF-alpha in experimental models of gut inflammation. In people with intestinal inflammation, Boswellia serrata extract has been suggested to help reduce symptom severity and improve quality of life. A 2007 study randomly assigned patients with intestinal inflammation and diarrhea to receive either 400 mg Boswellia extract or a placebo, three times per day. After 6 weeks, the percentage of subjects whose symptoms significantly improved was notably higher in the treatment group. In an open-label, follow up continuation of this study, five of seven patients who continued taking Boswellia extract for an additional 6 weeks achieved full remission.

Slippery Elm Select™ is provided in a mild-tasting, unflavored/unsweetened powder. Typically, it is taken by mixing half a tablespoon into 8 ounces of warm or cool water and consumed between meals, i.e. at least half an hour before or after eating, two times per day. When used in this manner, **Slippery Elm Select™** may help assist in the repair and maintenance of a normal, healthy GI lining.

This product is rigorously tested for purity and potency both pre- and post-manufacture and has been independently verified gluten-free.

REFERENCES

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3. Cantazaro D, et al. Boswellia serrata Preserves Intestinal Epithelial Barrier from Oxidative and Inflammatory Damage. *PLoS One*. 2015 May 8;10(5):e0125375.
4. Hartmann RM, et al. Boswellia serrata has beneficial anti-inflammatory and antioxidant properties in a model of experimental colitis. *Phytother Res*. 2014 Sep;28(9):1392-8.
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