

GI·Motility Matrix

A powerful blend of prokinetic ingredients to support a healthy migrating motor complex, restore peristalsis and encourage digestive regularity.

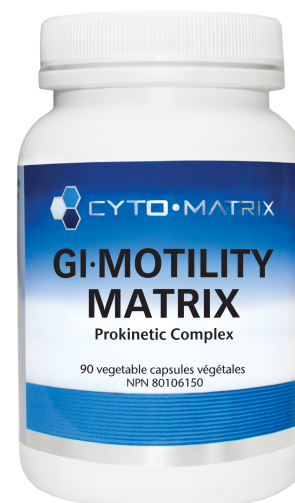
Vegan

GMO Free

Gluten Free

Soy Free

Dairy Free



- A prokinetic complex designed to support a healthy migrating motor complex and promote digestive regularity
- Includes a proprietary blend of *Zingiber officinalis* (ginger root) and *Cynara cardunculus* (artichoke root) extract shown to increase gastric emptying and significantly improve symptoms of functional dyspepsia such as epigastric fullness, bloating, early satiety, nausea, vomiting and epigastric pain
- 5-hydroxytryptophan and vitamin B6, in its active pyridoxal-5-phosphate form, are included to upregulate the production of serotonin, a key neurotransmitter involved in regulating digestive function
- Acetyl-L-carnitine has been shown to reduce the severity of constipation in those suffering from poor gut motility
- Zinc, in its highly bioavailable bisglycinate form, supports vagus nerve function, parasympathetic tone and epithelial barrier function

Many people believe that the health of the gastrointestinal tract is the best indicator of an individual's overall wellbeing. Indeed, the human

digestive tract is a key modulator of the immune system and it is responsible for not only absorbing nutrients from food but also eliminating hormones, food waste and other metabolic byproducts. If this system slows down, such as in cases of functional constipation, it can indirectly have a negative effect on all of these systems. In severe cases, sluggish bowels can contribute to a complicated syndrome known as Small Intestinal Bacterial Overgrowth (SIBO).

SIBO can occur as a result of many inciting factors and the healing process is complex. However, at the core of its presentation, there is decreased function of the migrating motor complex (MMC). The MMC is an entity of the enteric nervous system responsible for promoting peristalsis in the smooth muscles of the digestive tract. Proper recovery from SIBO requires repair of the MMC and not simply stimulant laxatives. Fortunately various nutrients have demonstrated promising results in reactivating this connection between the nervous system and the gastrointestinal tract.

One therapy with promising clinical trials as a prokinetic agent is a proprietary blend of *Zingiber officinalis* (ginger root) and *Cynara cardunculus* (artichoke root) that has two human clinical trials

for improving digestive function. A double-blind placebo-controlled randomized study found that this combination therapy significantly improved symptoms of functional dyspepsia such as epigastric fullness, bloating, early satiety, nausea, vomiting and epigastric pain after both 14 and 28 days. A second trial found that the patented blend of ginger and artichoke improved gastric emptying after a meal by 24% in healthy individuals as per endoscopic evaluation. These effects on gastric emptying seem to be mediated by gingerol's activity on cholinergic and serotonergic receptors, in combination with artichoke root's antispasmodic and choleric action.

Considering that ginger facilitates gastric emptying and stimulates the migrating motor complex by modulating serotonin, it only stands to reason that other agents designed to increase serotonergic activity may also be useful for improving gastrointestinal motility. As a matter of fact, both 5-hydroxytryptophan (5-HTP), the key precursor molecule to endogenously build serotonin, and vitamin B6, an essential cofactor in this same process, have been used to encourage the rebuilding of the migrating motor complex.

Zinc has been identified for its ability to support the vagus nerve function. The vagus nerve is the most potent promoter of the parasympathetic nervous system which is responsible for "rest and digest" functions such as peristalsis. Zinc also supports epithelial barrier function, gastric acid production and aids in digestive concerns such as diarrhea.

Acetyl-L-Carnitine is commonly used for boosting cognitive function through its ability to cross the blood-brain barrier and enter the central nervous system. However, carnitine is beneficial for many organ systems. Low carnitine levels in the body have actually been correlated to increased incidence and severity of constipation. Carnitine

supplementation has been studied to reduce the severity of constipation in those suffering from poor gut motility and, therefore, is a reasonable nutrient to consider in those recovering from SIBO.

GI-Motility Matrix by Cyto-Matrix provides a well-balanced blend of herbal extracts and nutrients to promote proper gastric emptying and gastrointestinal motility. GI-Motility Matrix includes the patented and researched blend of artichoke extract and ginger extract, with additional 5-HTP, zinc, vitamin B6 in its active pyridoxal-5-phosphate form and acetyl-L-carnitine. Collectively, GI-Motility Matrix is an essential formulation for any SIBO recovery protocol, constipation, dyspepsia or irritable bowel syndrome.

Each capsule contains

N-Acetyl-L-carnitine HCL	200mg
Globe Artichoke	66.66mg
(leaf, <i>Cynara cardunculus</i>) 10:1 extract equivalent to 666.6mg of dried leaf	
Ginger	61.66mg
(rhizome, <i>Zingiber officinale</i>) 10:1 extract equivalent to 616.6mg of dried rhizome	
L-5-HTP	20mg
(seed, <i>Griffonia simplicifolia</i>)	
Ginger	13.33mg
(rhizome, <i>Zingiber officinale</i>) 17:1 extract equivalent to 226.6mg of dried rhizome	
Vitamin B6	5mg
(pyridoxal-5-phosphate)	
Zinc	5mg
(Albion™ zinc bis-glycinate chelate)*	

*Mineral chelate supplied by Albion



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Non-Medicinal Ingredients

Citric acid, croscarmellose sodium, dicalcium phosphate, hypromellose, magnesium stearate, maltodextrin, microcrystalline cellulose, silicon dioxide.

Recommended Use Claim

Used in Herbal Medicine to help relieve digestive upset, such as indigestion, and help increase bile flow (choleretic). Ginger is traditionally used in Herbal Medicine to help relieve digestive disturbances including lack of appetite, nausea, digestive spasms, indigestion, dyspepsia and flatulent colic (carminative).

Directions of Use

Adults (19 years and older) - Take 1 capsule, 3 times per day with food. Take a few hours before or after taking other medications or natural health products.

Cautions and Warnings

Do not use if • you have scleroderma • you have a bile duct obstruction. Ask a healthcare professional before use if • you are pregnant • you are breastfeeding • you have cancer • you have liver disease • you have kidney disease • you have a seizure disorder • you have gallstones. Ask a healthcare professional before use if • you are taking carbidopa or drugs/supplements with serotonergic activity. These may include, but are not limited to L-tryptophan, Sadenosylmethionine (SAME), St. John's wort, antidepressants, pain killers, over the counter cough and cold medication containing dextromethorphan, anti-nausea medication and anti-migraine medication. Ask a healthcare professional if • symptoms persist or worsen. Stop use and ask a healthcare professional if • you show signs of weakness • you develop oral ulcers • you have abdominal pain accompanied by severe muscle pain • you experience skin changes. Stop use if • hypersensitivity/allergy occurs. When taking this product • avoid taking with alcohol or products that cause drowsiness • some people may experience drowsiness • exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness • may cause digestive problems and some people may experience diarrhea, abdominal pain, nausea, and vomiting. Keep out of reach of children.

Storage Conditions

Do not use if safety seal is broken.