

Take Zinc-Carnosine for a Healthy Digestive System

Zinc-Carnosine is a novel dietary ingredient that supports gastrointestinal tissue health. It has been successfully used in Japan since the early 1990s to support mucosal integrity, gastrointestinal immune defense, and occasional indigestion.

Zinc-Carnosine is a unique combination of the essential mineral zinc, which is well known for its antioxidant properties. Zinc is a component of more than 300 enzymes needed for tissue repair; for morphologic, physiologic, and metabolic functions in the reproductive system; to synthesize protein; to preserve vision; and to boost immunity, among other functions. L-carnosine is a dipeptide consisting of beta-alanine and L-histidine. It is an antioxidant, occurring in all mammalian cells, with the highest concentrations found in muscle and brain tissue.'

Animal studies have shown that Zinc-Carnosine has biological activity surpassing that of the individual constituents or the same ingredients physically mixed together. Clinical trials have demonstrated significant improvements in both objective outcomes and subjective measures during intervention periods with Zinc-Carnosine (ZnC). More importantly, clinical trials have shown endoscopically demonstrable effects within 4 to 8 weeks.

While most digestive aids focus either on suppressing or neutralizing stomach acid, Zinc-Carnosine is unique in that it supports the natural cytoprotective mechanisms without interfering in the normal digestive process (i.e., it does not suppress stomach acid production or neutralize HCl, which is required for mineral absorption). Instead, Zinc-Carnosine bolsters the stomach's inherent mucosal defenses, stabilizing integrity of tissues not only of the stomach, but throughout the GI tract: in the mouth, small intestine, colon, and liver. Zinc-Carnosine supports the body's natural mechanisms for rapidly regenerating epithelia in the presence of various stressors. It also supports healthy gastric balance of microflora in animals and humans.

The slow release of free zinc and L-carnosine in the stomach cellular space provides antioxidant and membrane-stabilizing effects, while at the same time providing a highly bioavailable source of elemental zinc. When the ingredient is released in the stomach, it is thought to adhere to needful areas of the gastric lining, supporting the inherent protective and regenerative functions of gastric mucosal cells. The efficacy and safety of PepZinGI brand Zinc-Carnosine for supporting gastrointestinal mucosal health has been demonstrated in humans in numerous published double-blind and open-label clinical trials. It makes sense to include this important supplement in your daily routine to optimize the health of your digestive system.

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