

**Swisse** NUTRA + 2'-FL + ZINC GUT REPAIR \*For healthcare professional use only. Not for public distribution



50% of Australians experience unpleasant gut symptoms – including bloating, gas and constipation – 1 in 7 experiencing distressing symptoms.<sup>1</sup>



Diet, environment and medications have a strong influence on gut microbiota composition.<sup>2</sup>



Dysbiosis is caused by an imbalance between beneficial and potentially pathogenic bacteria. This can lead to digestive symptoms such as bloating, irregular bowel movements, heartburn, nausea, excess gas and halitosis.<sup>3</sup>



Gut microbiota work in tandem with the immune system to protect against pathogen colonization.<sup>3</sup>



Evidence supports that Aspirin, a common antipyretic and analgesic, can cause unpleasant gastrointestinal symptoms including bleeding, ulcers, perforation, and dyspepsia.<sup>4</sup>

**What are HMOs?**

Human Milk Oligosaccharides (HMOs) are a unique type of prebiotic found naturally in human milk. Comprising of a group of structurally complex unconjugated glycans.

2'-Fucosyllactose (2'-FL) is the most abundant and therefore most researched HMO.

**2'-Fucosyllactose (2'-FL) – a HMO**

**Gastrointestinal Integrity**

- 2'-FL (HMO) exhibits anti-inflammatory activity in the large intestine and strengthens the gut wall.<sup>5</sup>
- Provides support for tight junction formation in the intestinal barrier through the increases in short chain fatty acid (SCFA) production.<sup>6,7</sup>

**Microbial Balance**

- Resistant to human enzymatic activity, 2'-FL (HMO) acts as a prebiotic to normalise colonic function.
- Unlike other prebiotics, such as GOS or FOS, 2'-FL (HMO) exclusively favours the growth of beneficial bacteria.<sup>8</sup>
- Supplementation with 2'-FL (HMO) in adults is associated with bifidogenic and butyrogenic effects increasing Short-Chain Fatty Acid (SCFA) production.
- Supports management of IBS and Ulcerative Colitis symptoms with minimal side effects.<sup>9</sup>

**Immune Function**

- 2'-FL (HMO) exhibits immunomodulatory and anti-inflammatory activity within the large intestine.
- 2'-FL (HMO) inhibits epithelial adhesion of intestinal pathogens for the prevention of viral and bacterial infections.<sup>5</sup>
- 2'-FL (HMO) support immune balance by reducing pro-inflammatory cytokine secretion.<sup>5</sup>

**Zinc L-Carnosine (from polaprezinc)**

**Gastrointestinal Integrity**

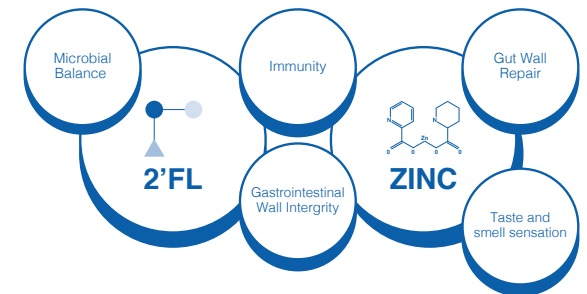
- Zinc L-Carnosine (from polaprezinc) exhibits a protective role in wound healing.<sup>10</sup>
- Evidence supports the safety and efficacy of Zinc L-Carnosine for the maintenance, prevention, and treatment of the mucosal lining and other epithelial tissues and its use for gastric ulcers and conditions of the upper gastrointestinal tract.
- Protects the intestinal lining against damage from medication-induced injuries.<sup>10</sup>
- Studies also conclude Zinc L-Carnosines' ability in improving taste disorders.<sup>11</sup>

**Immune Function**

- Zinc is an essential trace element crucial for the maintenance of both innate and adaptive immune functions.
- Involved in the modulation of the proinflammatory immune response, Zinc supports control of oxidative stress and helps to regulate inflammatory cytokines.<sup>12</sup>

**TRIPLE ACTION FOR GUT AND IMMUNE SYSTEM SUPPORT**

- ✔ Support the structural integrity of the gastrointestinal mucosa
- ✔ Prebiotic that exclusively feeds good bacteria for microbial balance
- ✔ Prevents the establishment of bacterial and viral pathogens in the gut



**Each Tablet Contains**

2'-Fucosyllactose	600mg
Peppermint Oil	15mg
Zinc (from polaprezinc 75mg)	16.94mg

**Directions for use - Adult Dosage:**

Chew two tablets daily, immediately after a meal, or as directed by a healthcare professional. Do not swallow whole.

**Recommended for:**

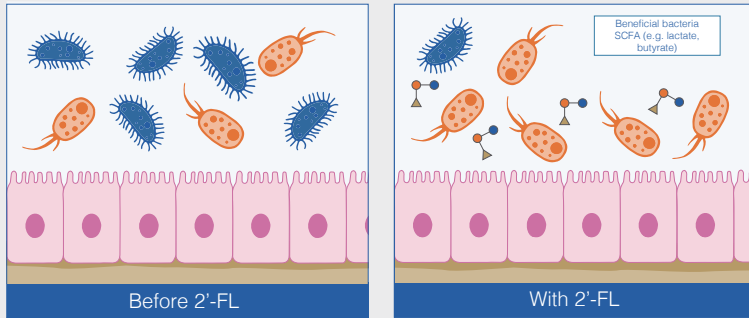
- Those seeking immune health support.
- Those with or at risk of gastrointestinal mucosal wall lining degradation.
- Those seeking a prebiotic to exclusively feed good gastrointestinal bacteria.

- ✔ **Gluten Free**
- ✔ **Vegetarian Friendly**
- ✔ **Free From Milk Protein**

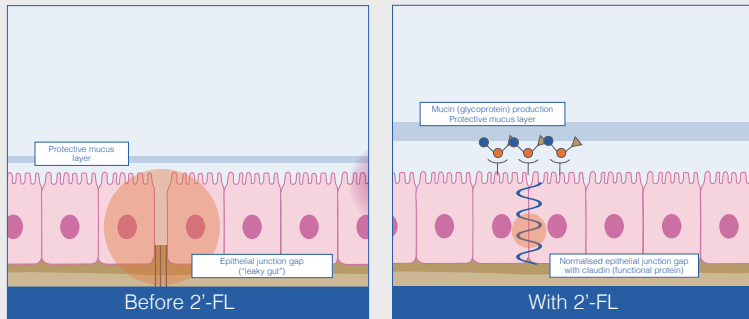
Not for public distribution. Always read the label and follow directions for use. Formulated by our science and research team for premium quality formulations REFERENCES 1. Belobrajdic, D., et al. 2018. *Gut health and weight loss: An overview of the scientific evidence of the benefits of dietary fibre during weight loss*. CSIRO, Australia. 2. Valdes, A.M., et al. 2018. *BMJ*, 361 :k2179 DOI:10.1136/bmj.k2179 3. DeGutolla, A.K., et al. 2016. *Inflammatory Bowel Diseases*, 22(5), 1137–1150. DOI:10.1097/MIB.0000000000000750 4. Li, Z., et al. 2020. *Oncology Letters*, 20(3), 2567–2578. DOI:10.3892/ol.2020.11817 5. Rousseaux, A., et al. 2021. *Front. Immunol.* 12:680911. DOI: 10.3389/fimmu.2021.680911 6. Suligoi, T., et al. 2020. *Nutrients*, 12, 2808. DOI: 10.3392/nu12092808 7. Peng, L., et al. 2009. *The Journal of Nutrition*, 139, 1619-1625. DOI: 10.3945/jn.109.104638 8. Salli, K., et al. 2021. *J. Agric. Food Chem*, 69, 170-182. DOI: 10.1021/acs.jafc.0C06041 9. Ryan, J.J., et al. 2021. *Nutrients*, 13, 938. DOI: 10.3390/nu13030938 10. Watarai, I., et al. 2013. *BMC Gastroenterol*, 13(108). DOI: 10.1186/1471-230X-13-108 11. Howlings, S., & Kalman, D. 2020. *Nutrients*, 12(3), 665. DOI: 10.3390/nu12030665 12. Prasad, A.S. 2008. *Mol Med*, 14(5-6), 353-357. DOI: 10.2119/2008-00033.Prasad.

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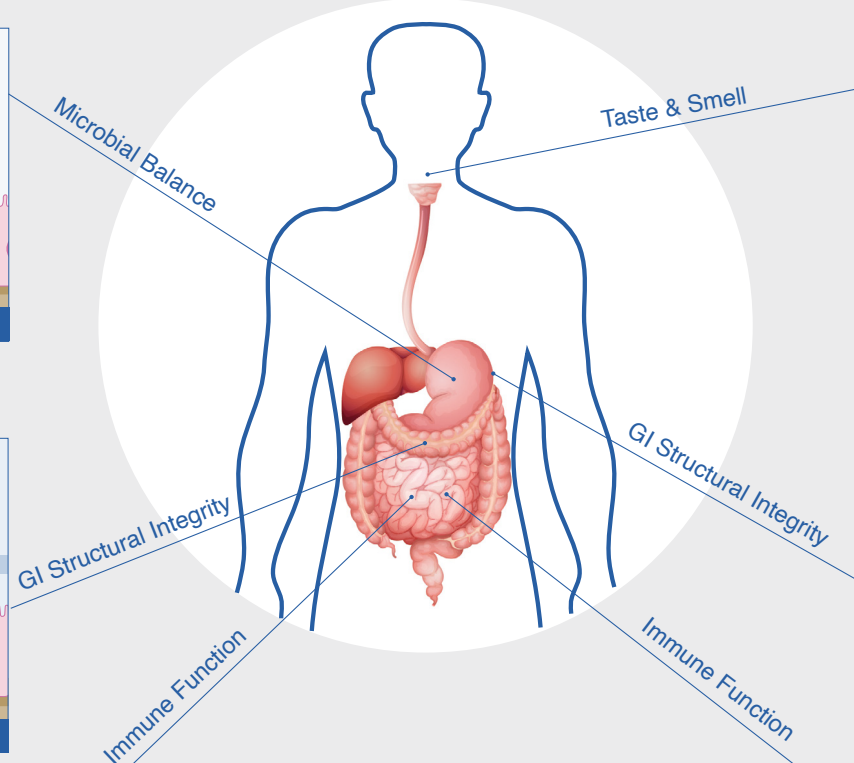
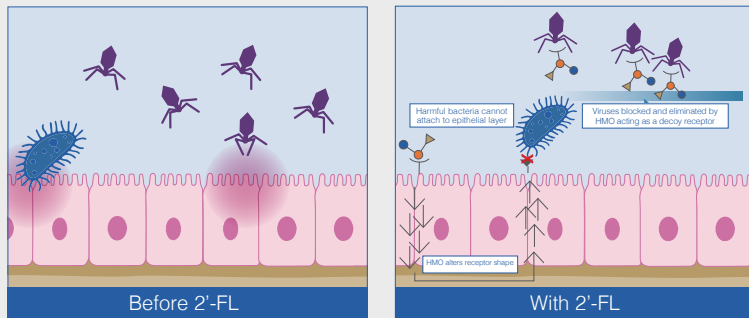
2'-FL (HMO) is utilized by and nourishes the growth of beneficial bacteria and thus increases short chain fatty acids (SCFA)



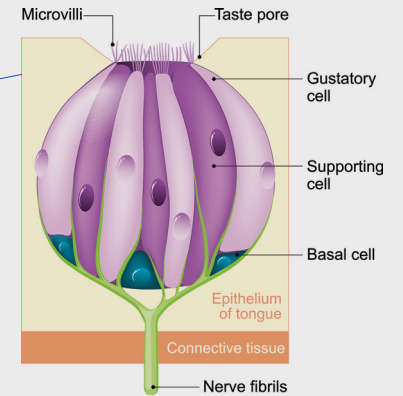
2'-FL (HMO) strengthen the intestinal barrier



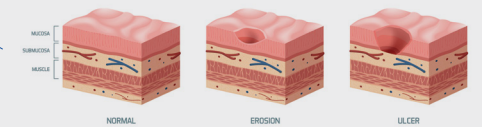
2'-FL (HMO) protects the intestinal barrier by preventing the attachment of pathogens



Zinc maintains normal taste and smell function



Zinc L-Carnosine (polaprezinc) exhibits a protective role in wound healing



2'-FL can support immune balance by regulating production and release and signaling molecules (e.g. anti and pro inflammatory cytokines)

