PepciX™

Clinical Applications

- Relieve Gastric Discomforts (e.g., upset stomach, belching, burping, bloat, episodes of indigestion, mild nausea)
- Support Healthy Balance of G.I. Flora
- Protect and Support the Integrity of the Gastric Mucosa
- Provide Antioxidant Protection for Gastric cells
- Inhibit Inflammatory Cytokine Expression in Gastric Cells

PepciX™ is a safe, high-potency, stable, patented zinc-carnosine complex with proven efficacy for the relief of gastric discomforts and protection of the gastric tissues. PepciX is effective as a stand alone or can be used to complement conventional gastric support and/or non-steroidal, anti-inflammatory protocols. The stomach-supportive benefits of zinc-carnosine have been demonstrated by more than 40 published studies.

Discussion

A wide range of treatments exist for the approximately 25-40% of Americans who suffer from symptoms related to dyspepsia. Commonly used antacids and anti-inflammatory drugs like NSAIDS used regularly impact digestion and the mucosal lining, resulting in a gastric environment friendly to a specific problematic bacterial strain. Whereas common stomach health products either neutralize or block gastric acid, PepciX supports the stomach’s natural “cytoprotective” defense mechanisms. In human studies among 691 subjects, including clinical trials that showed improvement in endoscopic healing rates at both 4- and 8-week time points, zinc-carnosine exhibited high efficacy without any serious side effects.

Carnosine is a naturally-occurring di-peptide composed of the amino acids, L-histidine and ß-alanine. Carnosine can form stable complexes (ligands) with ion minerals like zinc and copper. PepciX contains a unique, patented zinc L-carnosine complex that has been in wide clinical use in Japan since 1994. PepciX differs chemically and biologically from a simple combination of zinc and L-carnosine and has been shown to be approximately three times more effective than supplementing with either zinc sulfate or L-carnosine individually.

The healthy gastric mucosal lining protects the stomach unless it is overburdened by the damaging effects of stress, bacteria or irritating substances. Carnosine and zinc each have wound-healing properties; therefore it is not surprising that the zinc L-carnosine ligand significantly protects and has been shown to heal the gastric lining, re-establishing balance within the stomach in a short time frame.

Zinc L-carnosine complex does not rapidly breakdown in the stomach juice because it is a polymer. Japanese researchers found that this prolonged-release complex adheres to damaged areas of the stomach lining and forms a new mixed ligand complex with other body components (perhaps proteins, like albumin) at the site of the damage. At some point, a ligand exchange takes place freeing the L-carnosine and zinc from the complex and making each available to support the healing process. L-carnosine combats free radicals and zinc reduces inflammation. Animal studies have demonstrated the zinc-carnosine complex maintains the homeostasis of the gastric mucosa not only by promoting repair of damaged tissue, but also by its anti-oxidative, membrane-stabilizing capability and by protecting gastric cells via promotion of mucous production. The zinc-carnosine complex also blunts genetic pro-inflammatory signaling and of the release of pro-inflammatory cytokine expression in the gastric epithelial cells.

This complex has been shown to have selective anti-bacterial activity against a specific common strain known to weaken the gastric mucosa. The anti-urease activity of the complex may be responsible for its effect upon this bacteria.
References

2. Compilation of numerous studies presented in *Jpn Pharmacol Ther* 1992;(20)1
13. See ref #6

Cautions:

Keep out of reach of children. Consult a healthcare practitioner before using.

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**Supplement Facts**

Serving Size: 1 Tablet
Servings per Container: 60

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>% Daily Value*</th>
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<tbody>
<tr>
<td>Zinc (as zinc-carnosine)</td>
<td>16 mg</td>
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<tr>
<td>Zinc-Carnosine</td>
<td>75 mg</td>
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**Other Ingredients:** Isomalt (Veg), Stearic Acid (Veg), Magnesium Stearate (Veg), Modified Cellulose (Veg), Silica.

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**Dosing**

Swallow whole or chew one tablet with or after a meal, morning and evening; then 1-2 tablets daily for maintenance or use as directed by your healthcare practitioner. Compatible with antibiotic protocols for gastric health.¹⁴

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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.*