

# G.I. InnerCalm™

**BOTANICAL FORMULA WITH GLYCINE & GUTGARD®**  
**DAILY SOOTHING SUPPORT FOR DIGESTIVE HEALTH\***  
AVAILABLE IN 30-COUNT STICK PACKS

Many gut powders focus on one thing – healing the gut lining. Clinician-crafted G.I. InnerCalm™ combines proven botanicals and nutrients to accomplish more.

In addition to supporting gut-lining integrity, it soothes the GI system, supports digestive function, and even contributes to a healthy nervous system, mood, and sleep.\* G.I. InnerCalm™ also offers relief for acute digestive discomfort, helping to manage occasional heartburn, bloating, and gas.\* Broad benefits for patients and practitioners looking for innovative solutions.

G.I. InnerCalm™ contains clinically validated ingredients formulated at researched levels for maximum benefit to the stomach lining. They include GutGard® Deglycyrrhizinated Licorice (DGL), patented PepZin GI™ (zinc L-carnosine), quercetin, and glycine.

Glycine was selected for its many science-backed benefits and to take the place of glutamine, a common ingredient in gut powders that can aggravate the nervous system for some individuals.

Prebiotics were included at a level that won't intensify existing dysbiosis (such as SIBO). And the choice of monk fruit sweetener makes G.I. InnerCalm™ keto friendly.

The botanicals GutGard® DGL, Aloe vera, chamomile, and lemon balm offer soothing support for the digestive and nervous systems so patients can rest and digest.

Packaged in convenient stick packs, G.I. InnerCalm™ mixes with hot or cold water to make a delicious lemon-ginger drink.

## RESTORE

**Restore. Bring balance and healing.** Undesirable microbes create imbalances, even disorder. The effort to restore harmony requires ongoing renewal – and that's where our botanicals and nutrients shine. Offering needed provisions, they allow the body to establish balance. Plants unite with the body to revive and strengthen – cultivating microbial diversity, healthy digestion, nutrient absorption, and sustained well-being.\*



## Benefits

- Supports digestive health and stomach-lining integrity\*
- Helps manage occasional heartburn, gas, and bloating\*
- Promotes healthy gut motility and regularity\*
- Contributes to a healthy nervous system, mood, and sleep\*
- Supports a healthy stress response\*
- Antioxidant activity supports a healthy inflammatory response\*

## Features

- Standardized botanicals contain a guaranteed percentage of active constituents
- Contains proven ingredients at clinically researched levels for maximum benefit
- Glutamine-free to avoid neurological irritation experienced by some patients
- Prebiotics carefully selected to avoid aggravating dysbiosis
- Contains glycine to support digestion, protein synthesis, and connective tissue\*
- Formulation includes select botanicals and glycine to support mood and sleep\*



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\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Learn more about product use and applications at [biocidin.com](https://biocidin.com)

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BOTANICAL FORMULA WITH GLYCINE & GUTGARD®



## Clinical Focus: Who's It For?

- Those looking to soothe the gut lining or support GI permeability\*
- Those addressing chronic or acute GI discomfort or dysfunction\*
- Individuals seeking to relax the gut and mind\*
- Those looking to support healthy motility\*
- Anyone with a sensitive stomach\*
- Individuals seeking support for mood and sleep\*

## Suggested Usage

Add 1 stick pack daily to 8 ounces (0.24 L) of water. Mix well.

Consult your physician before using any supplement, especially if you are pregnant, nursing, have a medical condition, or are taking medication.

## Supplement Facts

Serving Size: 1 stick pack  
Servings Per Container: 30

**Proprietary Blend:** L-glycine, Chamomile flower extract, Lemon balm leaf†, Quercetin, GutGard® Licorice root extract, Aloe Vera leaf extract‡, Ginger root extract, PepZin GI™ (Zinc L-Carnosine)

**Other Ingredients:** Natural flavor, Citric acid, Monk fruit, Microcrystalline cellulose

‡ Organic Ingredient

This product is made without dairy, gluten, soy, corn, animal products, artificial coloring or flavoring.

## Ingredient Mechanisms of Action\*

Scientific literature shows that the individual botanicals in G.I. InnerCalm™ have multiple activities. Below are highlights that may account for the outcomes seen in a clinical setting.

**Supports Healthy Gut Mucosa** – Most ingredients in G.I. InnerCalm™ assist in protecting and restoring intestinal epithelial health. These researched activities include:

- Soothing and calming an inflamed gut (aloe, GutGard®, chamomile, lemon balm)
- Contributing to tight junction health (glycine, zinc carnosine, quercetin, aloe)
- Protecting enterocytes by supporting the production of glutathione (glycine)
- Supporting collagen production (glycine).

**Healthy Stress Response** – Individual ingredients have a calming effect on the nervous system. Glycine receptors are calming. Lemon balm and chamomile are both anxiolytic and calming. Many of the ingredients in G.I. InnerCalm™ also support healthy vagus nerve function, which is vital for a balanced stress response.

**Antioxidant/Supports Healthy Inflammatory Response** – Glycine, ginger, GutGard®, lemon balm, chamomile, and quercetin have direct antioxidant activity. Glycine is the rate-limiting step for the production of glutathione, the body's most potent antioxidant and detoxification nutrient.

**Balances Histamine** – Chamomile and quercetin both support healthy histamine release and metabolism in the GI tract.

**Supports Healthy Vagus Nerve Function** – Healthy vagus nerve function is required for appropriate motility and is a vital part of the Gut-Brain Axis. Glycine and ginger support healthy function of the vagus nerve. Multiple ingredients in G.I. InnerCalm™ support a healthy stress response as well as microbial balance – both of which contribute to vagus nerve function.

### Supports Healthy Motility

- Vagus nerve – Vagus nerve tone is essential for healthy motility of migrating motor complex (ginger and glycine)
- Antispasmodic activity (lemon balm, chamomile, ginger)
- Cholagogue – promotes digestion and motility by increasing the flow of bile (ginger, chamomile)
- Promotes gastric secretions and emptying (ginger)

**Neuroprotective** – Lemon balm has direct neuroprotective activity. G.I. InnerCalm™ also helps maintain a healthy GI lining, which supports the Gut-Brain axis.

**Immunomodulatory** – Gastrointestinal health plays an integral role in developing immune competence and tolerance. That means proficient and targeted immune defenses without excess immune activity. A healthy gut lining supports a healthy and balanced immune response.

**Hepatoprotective, choleric, and cholagogue** – Glycine, ginger, and chamomile increase bile acid formation and secretion via the liver and gallbladder and have cytoprotective effects on liver cells.

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For questions, contact us at [questions@biocidin.com](mailto:questions@biocidin.com).