**Inner Healing**
Formulated by Dr. James L. Wilson

**GI Comfort & Integrity Naturally Replenished**

*Inner Healing* effectively comforts and conditions gastrointestinal system tissues and promotes healthy normal functioning.* It uses a powerful but gentle synergistic combination of soothing herbs, amino acids, antioxidants and minerals formulated to help replenish beneficial mucosal tissues and cultivate robust linings along the length of the gastrointestinal (GI) tract.* Healthy mucosal linings are essential for proper GI function and protect the underlying tissues from damage and inflammation, boost immune function, and strengthen barrier function while enhancing absorption of nutrients and strengthening resistance to infection.* This uniquely effective formula promotes GI health in the following ways:

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**Soothes & conditions GI linings**

**L-Glutamine and Glutamic acid HCL (Glutamate)**

- Promotes maintenance of intestinal mucosa barrier function ¹
- Enhances maintenance of intestinal integrity, even in patients subjected to radiation and chemotherapy ², ³

**Slippery elm, Echinacea, Anise**

- Slippery elm used traditionally to form a protective mucilaginous coating, soothe inflamed intestines and provide antioxidant scavenging effects on inflamed intestinal mucosa – all essential for proper GI function and comfort ⁴, ⁵
- Echinacea demonstrated significant anti-inflammatory properties on irritated tissues. ⁶
- Anise supports gastric mucosa against damage by moderating acidity, attenuating ulceration and replenishing gastric wall mucus. ⁸

**Enhances GI mucosa, cellular repair & barrier function**

**L-Glutamine and Glutamic acid HCL (Glutamate)**

- Promotes intestinal integrity and diminishes jejunal atrophy ⁸
- Enhances cell proliferation in the ileum and the proximal and distal colon, contributing to gut barrier function ⁹
- Enhances expression of genes that promote antioxidant defense, antibacterial activity, nutrient absorption, and cell growth in the small intestine. ¹⁰
- Produces higher intestinal villus height and crypt depth, structural changes which promote greater intestinal efficiency in digestive and absorptive processes, and stimulated the barrier function of the gut-associated immune system ¹¹, ¹²
- Promotes maintenance of intestinal mucosa barrier function in chronic hepatitis patients ¹¹
- L-glutamine is one of the primary components of mucin, a key glycoprotein in the first line of defense against intestinal pathogens. ¹³

**Zinc**

- Deficiency results in: atrophy of intestinal mucosa; decreased absorption of nutrients, water and electrolytes; impaired mucosal turnover; prolonged duration and severity of diarrhea; and increased susceptibility to bacterial and viral infection ¹⁴, ¹⁵, ¹⁶, ¹⁷

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**Phosphatidylcholine**

- Essential component in colon mucosa ¹⁸
- Helped alleviate inflammatory activity in ulcerative colitis ¹⁸, ¹⁹

**Fenugreek, Ginger**

- Both herbs shown to help protect intestines from non-normal cell development and to stimulate apoptosis of deviant cells. ²⁰, ²¹, ²²
- Fenugreek seeds exhibited significant ulcer protective effects by moderating acid secretion, neutralizing gastric acid, enhancing mucosal glycoproteins, and supporting antioxidant potential of gastric mucosa. ²³, ²⁴
- Fenugreek seed supplementation of diet in rats shown to have a protective effect on the colon by inhibiting the activities of beta-glucuronidase and mucinase, both destructive enzymes that decrease protective mucosal functions. ²¹
- Ginger shown to prominently enhance intestinal lipase activity, as well as stimulate release of disaccharidases, sucrase and maltase, terminal enzymes of the digestive process. ²⁵

**Supports GI immunity and tissue health**

**L-Glutamine**

- A primary fuel of intestinal mucosal cells and immune cells throughout the body, including the gut. ²⁶, ²⁷, ²⁸, ²⁹
- Shown to preserve gastric and intestinal mucosal structure and intestinal villus height while maintaining healthy gut permeability. ³⁰, ³¹
- Essential component of glutathione which, quantitatively, is the most important endogenous anti-oxidant defense ³², ³³
- Dietary glutamine increases stool and jejunal mucosal secretory IgA. ³⁴
- Effectively supported maintenance of body mass and mucosal membrane health in terminal patient while simultaneously promoting tumor cell susceptibility to treatment. ²⁶, ²⁷, ³⁵, ³⁶, ³⁷

**Echinacea, Licorice, Golden Seal, Ginger**

- An active constituent from each of these plants enhances immune function in intestinal mucosal cells via activation of monocytes. ³⁸

**L-Taurine, L-Glycine**

- The most abundant amino acid in the duodenal mucosa, L-taurine attenuates oxidative damage in the intestines and supports healthy intestinal barrier integrity. ³⁹, ⁴⁰
- L-glycine is cytoprotective in the intestines and shown to attenuate pro-inflammatory cytokines. ⁴¹, ⁴², ⁴³

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Vitamin A

- Deficiency damages both humoral and cellular immunity in the intestinal mucosa.
- Promotes development of lymphocytes in the blood and small intestine, and regulates IL cytokines.
- Needed by dendritic cells in lamina propria of intestinal wall to sequentially enhance actions of B & T immune cells, as well as IgA plasma cell differentiation.
- Essential for gut-associated dendritic cells to allow effector/memory T lymphocyte trafficking to the gastrointestinal tract, gastrointestinal cellular immunity, and protection against a mucosal challenge. Oral vitamin A supplementation fully restored all the previously mentioned mucosal immune responses.

Quercetin, Vitamin C, Citrus Bioflavonoids

- Lack of adequate vitamin A shown to abrogate Ag-specific T lymphocyte trafficking to the intestinal mucosa for increased immune protection of the intestinal mucosa.
- Quercetin shown to enhance intestinal barrier function.
- Deficiency damages both humoral and cellular immunity in the intestinal mucosa.

Suggested Use

1-2 capsules 3 times a day on an empty stomach. Take regularly and consistently for optimal results.

Companion Products Formulated by Dr. Wilson

Enhanced Intestinal Regularity, Detoxification and Flora Balance: Squeaky Clean®

Intestinal Immune Boost: Body-Guard®

Supplement Facts

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<tr>
<th>Serving Size</th>
<th>1 capsule</th>
<th>Per Container 90 caps</th>
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<tbody>
<tr>
<td>Amount Per Serving</td>
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<tr>
<td>Vitamin A (as retinyl palmitate)</td>
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<td>Manganese</td>
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Proprietary Blend:
- Slippery Elm (inner bark), L-Glycine, Quercetin, Mastic Gum (resin), Ginger (root), Goldenseal (root), Fenugreek (seed), Echinacea angustifolia (root), Echinacea purpurea (root), Glutamic Acid HCI, Arise (seed), Licorice (root), L-Taurine, Inositol, Phosphatidylcholine, L-Glutamine, Citrus Bioflavonoids (fruit peel)

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