

KEY NUTRIENTS FOR DIGESTIVE HEALTH

Once we understand ‘what’s going on in there’ in relation to our client or patients’ digestive woes, we can begin to consider the key nutrients that will support healing, no matter what the targeted protocol. (In other words, these nutrients can be introduced on top of a plan for addressing an underlying infection.) Nutrients can be brought in dietarily or supplementally.

nutrient	function	baseline dosage
Vitamin A	<i>supports mucosal barrier healing; beneficial for addressing ulcers</i>	therapeutic 25,000 (or higher) for six weeks (or shorter, if higher)
Vitamin B Complex	<i>supports muscle tone throughout the GI; helps maintain liver health</i>	methylated version; dependent on complex (see below)
Vitamin B1 (thiamine)	<i>helps with hydrochloric acid production</i>	50-100 mg/day
Vitamin B2 (riboflavin)	<i>supports mucosal barrier protection</i>	15-50 mg/day
Vitamin B3 (niacin)	<i>helps with hydrochloric acid production</i>	500-2,000 mg/day
Vitamin B5 (pantothenic acid)	<i>supports with fat conversion</i>	variable 100mg/day for healing
Vitamin B6 (pyridoxine)	<i>helps with hydrochloric acid production</i>	10-200 mg/day
Vitamin B9 (folate)	<i>supports digestion & use of proteins and helps produce more protein when needed; helps maintain liver health and support the utilization of iron in the body</i>	0.5-5.0 mg/day (very patient dependent – go slow!)
Vitamin B12 (cobalamin)	<i>supports muscle tissue in the lining of the digestive tract; works synergistically with folate</i>	500-2,500 mcg/day
Choline	<i>supports liver and gallbladder function</i>	250-500 mg/day
Vitamin C	<i>supports collagen formation, aids in healthy teeth and gums; and supports iron absorption</i>	1,000-3,000 mg/day
Bioflavonoids	<i>stimulates bile production</i>	depends on the particular flavanoid
Chromium	<i>helps with carbohydrate utilization and the synthesis of fat and cholesterol</i>	200-1,000 mcg/day
Vitamin D	<i>associated with a reduced risk of colon cancer</i>	1,000 to 10,000 IU/day (dependent on Vitamin D levels)
Iron	<i>key nutrient for red blood cells and the transport of oxygen to tissues for healing</i>	100-120 mg/day (elemental form, divided)
Magnesium	<i>relaxes the smooth muscle and aids motility</i>	100-600 mg/day
Zinc	<i>supports mucosal barrier healing</i>	10-30mg/day

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KEY NUTRIENTS FOR DIGESTIVE HEALTH *continued*

nutrient	function	baseline dosage
Glutamine	<i>supports the healing of the mucus membranes</i>	3-6 g/day
Glutathione	<i>key antioxidant and supports detoxification</i>	420-500 mg/ day (liposomal)
Probiotics	<i>support protection and balance of microbial diversity and make-up</i>	patient dependent
Fiber	<i>feeds the good bacteria in the colon</i>	patient dependent

favorite herbs	function
Berberine	<i>considered an herbal antibiotic, exhibits broad spectrum activity against bacteria, protozoa and fungi</i>
Black Walnut	<i>an anti-microbial that can be used against protozoan infections</i>
Caprylic Acid	<i>a potent antifungal that kills Candida and normalizes stomach pH</i>
Barberry	<i>berberine-containing plant with antibiotic properties</i>
Cat's Claw	<i>immunomodulating and anti-inflammatory</i>
Olive Leaf	<i>anti-fungal properties, kills harmful bacteria while sparing beneficial microbes</i>
Garlic	<i>anti-bacterial, anti-viral, anti-fungal and immune enhancing</i>
Oregano Extract	<i>anti-fungal and anti-viral properties, useful against Candida</i>
Oregon Grape	<i>berberine-containing plant with antibiotic properties</i>
Pau D'arco	<i>anti-microbial, anti-fungal, analgesic, anti-viral, and anti-inflammatory activity</i>

CONSIDERATIONS:

- * As always, be sure to start low and go slow with the addition of any supplements or herbs.
- * Doses are person-dependent, ranges are provided for reference only.



Dosage recommendations adapted from Nutritional Medicine by Dr. Alan Gaby