



# REVITALX® INTESTINAL REJUVENATION FORMULA

Heals and soothes your digestive system

Many people are plagued by sensitive or dysfunctional digestive systems, to the point where eating becomes more pain than pleasure. Pain after eating, bloating, cramps and gas, constipation or diarrhea are all cries for help from a poorly functioning “gut”. For this reason Dr. Michael Lyon, MD, helped Natural Factors develop RevitalX. These and all other gastrointestinal health problems relate closely to what is called a “leaky gut”.

## THE LEAKY GUT SYNDROME, ANOTHER REASON TO TAKE REVITALX

Under normal circumstances, the lining of the small intestine is nearly leak proof (impermeable) and only fully digested food molecules are permitted to pass through this lining into the bloodstream and lymph vessels. The world within the stomach and intestine is very hostile and loaded with powerful acid, digestive enzymes, undigested food material and trillions of microorganisms. If even a small amount of the contents of the digestive tract were taken into our bloodstream, we would be very sick indeed. The lining of the intestine protects us from this very hostile world while only allowing the absorption of molecules needed by the body. Unfortunately, this leak proof lining is only one cell layer thick and can easily be damaged. The cells that make up this lining live only three days and they have extremely high metabolic activity along with intense nutritional demands. If the stresses on these cells are too high, gaps begin to form between the cells allowing large unwanted molecules to pass through undigested into the blood stream and lymph. If enough of these gaps are present the situation is known as increased intestinal permeability or the so-called “leaky gut syndrome.”

In the experience of many health care practitioners, leaky gut syndrome can result in a wide range of problems. Fatigue, irritability, hyperactivity (in some children), lethargy, mood swings, muscle or joint pain, poor concentration, memory difficulties, sleep disturbances, food hypersensitivities and environmental intolerances are just a few of the many potential symptoms associated with this insidious condition.

There are numerous causes of leaky gut syndrome: Nutritional deficiencies, severe emotional stress or trauma, drug use (especially antibiotics and anti-inflammatory drugs), alcohol abuse, gastrointestinal parasites, intestinal bacterial infections or overgrowth, ingestion of junk foods (especially deep fried foods or those made with hydrogenated vegetable oils), excessive consumption of starchy or sugary foods, and food allergies are just some of the common causes of leaky gut syndrome.

Eating a diet that is lacking in the nutrients required for gastrointestinal health will perpetuate this problem and make it very difficult for the gut to heal. One major junk food binge or a single course of antibiotics may create a leaky gut condition within hours. If the diet then lacks the proper nutritional support

to allow for repair of the injured gut lining, or if the irritating factors remain present, leaky gut syndrome can become a very persistent problem.

## HOW REVITALX CAN HELP

Each cell that lines the intestine lives only 3 days before it dies and is replaced by a completely new cell. In their short life, these tiny cells work amazingly hard and their duties are highly complex. Because of this, they have extraordinary nutritional requirements to perform at their best. Leaky gut syndrome can result simply from not having an adequate supply of all of the important nutrients required by these critical intestinal cells. Likewise, when leaky gut is present, the gut will only heal if these cells are bathed in a highly nutrient rich environment. The solution – RevitalX!

RevitalX contains the most important nutrients that the gut needs:

- Highly digestible, low-allergy potential protein (such as rice protein)
- L-glutamine – is a regulator of nitrogen metabolism in normal and catabolic states. Deficiencies increase gastrointestinal distress.
- NAG (N-acetyl glucosamine) – controls and thins excessive gastrointestinal mucus
- Pantothenic acid – controls allergy overreactions
- Zinc – called the healing mineral, helps heal damaged digestive tissue, modulates enzyme activity, controls diarrhea and is needed for a proper functioning immune system
- Antioxidants (such as vitamin C, vitamin E, beta carotene, grape seed extract, and milk thistle extract) protect the gut and liver while stimulating detoxification activities
- The natural bioflavonoid, quercetin – is an antioxidant that stabilizes the cells in the gut that are responsible for allergic reactions. It is often used as a supplement to help reduce symptoms in those with food allergies.
- Water-soluble fibre (such as guar gum) – is a key nutrient that assist in promoting recovery from leaky gut syndrome
- Lecithin and omega-3 fatty acids from fish oil and flax oil – supply necessary membrane lipids for healing the damaged digestive tract

Good quality protein, vitamins, minerals, trace elements, essential fatty acids (and other lipids), fibre and a variety of phytochemicals are all highly important when endeavouring to heal the leaky gut. Minerals and trace elements, such as calcium, magnesium, selenium, chromium are very important because leaky gut is associated with decreased nutrient absorption. Digestive enzymes are often recommended by nutritional practitioners to improve digestive processes in those with leaky gut. RevitalX, in combination with essential fatty acid supplements has been designed to contain all of these important gut nourishing nutrients.

**REVITALX® INTESTINAL REJUVENATION FORMULA****THE IMPORTANCE OF PROBIOTICS TO DIGESTIVE HEALTH**

The body works hard in its efforts to suppress the growth of harmful gut microbes. Stomach acid, mucous, bile, digestive enzymes and large quantities of antibodies all aid in the suppression of unfriendly bacteria, yeasts and parasites. In contrast, the human digestive and immune systems are adapted to support the growth of friendly bacterial species known as probiotics. If present in high enough numbers, these friendly probiotics help to suppress the growth of less desirable microbes.

In fact, most of the people who feel poorly much of the time, who suffer with disabling fatigue, who live in pain or whose brain often drifts into a fog are victims of leaky gut syndrome and disturbances in the microscopic ecology of their gastrointestinal tracts. More expectedly, gastrointestinal ecology plays a major role in disorders of the stomach and intestines. Ulcers, irritable bowel syndrome, Crohn's disease and ulcerative colitis are all intimately connected to the microscopic world within the gut.

Probiotic bacteria have an intimate and mutually beneficial relationship with our intestinal and immune cells. These "friendly flora" aid in the digestion of food, generate important nutrients, positively stimulate the immune system, diminish allergic reactivity, and prevent the reproduction and colonization of undesirable microbes. As well, probiotics neutralize toxins within the gut and they stimulate gut wall healing in those with a leaky gut. With all of the benefits that they provide, it is actually amazing that we can survive at all without rich populations of probiotic gut bacteria. We can survive, but we will certainly not thrive!

Impressive research coming from medical schools around the world has begun to demonstrate the superiority of a select few specific strains of probiotic bacteria. So specific are these strains that advanced genetic techniques must be utilized to identify the exact desirable strain amongst the thousands of different strains within a given bacterial species. These are the strains that firstly have the ability to survive passage through the human gastrointestinal tract and that possess a wide range of health promoting qualities. *Lactobacillus rhamnosus* (present in

RevitalX – 9 billion cells per serving!) is a species that contains some of the most impressive strains of scientifically validated probiotics. When taken as a dietary supplement, *Lactobacillus rhamnosus* has been shown to markedly diminish symptoms in those with food allergy. It appears that *Lactobacillus rhamnosus* has the ability to reprogram the immune system to both stimulate beneficial antibody production and to decrease the tendency towards allergic responsiveness. In this way *Lactobacillus rhamnosus* strengthens immune activity towards gut pathogens while decreasing adverse reactions toward foods. For those with food allergies this is a truly revolutionary discovery because, up until now, there has been little offered to help the food allergy sufferer apart from avoidance of the offending food.

*Lactobacillus rhamnosus* is the key probiotic strain in the probiotic products made by Natural Factors and it is present in RevitalX along with fructooligosaccharides (FOS) and fibres designed to promote the growth of probiotic bacteria.

**HOW TO USE REVITALX****1. Everyday Revitalization:****Daily Prevention and Maintenance**

A maintenance dose of RevitalX, one or two servings per day, can provide the sensitive gut with important supportive nutrients for optimum long-term gastrointestinal health. It is also an excellent multivitamin/multimineral supplement for anyone who wants better nutrition in a tasty snack or meal substitute.

**2. One Or Two Day Revitalization:****Intestinal Rest and Rejuvenation Day**

Overeating, holiday feasting, eating heavily close to bedtime, eating junk food, drinking excessively, or eating a food to which you are allergic or intolerant can upset and exhaust your intestinal tract. Rapidly restore good health and comfort by using RevitalX as your primary food for 1 or 2 days (1-3 scoops per day) as a meal replacement. RevitalX can be mixed up with water or juice (fresh vegetable juice is preferred), or made into a fruit smoothie with added flax oil for additional intestinal nutrition. Fresh or lightly steamed vegetables and fresh fruit can be eaten, if you are hungry between servings of RevitalX.

**3. One Week Revitalization: Seven Day****Intestinal Rest and Rejuvenation**

If you have ongoing gastrointestinal

health problems related to leaky gut syndrome, food allergies or intolerances, you may find great benefit from a seven day intestinal rest and rejuvenation program using RevitalX.

RevitalX is taken twice per day as the primary source of sustenance, with water or juice (fresh vegetable juice is preferred), or as a fruit smoothie. The seven day intestinal rest and rejuvenation program can be repeated whenever you notice decreased vitality, poor digestion, or increased intolerance of foods. RevitalX is a nutrient-packed product. It makes a tasty quick and satisfying meal replacement or snack, and it can be used to ease, and rejuvenate the gut after overeating, or any time the digestive system has been stressed or abused. People with sensitive gastrointestinal tracts usually find that RevitalX, provides a soothing, highly nourishing and well-tolerated snack alternative, an excellent way to avoid foods that bother their gut.

**Caution:** Contact your health care practitioner if you are experiencing persistent diarrhea, abdominal pain or rectal bleeding. Not recommended during pregnancy or for nursing women.

RevitalX provides a great way to have a quick and satisfying meal replacement or snack without having to resort to junk food or fast food. RevitalX can also be used to rest, heal and rejuvenate the gut after holiday feasting, illness, or after other occasions when the digestive system has been stressed or abused. People with gastrointestinal disorders usually find that RevitalX, when used as a meal substitute, provides a soothing, highly nourishing and well-tolerated way to avoid foods that bother their gut.