

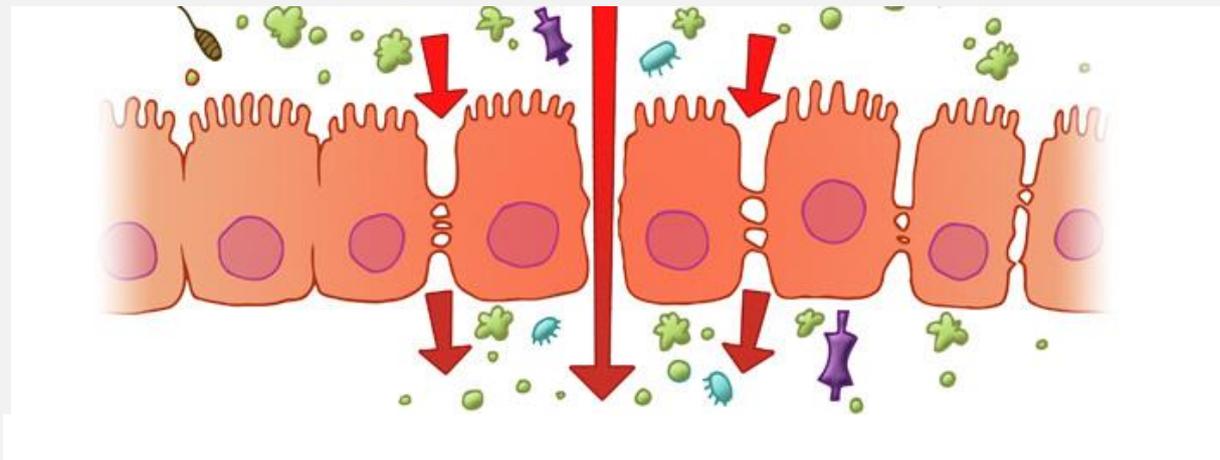
# DIGESTIVE HEALTH

Use O Nutricia collagen peptides to *restore, rebuild* and *replenish* your entire body.

Many doctors believe that supporting digestive/intestinal health and restoring the integrity of the gut wall will be one of the most important goals of modern medicine. Did you know it's estimated that 75% of your immune system is found in your GI tract?

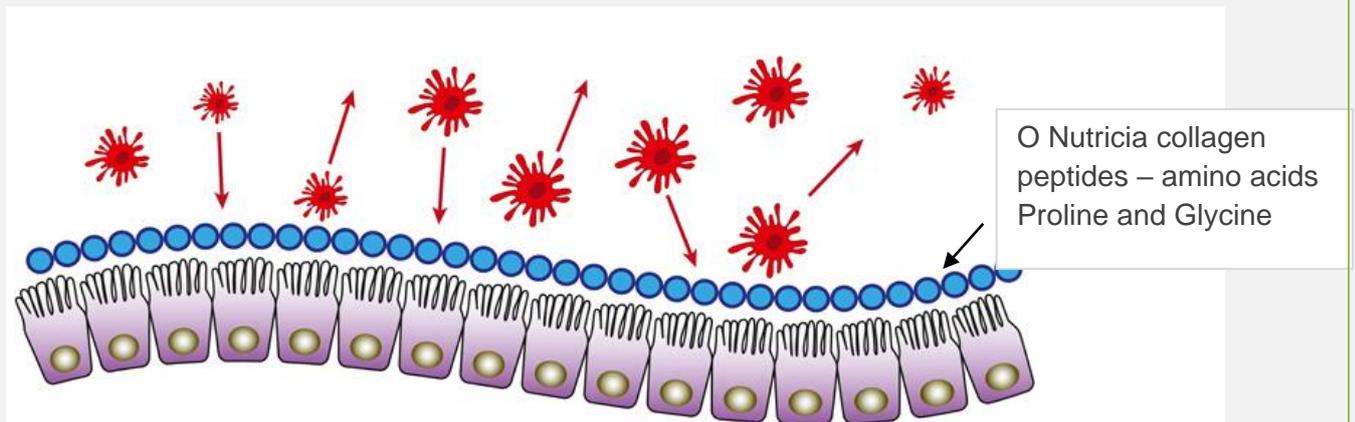
## WHAT IS LEAKY GUT?

Leaky gut syndrome is when your gut/intestinal walls becomes permeable (get holes in it) allowing harmful toxins to pass through the widened pores in the digestive tract. Those toxins then enter the bloodstream (as shown in the photo below).



Leaky gut syndrome can lead to a number of other serious health conditions, including digestive issues, food intolerance, chronic inflammation, skin rashes and autoimmune disease.

O Nutricia collagen contains the amino acids ***Proline*** and ***Glycine*** that can help heal the damaged cell walls. It does this by closing up the widened holes (seals and heals the protective lining of the gastrointestinal tract). It helps keep harmful toxins (such as gluten, bad bacteria and undigested food) from passing into your bloodstream and causing an immune reaction.



Similar to how collagen helps **tighten** and **tone** your skin, it also helps tighten and tone your digestive tract.

## BOOST YOUR GUT HEALTH WITH O NUTRICIA COLLAGEN PEPTIDES

O Nutricia collagen is **high** in the amino acid **Glycine** which improves digestive health, improves fructose malabsorption, regulates inflammation, protects the mucosal barrier, and improves enterocyte function in the intestinal tract. It protects against systemic endotoxin damage from leaky gut. Glycine also protects the liver and aids in detoxification and bile acid production. Glycine can help increase hydrochloric acid in the stomach which is needed for digestion and assimilation of nutrients. Stress and aging causes the levels of these vital digestive juices to drop. Lowered HCL can contribute to malnutrition including anaemia (a reduction in red blood cell production).

***A well-known researcher, Dr. Gotthoffer, studied collagen peptides role in digestion and he found that it increases the utilization and assimilation protein from muscle meats.***

If you are on a **low carb** or **no carb diet** it is important that you ingest O Nutricia collagen supplements. This will help **maintain** the integrity of your mucosal barrier, improve mucus membrane health in the entire body, protect **microbiome** diversity and population and maintain proper energy production by the bacteria in your microbiome.