GI Stability™

Short- and Long-Term GI Support
Contains whole food ingredients and prebiotic 2’-FL

Formulated to support the growth of beneficial bacteria and provide elimination support*
GI Stability™ Provides Targeted Support for Protecting the Complex Gastrointestinal Environment

Digestive health issues affect daily life for millions of Americans. Many of these conditions are associated with a disrupted microbiome that throws the GI system out of balance and may cause gut distress. Lifestyles, diets, antibiotic use, and traveling patterns have the potential to disrupt the microbiome. Building resilience to disruption is important – it helps give the human microbiome the ability to return to equilibrium.²

GI Stability contains a prebiotic that feeds beneficial bacteria while helping support a healthy gut microbiome.*

**How it Works:**
GI Stability contains 2'-FL – a unique prebiotic HMO (Human Milk Oligosaccharide) that resists digestion and moves directly to the lower GI tract where it becomes effective in feeding selective bacteria.³ Studies show that HMOs have a unique structure that is preferred by beneficial microbes who use them to grow.⁴,⁵

**Why HMOs are Important:**
HMOs are naturally found in human milk and contribute to the benefits of breast-feeding that are linked to long-term development, immune protection, and microbial population cultivation.⁵,⁶ These benefits are not exclusive to infants, though. GI Stability is a great source for targeted prebiotic action that contributes to a healthy microbiome and may provide immune system support.*

**GI Stability supports normal GI Function**
GI Stability includes beet root and okra powder — ingredients with whole food-based fiber that support proper elimination.* It also contains Collinsonia Root; for centuries, historical medical journals have utilized this botanical ingredient to support various digestive health conditions.⁷-¹¹

---

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

---

**MICROBIAL PHYLUM DIVERSITY**

Based on a two-week trial, the addition of 2'-FL created a statistically significant change in the microbial diversity levels of Actinobacteria. The Actinobacteria phylum encompasses many beneficial bacteria, including Bifidobacteria, and is an important microbe for GI homeostasis.²

<table>
<thead>
<tr>
<th>Group 1</th>
<th>2'-FL</th>
<th>Group 2</th>
<th>Placebo</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baseline Microbiome</td>
<td>5 grams daily 2'-FL for 2 weeks</td>
<td>Placebo treatment for 2 weeks</td>
<td></td>
</tr>
<tr>
<td>Increase in proportion of Actinobacteria</td>
<td>No change</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Notes a statistically significant change

A two-week intervention with 5 grams of 2'-FL daily modifies the microbiome. Three servings of GI Stability delivers 5 grams of 2'-FL.
Healthy microbiome helps with:¹⁴

- Immune defense
- Metabolism
- Modification of phytochemicals
- Supporting elimination
- Vitamin biosynthesis
- Influencing whole-body health

Helping good microbes balance the bad microbes is critical to our overall well-being.¹³

### HOMEOSTASIS¹³
- High diversity in species and function
- Ability to resist change under physiological stress

### GOOD BACTERIA

**Commensals:** Permanent residents that provide much-needed bacterial diversity.

**Symbionts:** Commensal microbes living in the GI that have evolved to perform beneficial functions.

### BAD BACTERIA

**Pathobionts:** Resident microbes that can cause disruptions under certain conditions.

---

Our immune defense relies on a functional gut barrier, and the layers of protective barriers in the gut to protect us from the trillions of microbes living in the GI.²³

The gut barrier is maintained by four key players: a healthy gut microbiome, a mucus-containing chemical barrier, a layer of tightly connected epithelial cells, and an immunological barrier of cells ready to respond to outside threats.²⁴ We depend on good bacteria to stay healthy, and we depend on proper barrier functioning to handle any distress that may occur within its walls.²⁵

Proper GI integrity and a healthy gut microbiome help support immune defenses by influencing the development and production of immune cells, and by helping to regulate local GI and systemic immune system responses.²⁶,²⁷ Sustaining these microbes and supporting the cells that make up the GI lining with selective prebiotics is essential for GI support in the face of acute and chronic GI stress.²⁶,²⁷

### NORMAL GI FUNCTION IS CHARACTERIZED BY:²⁸

- Effective digestion and absorption of food
- Normal and stable intestinal microbes
- Effective immune status
- Functioning GI barrier system
- Overall well-being

---

External factors capable of adversely modifying the microbiome and interfering with ideal function include:²⁵⁻²²

- Antibiotic use
- Prolonged prescription drug use
- Dietary changes
- Gastrointestinal stress
- Moving to a new country
- Short-term travel
- Environmental toxins
Taking a Systems-Based Approach to Balancing the Microbiome

Standard Process supplements provide a holistic approach to nurturing the digestive system. Healthful living begins with a healthy body, and managing the digestive system properly is vital to whole body health.

- Helps support a healthy gut microbiome
- With prebiotic 2'-FL: studies show that 2'-FL helps support the growth of beneficial bacteria\(^\text{a}^\)
- May help support the immune system
- Contains Collinsonia Root, which has been historically used to support normal elimination and digestive health*^  
  \(^\text{a}^\) To date, shown in multiple animal studies, infants, and one adult human study.

**GI Stability™**

Supports the GI tract by delivering targeted prebiotic action, supporting a healthy gut microbiome, and feeding the growth of beneficial bacteria.\(^\text{a}^\)^

**ACUTE USE:** Three servings per day. For short-term use to modify the microbiome.  
**LONG-TERM USE:** Single serving per day as a daily prebiotic.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
ChelaCo
Elimination Support
ChelaCo contains Hawthorn, Milk Thistle Seed and Garlic, herbs traditionally used to provide general detoxification support.*

ProSynbiotic
Immune System Support
ProSynbiotic is a synergistic blend of four research-supported probiotic strains and two prebiotic fibers to support gut flora and overall intestinal health.*

Whole Food Fiber
Diverse Microbiome Support
Whole Food Fiber is a good source of fiber from nutrient-rich whole foods such as carrots, sweet potatoes, and beets.*

Epimune Complex
Immune System Support
Epimune Complex is a vegan immune system support supplement designed to help the immune system stand up to challenges.*

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.