

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 isomaltoligosaccharides (IMOs) 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 *Lactobacilli* 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 (49 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 increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 3,000 mcg 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 49 grams due to variations in handling and product density.



* 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 8.2 oz
(24.2 oz) (686 g)

Non-GMO

Supplement Facts

Serving Size About 2 Scoops (49 g)

Servings Per Container 14

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Calories	170		Calcium	300 mg	23%
Total Fat	5 g	6%*	(as calcium citrate and dicalcium phosphate)		
Saturated Fat	1.5 g	8%*	Iron (as ferrous fumarate)	3.6 mg	20%
Total Carbohydrate	24 g	13%*	Phosphorus	180 mg	14%
Dietary Fiber	5 g	7%*	(as dipotassium phosphate and dicalcium phosphate)		
Total Sugars	9 g	**	Magnesium (as magnesium citrate)	120 mg	29%
Includes 5g Added Sugars		10%*	Zinc (as zinc gluconate)	7.5 mg	68%
Protein	13 g	26%*	Copper (as copper gluconate)	0.5 mg	56%
Vitamin A (62.5% as beta-carotene)	1,200 mcg	133%	Manganese	1.3 mg	57%
(as beta-carotene and retinyl palmitate)			Chromium (as chromium picolinate)	75 mcg	214%
Vitamin C (as ascorbic acid)	102 mg	113%	Sodium	20 mg	<1%
Vitamin D (as cholecalciferol)	1.2 mcg (50 IU)	6%	Potassium (as dipotassium phosphate)	300 mg	6%
Vitamin E (as d-alpha tocopheryl acetate)	33.5 mg	223%	Isomaltoligosaccharides	3.4 g	**
Thiamin (as thiamin HCl)	0.5 mg	42%	L-Glutamine	500 mg	**
Riboflavin	0.6 mg	46%	Glycine	100 mg	**
Niacin (as niacinamide)	10 mg	63%	DL-Methionine	100 mg	**
Vitamin B ₆ (as pyridoxine HCl)	0.7 mg	41%	L-Lysine (as L-lysine HCl)	35 mg	**
Folate	235 mcg DFE	59%	L-Threonine	34 mg	**
(as calcium L-5-methyltetrahydrofolate) [†]			L-Cysteine (as L-cysteine HCl)	25 mg	**
Vitamin B ₁₂ (as methylcobalamin)	2.1 mcg	88%			
Biotin	105 mcg	350%			
Pantothenic Acid (as calcium D-pantothenate)	100 mg	2,000%			

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

**Daily Value not established.

Other Ingredients: Rice protein concentrate, rice syrup solids, apple fiber, olive oil, medium-chain triglycerides, gum acacia, silica, natural flavors,^{††} and rice maltodextrin.

MANUFACTURED BY: METAGENICS
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^{††}No MSG.

