

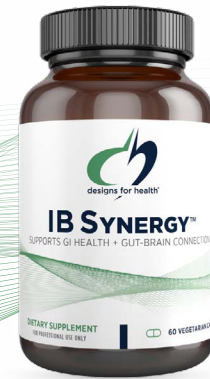


# IB Synergy™

Supports GI Health and Gut-Brain Connection\*



GASTROINTESTINAL HEALTH



IB Synergy™ provides support for gut health and promotes a healthy gut-brain connection.\* The ingredients in this formula support the enteric nervous system (ENS) that controls the gastrointestinal (GI) tract. Considered to be the body's "second brain," the ENS is made up of a self-contained, complex network of neurons, neurotransmitters, and proteins embedded in the lining of the GI system. It is responsible for all aspects of the digestive process and works to regulate normal digestive activity.\* The connection between the brain and the gut is extensive, and this connection plays a role in many conditions that involve the gut and brain, such as occasional constipation, diarrhea, GI discomfort, and mood disruptions.\*

The ingredients of IB Synergy™ include Benegut®, an extract of the herb perilla that may support healthy acetylcholine metabolism to promote normal digestive activity. Acetylcholine is an important neurotransmitter that plays a role in intestinal motility and regularity. Perilla also promotes a healthy inflammatory response and supports antioxidant status.\* The probiotic yeast, *Saccharomyces cerevisiae*, as ibSium®, helps to support normal microbial diversity and promote comfort within the gut.\* This may also support a healthy stress response to help mitigate the effects of perceived stress on the gut.\* Another ingredient of IB Synergy™ is 5-hydroxytryptophan (5-HTP), which is an important precursor to the neurotransmitter serotonin that plays an important role in the gut-brain communication, including gastric motility. L-glutamine is an important amino acid that supports the integrity of the intestinal lining and gut health.\*

## Benefits\*

- Supports gut health
- Supports the gut-brain connection
- Promotes normal GI motility
- Promotes regularity and normal digestive activity
- Promotes normal microbial diversity

## Recommended Use

Take 2 capsules per day or as directed by your health-care practitioner.

## Highlights

- 300 mg of perilla extract as Benegut® to promote regularity and normal digestive activity\*
- 500 mg of *Saccharomyces cerevisiae* as ibSium® to promote normal microbial diversity\*
- 100 mg of 5-HTP to support normal serotonin production\*
- 500 mg of L-glutamine to support healthy intestinal cells\*

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To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at [www.designsforhealth.com](http://www.designsforhealth.com).

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

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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.