



# Nutritional Frontiers

*breaking through nutritional boundaries*

## WELLNESS

# GI SOLUTIONS

### ACTIVITY

	A.M.	Noon	P.M.	Duration	# per week
Walking					
Aerobic					
Strength					
Flexibility					

### RELAXATION & SLEEP

	A.M.	Noon	P.M.	Duration	# per week
Deep Breathing					
Meditation					
Yoga					
Hobbies					
Other _____					

### NUTRACEUTICALS

	A.M.	Noon	P.M.	With or without food
GI Complete				
Prob-Zyme				
Betazyme				
Super Biotics				
GI Tincture				
Frontier Biotics				
Other _____				

### HEALTH CARE PROFESSIONAL NOTES:

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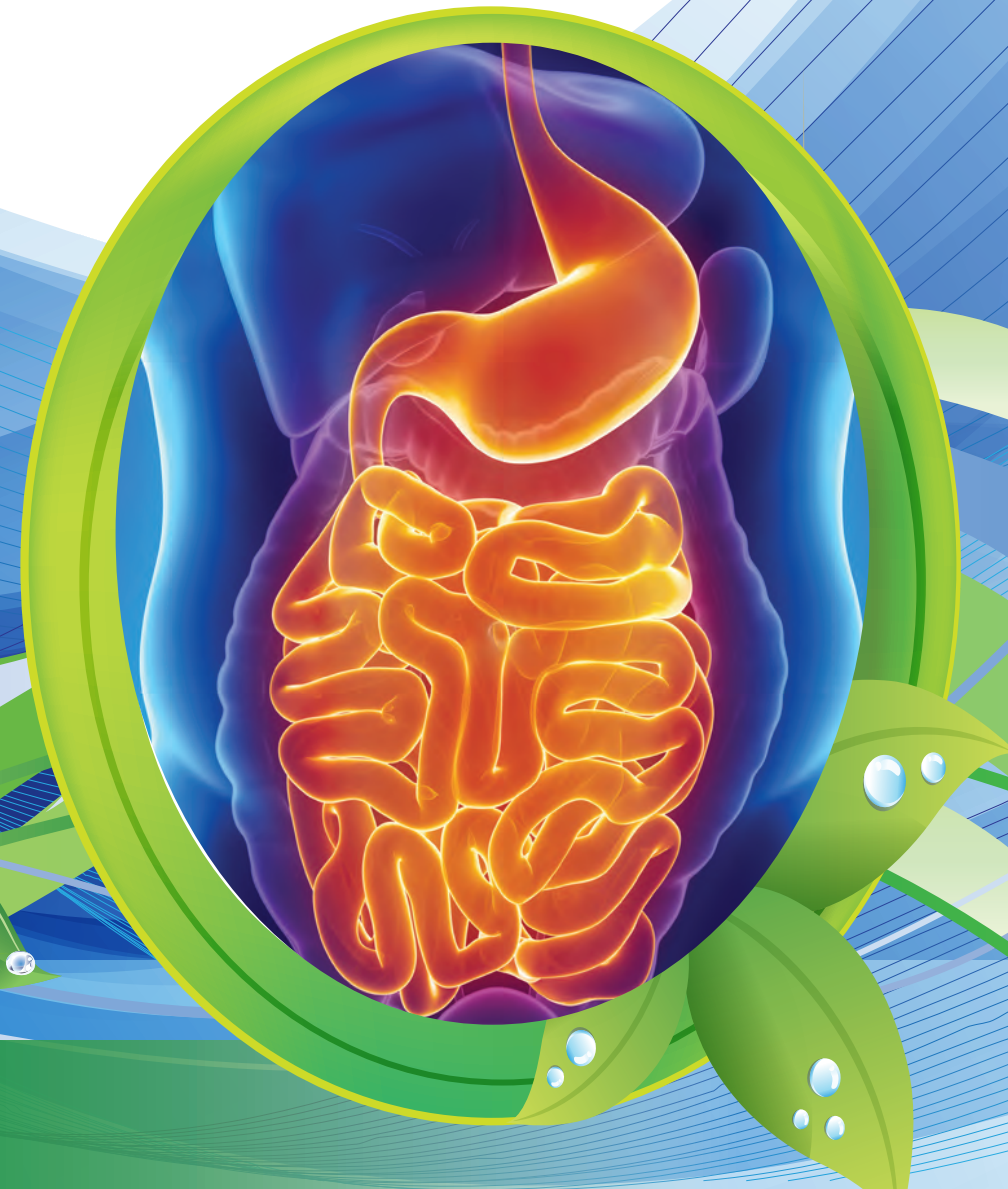


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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



## Nutritional Frontiers

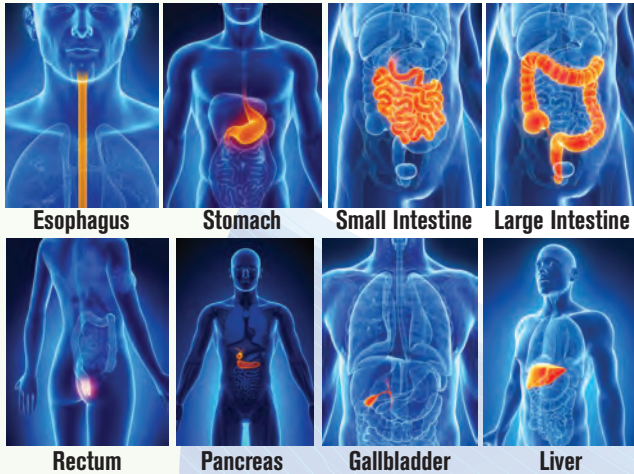
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# THE GI SYSTEM



Also known as the Digestive Tract, the GI Tract is a system of organs designed to digest food. The GI Tract is particularly important for supplying the body with nutrients. The components to the left are all included in the digestive tract and each one has a specific job. For example the Stomach secretes acid and enzymes that break up food into an absorbable state. Each organ's participation in the digestion and absorption of food is important for improved health and therefore needs to be properly treated and maintained.

# WHY HEALTHCARE PROFESSIONALS RECOMMEND THE GI SOLUTION

The Gastrointestinal tract consists of the mouth, esophagus, pancreas, liver, gallbladder, stomach, small intestine, large intestine also called the colon, rectum, and anus. The digestive tract is responsible for breaking down food and allowing nutrients into the body making it a vital group of organs for continued health. Good health in the gastrointestinal tract is important and can be maintained by using the GI Solution! The GI Solution is recommended for supporting digestive tract function, nutrient absorption, soothing of the digestive tract lining, promote regularity, microbial balance, and to support proper immune function. The GI Solution is the healthiest, easiest solution for maintaining the GI Tract.

## CAUSES FOR GI TRACT DISORDERS

- Eating a diet low in fiber
- Not exercising
- Stress
- Large amounts of dairy intake
- Constipation
- Antacid tablets
- Certain pharmaceuticals
- Resisting bowel movements
- Pregnancy

## THE GI SOLUTION

### GI Complete (Chose one)

**Powder:** As a dietary supplement, mix one scoop with cold water or juice once or twice daily, or as directed by your health care practitioner.

**Capsules:** Take 7 capsules daily, or as directed by your health care practitioner.

### Enzymes (Chose one)

**Prob-Zyme:** chew 1 wafer, 3 times daily, with meals.

**BetaZyme:** take 1 capsule with each meal.

### Frontier Biotics

Take 1-3 capsules, 1-2 times per day, first thing in the morning, last thing before bed, or between meals.



## FOOD

Everyday	Moderation	Rare Occasions	Never
<ul style="list-style-type: none"> <li>• Raw fruits</li> <li>• Raw vegetables                             <ul style="list-style-type: none"> <li>• Lightly steamed, stir-fried, or roasted veggies</li> </ul> </li> <li>• 100% whole grains (wheat less frequently)</li> <li>• Oatmeal</li> <li>• Legumes</li> <li>• Olive oil</li> <li>• 6-8 glasses of pure water</li> <li>• Unroasted nuts and seeds</li> </ul>	<ul style="list-style-type: none"> <li>• Clean meats (organic, wild game- no hormones or antibiotics)</li> <li>• Wild fish, shellfish</li> <li>• Unprocessed fruit and veggie juices</li> <li>• Organic &amp; free range eggs</li> <li>• Coconut oil, high oleic unrefined safflower oil</li> <li>• Peanuts (raw)</li> </ul>	<ul style="list-style-type: none"> <li>• Pasteurized dairy</li> <li>• Pizza</li> <li>• Alcohol</li> <li>• Coffee</li> <li>• Canned foods</li> <li>• Sweets, cane sugar</li> </ul>	<ul style="list-style-type: none"> <li>• Hydrogenated and partially hydrogenated fats &amp; oils (margarine, fried foods, commercial peanut butter, etc.)</li> <li>• Artificial sweeteners (aspartame, Splenda a.k.a. sucralose, Sweet N'Low, etc.)</li> <li>• Soda</li> <li>• White bread</li> <li>• Fast food</li> <li>• High fructose corn syrup and seeds</li> </ul>