

IB Synergy™

*Support for intestinal health and the natural brain-gut connection**

IB Synergy™ is a blend of nutrients and plant extracts designed to target the enteric nervous system, the nervous system that controls the GI tract. Often called the body's "second brain," it is made up of a self-contained, complex network of neurons, neurotransmitters, and proteins embedded in the lining of the GI system. It influences all aspects of the digestive process, from the esophagus to the stomach and small and large intestines, and works to regulate normal digestive activity.

This system, however, does much more than handle digestion. The connection between the brain and the gut is far-reaching. Think of this interconnection as a dual nervous system: getting "butterflies in your stomach" before giving a speech or boarding an airplane, or a lump in your throat or a sudden loss of appetite upon hearing horrible news—these are all examples of the interplay between the gut and brain. Because of this brain-gut connection, proper function of the GI tract helps support balanced moods, a positive mental outlook, and a healthy response to everyday stress.

Benefits of IB Synergy™

- **Perilla frutescens** (Chinese basil, a member of the mint family): This compound stimulates GI motility – the muscle contractions that help propel digested food through the GI tract – and supports a healthy inflammatory response in the gut, facilitating proper bowel function.*
- **Saccharomyces cerevisiae**: a species of probiotic yeast that has been shown to help ameliorate occasional gastrointestinal discomfort and to support a healthy composition of intestinal flora ("gut bacteria").*
- **L-Glutamine**: a critical nutrient for digestive tract health. It is one of the most commonly used amino acids in the body to assist with the health of tissues, particularly those that have a high turnover rate, such as the cells that line the inside of the intestines. Glutamine also serves as a fuel source for these cells and helps to maintain the integrity of the intestinal barrier.*
- **5-Hydroxytryptophan (5-HTP)**: a precursor to serotonin, the "feel good hormone," and a dominant neurotransmitter in the enteric nervous system. Some serotonin is produced in the brain, but approximately 80-90% of the body's serotonin is located in the digestive tract, where it influences nerve activity involved in regulating the contractions of digestive muscles (motility). Healthy serotonin levels in the gut help promote proper digestion and the cascade of mood and mind-supporting effects that result from this.*

Recommended Use:

- As a dietary supplement, take two capsules per day, or as directed by a health care practitioner.
- IB Synergy™ is not recommended for pregnant or lactating women.



*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.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT WWW.DESIGNSFORHEALTH.COM.