

Doctor's BEST[®]

Science-Based
Nutrition[™]

PepZin Gi[™]

Promotes Healthy Stomach
Lining & Environment*

PepZin Gi[™]

60 Vegetarian Capsules

Ingredients per capsule:

PepZin Gi37.5 mg
(Zinc-L-Carnosine complex)

Excipients: Rice powder, modified cellulose (veggie cap),
magnesium stearate (vegetable source).

Suggested Adult Use: One capsule two times daily,
between meals.

Ingredients



PepZin Gi[™]

PepZin Gi[™] is an exclusive, patented complex of zinc and L-carnosine that was first developed in Japan and has been in use since 1994.¹ This special chelated form of the mineral zinc has a unique ability to exert its effects directly on the cells of the stomach lining. When zinc is complexed to L-carnosine, it dissociates in the stomach at a slower rate. This prolonged existence allows it to maintain its gastric healing effect over a longer period of time.² The proprietary chelation process along with excellent scientific research make PepZin Gi[™] your best choice for supporting gastric health.

Benefits

Helps Relieve Occasional Gastric
Discomfort.*

Clinical Trials

In a randomized, multi-center, comparative double-blind study, 299 patients suffering with symptoms of gastric discomfort were randomly allocated to receive either a zinc-L-carnosine complex or a placebo, or a control drug or its placebo for 8 weeks. Improvement ratings for a range of symptoms were taken at various points during the trial and compared with before treatment data. Of the 258 people who completed the trial, 136 were in the zinc-L-carnosine group. Of the group, 92% of the participants were rated as "moderately improved" or better on an improvement scale across the category of symptoms including heartburn, tenderness, epigastric pain, diarrhea and constipation after 8 weeks.³

In another study, 28 patients with gastric discomfort were given a zinc-L-carnosine compound and monitored for 8 weeks. Improvement was rated on a scale of subjective and objective symptoms. After 4 weeks, the rate of those cases that were considered to be "significantly improved" was 68.4%. After eight weeks, the "significantly improved"

number was 68.8%. Over 60% of these patients remained in the "significantly improved" category well after discontinuation of the treatment, suggesting a lasting effect of the zinc-L-carnosine compound beyond the time it is taken.⁴

Maintains a Healthy GI Environment.*

The mineral zinc in PepZin Gi[™] is a critical component to a number of physiological processes in our bodies. Some of these functions include growth and metabolism of cells, healing of wounds, and maintenance of carbohydrate and lipid metabolism.²

PepZin Gi[™] may also be able to favorably maintain the bacterial balance of the stomach and GI tract. Studies suggest that the zinc-L-carnosine compound may have effects on certain strains of harmful bacteria and, therefore, may be able to help maintain a GI environment that is favorable to health.¹ By supporting the bacterial balance in the stomach, PepZin Gi[™] can help maintain a healthy mucosal lining.

Supports the Health of Gastric Cells.*

PepZin Gi[™] has been studied for its ability to prevent free radical damage to gastric cells. In one such study, rat gastric cells were exposed to ethanol and hydrogen peroxide, two substances known to cause free radical damage to living cells. Cells were bathed in hydrogen peroxide, ethanol, zinc-L-carnosine, or a combination of zinc-L-carnosine with either ethanol or hydrogen peroxide. While the cells bathed in ethanol and hydrogen peroxide solutions all exhibited signs of damage due to free radical production, the cells that were bathed in zinc-L-carnosine were largely protected from the effects of free radical damage. The authors concluded that the zinc compound directly protected gastric mucosal cells from oxidant stress and alcohol-induced damage.⁵



Continued on reverse side

Additional research further confirms the gastro-protective effects of PepZin GI[™]. In another rat study, stomach lesions were induced by administration of the chemical monochloramine, a known pro-oxidant (producer of free radicals). One of the groups of rats was fed the zinc-L-carnosine compound prior to being exposed to monochloramine. The researchers found that the size of the lesions in the group pre-treated with zinc-L-carnosine was significantly less than the lesions in the control group. The authors concluded that the zinc compound exerted a beneficial protective effect against monochloramine-induced stomach lesions.⁶

The zinc-L-carnosine in PepZin GI[™] has also been shown to slow the development of aspirin-induced stomach damage in rats. The researchers measurably detected lower levels of TNF-alpha in rats given zinc-L-carnosine as compared to the control rats. TNF-alpha is an inflammatory cytokine that is known to be released in response to gastric damage.⁷ These results may suggest a role for PepZin GI[™] in protecting gastric cells by occasionally reducing the levels of certain cytokines in minor inflammation of the stomach.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Scientific References

1. Kuwayama H, et al. Polaprezinc. Nippon Rinsho 2002 Feb; 60 Suppl 2:717-720.
2. Matsukura T, Tanaka H. Applicability of zinc complex of L-carnosine for medical use. Biochemistry (Moscow) 2000;65(7):817-823.
3. Miyoshi A, et al. Clinical evaluation of Z-103 on gastric ulcer – a multi-center double-blind comparative study with cetraxate hydrochloride. Jpn Pharm Ther 1992;20(1):199-223.
4. Misawa T, et al. Clinical study of Z-103 – clinical effects on gastric ulcer and influence on endocrine function. Jpn Pharm Ther 1992; 20(1):245-254.
5. Hiraishi H, et al. Polaprezinc protects gastric mucosal cells from noxious agents through antioxidant properties in vitro. Aliment Pharmacol Ther 1999;13:261-269.
6. Kato S, Nishiwaki H, et al. Mucosal ulcerogenic action of monochloramine in rat stomachs: effects of polaprezinc and sucralfate. Dig Dis Sci 1997;42(10):2156-2163.
7. Naito Y, et al. Effects of polaprezinc on lipid peroxidation, neutrophil accumulation, and TNF-alpha expression in rats with aspirin-induced gastric mucosal injury. Dig Dis Sci 2001;46(4):845-851.

PepZin GI™ is a complex of the mineral zinc and L-carnosine. PepZin GI™ was developed in Japan and has been in widespread use there since 1994. Research on PepZin GI™ has found that it is extremely beneficial in supporting healthy gastric function. PepZin GI™ acts by supporting the integrity of stomach cells and may exert free-radical scavenging activity, inhibiting the expression of certain cytokines. PepZin GI™ also promotes healthy mucus secretions from stomach cells while maintaining a healthy bacterial balance in the GI tract.*

Helps relieve occasional gastric discomfort.*

Maintains a healthy GI environment.*

Supports the health of gastric cells.*

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**Science-Based
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**Dietary
Supplement**

PepZin GI™

**PROMOTES A HEALTHY
STOMACH LINING
& ENVIRONMENT***



120 Veggie Caps

Supplement Facts

Serving Size 1 vegetable capsule
Servings per container 120 servings

Amount per serving %Daily Value**		
ZINC (from PepZin GI™)	8 mg	53%
PepZin GI™ (Zinc-L-Carnosine Complex)	37.5 mg	†
L-Carnosine (from PepZin GI™)	29.5 mg	†

** %Daily Values are based on a 2,000 calorie diet

† Daily Value not established.

Other ingredients: Calcium carbonate, modified cellulose (veggie cap), magnesium stearate (vegetable source), silicone dioxide.

Suggested adult use: One capsule two times daily, during or after meals.

SUITABLE FOR VEGETARIANS

CONTAINS NOTHING OTHER THAN LISTED INGREDIENTS

Distributed by: **Doctor's Best, Inc.**

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