

Pro Bulk M

Gastrointestinal Health

DESCRIPTION

Pro Bulk M, provided by Douglas Laboratories, provides significant amounts of dietary fiber in a convenient powder.

FUNCTIONS

Dietary fiber is defined as complex carbohydrates that are resistant to the action of digestive enzymes, and therefore pass through the intestinal tract, unabsorbed. Dietary fiber includes substances such as cellulose, hemicellulose (xylans, galactans and mannans), pectins, gums, and lignin.

Dietary fiber has many nutritional benefits for the health of the gastrointestinal tract. Insoluble dietary fiber, such as cellulose and many hemicelluloses, are not efficiently fermented in the colon. As a result, they provide fecal bulk, bind water, and help soften stools. Soluble dietary fiber, such as pectin, many gums, and some hemicelluloses, are fermented in the colon to varying degrees. This results in lower colonic pH (acidity) and the production of short chain fatty acids, which are important for the intestinal microflora and the health of the mucosal cells. Short chain fatty acids also have a role in facilitating colonic water absorption.

Many insoluble and soluble fiber types bind dietary cholesterol and bile acids in the intestine, and therefore play an important nutritional role in the enterohepatic circulation of cholesterol and cholesterol metabolism in general.

Most types of dietary fiber, when hydrated, contribute substantially to the volume of stomach contents and help provide a feeling of fullness.

The dietary fiber offered by the psyllium seed husks provides many nutritional benefits for the health and detoxifying properties of the gastrointestinal tract.

Licorice root, prune fiber, slippery elm bark and Cascara sagrada are all well regarded for the roles they play in supporting the healthy structure and function of the

gastrointestinal tract. Vitamin C, as an antioxidant, helps eliminate the highly toxic free radicals that can be very dangerous to many biomolecules in the body.

INDICATIONS

Pro Bulk M may be a useful dietary supplement for individuals wishing to support their gastrointestinal health.

FORMULA (#7952)

2 Rounded Teaspoons (approx 12 grams) Contain:

Psyllium seed husks	12 g
Providing	
Dietary Fiber	9.6 g
Proprietary Blend	30 mg
Licorice root powder, sleep elm bark, guar gum, prune fiber, Cascara sagrada and ascorbic acid	

SUGGESTED USE

Adults take 2 teaspoons daily with meals or as directed by physician.

SIDE EFFECTS

No adverse side effects reported.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

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Vergara-Jimenez M, Furr H, Fernandez ML. Pectin and psyllium decrease the susceptibility of LDL to oxidation in guinea pigs. *J Nutr Biochem*. 1999 Feb;10(2):118-24.

**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.**

**Manufactured by
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