

GI Sustain™ is designed to provide gastrointestinal nutritional support. The formula is uniquely designed to help promote the growth of beneficial bacteria by including prebiotic nutrients, combined with readily digestible macronutrients.\*

GI Sustain features L-glutamine and prebiotic isomalto-oligosaccharides (IMO) to promote gastrointestinal health.\*

- Nourishes the cells of the Intestinal mucosa\*
- Features rice protein concentrate supplemented with L-lysine and L-threonine for an naturally-derived amino acid profile\*
- Formulated with rice syrup solids as a naturally-derived energy source\*
- Features medium-chain triglycerides, a readily absorbed and metabolized lipid source\*
- Features prebiotic IMOs to selectively nourish beneficial bacteria, including *Lactobacillus* and *Bifidobacteria*\*
- Formulated with zinc and L-glutamine to nutritionally support gastrointestinal mucosa integrity\*
- Features methylated vitamin B12 and calcium L-5-methyltetrahydrofolate, a bioavailable folate\*

**Directions:** Blend, shake, or briskly stir about 2 level scoops (60 grams) of GI Sustain into 8 ounces of chilled water or juice twice daily or as directed by your healthcare practitioner. For highly sensitive individuals, consider reducing consumption to ½ to 1 scoop with 4 to 5 ounces of chilled water or juice twice daily during the first 3 to 4 days before starting a full daily dose.

**This product is non-GMO and gluten-free.**

**Warning:** Excess vitamin A intake may be toxic, may increase the risk of birth defects, and may contribute to osteoporosis. Pregnant women and women who may become pregnant should not exceed 10,000 IU of preformed vitamin A (retinyl palmitate) per day unless instructed to do so by a healthcare practitioner.

**Caution:** Keep out of the reach of children.

**Storage:** Keep tightly closed in a cool, dry place.

**Tamper Evident:** Do not use if safety seal is missing or broken.

Contents sold by weight, not volume. Some settling may occur during shipping and handling. Serving size is measured by weight with a scoop included for your convenience. The amount of product contained in two scoops may be above or below 60 grams due to variations in handling and product density.

Certified



Gluten-Free

\*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.



# GI Sustain™

## Gastrointestinal Nutritional Support\*



formulated for neutral taste  
naturally flavored

PRACTITIONER EXCLUSIVE

Gluten-Free

Dietary Supplement  
NET WT. 1 lb 13.63 oz  
(29.63 oz) (840 g)

Non-GMO

## Supplement Facts

Serving Size About 2 Scoops (60 g)  
Servings Per Container 14

|                                                                         | Amount<br>Per Serving | % Daily<br>Value |
|-------------------------------------------------------------------------|-----------------------|------------------|
| Calories                                                                | 220                   |                  |
| Calories From Fat                                                       | 45                    |                  |
| Total Fat                                                               | 5 g                   | 8%*              |
| Saturated Fat                                                           | 1.5 g                 | 8%*              |
| Total Carbohydrate                                                      | 32 g                  | 11%*             |
| Dietary Fiber                                                           | 3 g                   | 12%*             |
| Sugars                                                                  | 9 g                   |                  |
| Protein                                                                 | 13 g                  |                  |
| Vitamin A (2,500 IU as beta-carotene and 1,500 IU as retinyl palmitate) | 4,000 IU              | 80%              |
| Vitamin C (as ascorbic acid)                                            | 102 mg                | 170%             |
| Vitamin D (as cholecalciferol)                                          | 50 IU                 | 13%              |
| Vitamin E (as d-alpha-tocopheryl acetate)                               | 50 IU                 | 167%             |
| Thiamin (as thiamin HCl)                                                | 0.525 mg              | 35%              |
| Riboflavin                                                              | 0.595 mg              | 35%              |
| Niacin (as niacinamide)                                                 | 7 mg                  | 35%              |
| Vitamin B6 (as pyridoxine HCl)                                          | 0.7 mg                | 35%              |
| Folate (as calcium L-5-methyltetrahydrofolate)†                         | 140 mcg               | 35%              |
| Vitamin B12 (as methylcobalamin)                                        | 2.1 mcg               | 35%              |
| Biotin                                                                  | 105 mcg               | 35%              |
| Pantothenic Acid (as D-calcium pantothenate)                            | 100 mg                | 1,000%           |

|                                                               | Amount<br>Per Serving | % Daily<br>Value |
|---------------------------------------------------------------|-----------------------|------------------|
| Calcium (as calcium citrate and dicalcium phosphate)          | 300 mg                | 30%              |
| Iron (as ferrous fumarate)                                    | 3.6 mg                | 20%              |
| Phosphorus (as dipotassium phosphate and dicalcium phosphate) | 175 mg                | 18%              |
| Magnesium (as magnesium citrate)                              | 121 mg                | 30%              |
| Zinc (as zinc gluconate)                                      | 7.5 mg                | 50%              |
| Copper (as copper gluconate)                                  | 0.5 mg                | 25%              |
| Manganese                                                     | 1.3 mg                | 65%              |
| Chromium (as chromium picolinate)                             | 75 mcg                | 63%              |
| Sodium                                                        | 20 mg                 | <1%              |
| Potassium (as dipotassium phosphate)                          | 300 mg                | 9%               |
| Isomalto-oligosaccharides                                     | 3.4 g                 | **               |
| L-Glutamine                                                   | 500 mg                | **               |
| Glycine                                                       | 100 mg                | **               |
| DL-Methionine                                                 | 100 mg                | **               |
| L-Lysine (as L-lysine HCl)                                    | 35 mg                 | **               |
| L-Threonine                                                   | 34 mg                 | **               |
| L-Cysteine (as L-cysteine HCl)                                | 25 mg                 | **               |

\*Percent Daily Values are based on a 2,000 calorie diet.

\*\*Daily Value not established.

Other Ingredients: Rice protein concentrate, rice syrup solids, rice flour, olive oil, medium-chain triglycerides, gum acacia, silica, natural flavors,<sup>††</sup> and rice maltodextrin.

MANUFACTURED BY: METAGENICS  
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†As Metafolin®. Metafolin® is a registered trademark of Merck KGaA, Darmstadt Germany

††No MSG.

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