

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

GI Sustain features L-glutamine and prebiotic isomaltoligosaccharides (IMO)s 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 6 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	360 mg	23%
Total Fat	5 g	6% ^{***}	(as calcium citrate and calcium phosphate)		
Saturated Fat	1.5 g	(3% ^{***})	Iron	3.6 mg	30%
Total Carbohydrate	24 g	13% ^{***}	(as ferrous fumarate)		
Dietary Fiber	5 g	7% ^{***}	Phosphorus	180 mg	14%
Total Sugars	9 g	---	(as dipotassium phosphate and dicalcium phosphate)		
Includes 5g Added Sugars		10% ^{***}	Magnesium	120 mg	39%
Protein	10 g	20% ^{***}	(as magnesium citrate)		
Vitamin A (62.5% as beta-carotene)	1,200 mcg	133%	Zinc	7.5 mg	68%
(as beta-carotene and retinyl palmitate)			Copper	0.5 mg	50%
Vitamin C (as ascorbic acid)	182 mg	113%	Manganese	1.3 mg	57%
Vitamin D (as cholecalciferol)	1.2 mcg (50 IU)	6%	Chromium	75 mcg	214%
Vitamin E (as D-alpha-tocopheryl ascorbate)	33.5 mg	225%	Sodium	20 mg	<1%
Thiamin (as thiamine HCl)	0.5 mg	43%	Potassium	360 mg	6%
Riboflavin	0.6 mg	46%	Isomaltoligosaccharides	3.4 g	---
Niacin (as niacinamide)	10 mg	67%	L-Alutamine	500 mg	---
Vitamin B ₆ (as pyridoxine HCl)	0.7 mg	41%	Glycine	100 mg	---
Folate	230 mcg DFE	59%	DL-Methionine	100 mg	---
(as calcium L-5-methyltetrahydrofolate)			L-Lysine (as L-lysine HCl)	35 mg	---
Vitamin B ₁₂ (as methylcobalamin)	2.1 mcg	88%	L-Threonine	34 mg	---
Biotin	100 mcg	250%	L-Ornithine (as L-lysine HCl)	25 mg	---
Para-aminic Acid (as calcium D-panthoate)	180 mg	2,600%			

^{***}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 methylcellulose.

MANUFACTURED BY: METAGENICS
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[†]No Metabolan®. Metabolan® is a registered trademark of Merck KGaA, Darmstadt, Germany.
^{††}No MSG.

