

SUGGESTED USAGE: As a dietary supplement, take 1-2 capsules 30 to 60 minutes before bedtime, or take as directed by your healthcare practitioner.

HOW IT WORKS: GI Guard™ PM is a nutritional formula with PepZin GI®, Melatonin, amino acids, and B Vitamins designed to help maintain the strength and integrity of the gastrointestinal mucosal barrier.* GI Guard™ PM features PepZin GI®, which has been shown in clinical studies to promote a healthy stomach lining and to support proper gut repair processes.* Melatonin, a potent free radical scavenger, is known to exist at high levels in the gut, where it exerts its protective effects against oxidative stress throughout the gastrointestinal tract.* Melatonin also helps support healthy gastric pH levels, normal pepsin production in the stomach, and helps to regulate proper intestinal motility.* B Vitamins and Amino Acids, such as L-Tryptophan are necessary for Melatonin synthesis.*

CAUTIONS/INTERACTIONS: Do not drive or use machinery for 4 to 5 hours after taking melatonin. Theoretically, concomitant use of melatonin with alcohol, benzodiazepines, or other sedative drugs might cause additive sedation. Melatonin may interact with anti-coagulant/anti-platelet medications, antidepressants, anti-hypertensives, anti-diabetes drugs, anti-neoplastic agents and other drugs. If you are taking any prescription medications or if you have glaucoma, consult your healthcare practitioner before using this product. For more information on this product go to www.protocol-forlife.com/P2997

Do Not Eat Freshness Packet. Keep in Bottle.

Store in a cool, dry place after opening. Please Recycle.

PepZin GI® is a registered trademark of Hamari Chemicals, Ltd.

PROTOCOL
FOR LIFE BALANCE®

GI GuardTM PM

- Maintains Healthy Mucosal Integrity*
- With PepZin GI®, Melatonin, L-Tryptophan & B Vitamins
- Nighttime GI Support*

60 Veg Capsules

A Dietary Supplement
Vegetarian/Vegan



Supplement Facts

Serving Size 2 Veg Capsules Servings Per Container 30

	Amount Per Serving	% Daily Value
Vitamin B-6 (from Pyridoxine HCl)	25 mg	1250%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	833%
Folic Acid	800 mcg	200%
Zinc (from PepZin GI®)	14 mg	93%
PepZin GI® (Zinc-L-Carnosine Complex)	75 mg	†
L-Carnosine (from PepZin GI®)	57 mg	†
Melatonin	6 mg	†
L-Tryptophan	200 mg	†
L-Methionine	100 mg	†
Trimethylglycine (TMG)	100 mg	†
Taurine	100 mg	†

† Daily Value not established.

Other ingredients: Cellulose Powder, Cellulose (capsule), Silica and Magnesium Stearate (vegetable source).

Formulated & Distributed by Protocol For Life Balance®
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA

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Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

*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.