



INGREDIENTS TO CONSIDER

BERBERINE

Inhibits bacterial sortase, a protein responsible for anchoring gram-positive bacteria to cell membranes. Berberine had antimicrobial effects against several organisms; Staphylococcus, Streptococcus, Shigella, Vibrio, Candida, Entamoeba, Helicobacter pylori, Clostridium and Aspergillus species.

MASTIC GUM

Provides antibacterial and antifungal activity. Shown to be effective against Helicobacter pylori. Mastic also offers antisecretory and possibly cytoprotective effects and may be protective against gastric ulceration.

ARTEMESIA

Provides antibacterial effects against gram positive and gram negative bacteria.

ZINC CARNOSINE

Stabilised small bowel integrity and stimulates the gut repair process. Zinc carnosine has been shown to be useful in the treatment of H Pylori due to its interference with urease (enzyme).

CAPRYLIC ACID

Offers anti-inflammatory effects via reduction of inflammatory cytokine activity, also shows antimicrobial activity against streptococcus, staphylococcus and E.coli whilst also providing some antifungal support.

OREGANO

Oregano essential oil and its constituent carvacrol have bactericidal activity against many organisms; Bacillus, E.coli, Klebsiella, Proteus, Pseudomonas, Salmonella and Yersinia.

SACCHAROMYCES BOULARDI

Competes for attachment sites and blocks adherence of Clostridium difficile, which helps prevent infection. Saccharomyces also increases secretory immune globulin A (IgA) in the intestine.

WORMWOOD

Historically used for the treatment of intestinal worms. Also offers anti inflammatory effects via its ability to reduce tumour necrosis factor (TNF).

PROBIOTICS

Compete with pathogenic bacteria for physical space and nutrients in the host tissue. The probiotic is thought to be able to block pathogenic bacteria from finding a spot on the host tissue to bind and grow.