

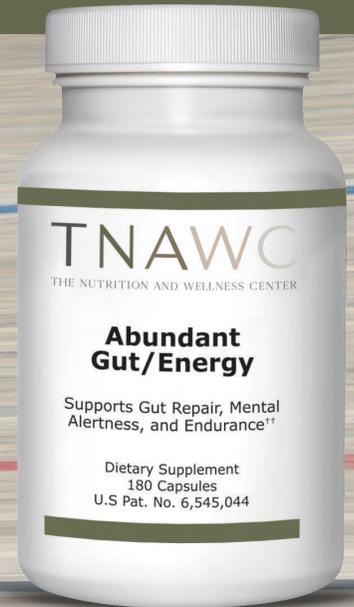
TNAWC

THE NUTRITION AND WELLNESS CENTER

Abundant Gut/Energy

POTENT SUPPORT FOR INCREASED ENDURANCE

SUPPORTS DIGESTIVE HEALTH,
STAMINA, AND MENTAL CLARITY*



WHY YOU NEED ABUNDANT GUT/ENERGY

If you suffer from constant fatigue or wish to support intestinal wall repair, your best choice is **Abundant Gut/Energy**, a remarkable, energy-boosting, non-stimulant formula.* Approximately one out of five individuals consults a physician about fatigue. Fatigue is a symptom of several conditions, including depression, anemia, hypoglycemia, Addison's disease, hypothyroidism, chronic fatigue syndrome, or fibromyalgia.* Fortunately, fatigue can often be remedied by addressing the cause(s), including dietary changes, consistent exercise, and improved sleep habits. Specific nutritional supplements can be key to correcting nutritive deficits and enhancing toxin elimination.*

ABUNDANT GUT/ENERGY BUILDS VITALITY

Abundant Gut/Energy provides exceptional nutritional support for muscular stamina and mental sharpness. It contains a unique combination of L-glutamine and pyridoxal alpha-ketoglutarate (PAK). Glutamine is a primary fuel for the intestines, muscles, brain, and liver. PAK naturally recycles L-glutamine, so the body can use it over and over again. Because of this combination, one gram of the L-glutamine + PAK in **Abundant Gut/Energy** is worth 5 to 10 grams of any other glutamine. By recycling L-glutamine + PAK, **Abundant Gut/Energy** protects against glutamate build-up.*

WHO SHOULD TAKE IT?

You need **Abundant Gut/Energy** if you:

1. Need more endurance;
2. Are constantly fatigued;
3. Feel mentally sluggish; or
4. Want a faster recovery after exercise.*

Abundant Gut/Energy is also an excellent choice for people with intestinal irritations. Intestinal surfaces are susceptible to erosion from mechanical action, toxins, and the products of abnormal bacteria. Symptoms include diarrhea or chronic constipation. The L-glutamine and PAK in **Abundant Gut/Energy** helps regenerate the intestine's surface cells.*

DIAGNOSING CHRONIC FATIGUE SYNDROME

When is it garden-variety tiredness, and when is it chronic fatigue syndrome (CFS)? CFS is characterized, according to the U.S. Centers for Disease Control (CDC), by the following symptoms:

- Persistent fatigue for over six months
- Sore throat
- Tender lymph nodes
- Muscle pain

- Impaired memory and ability to concentrate,
- Pain in many joints without swelling or redness,
- Headaches, or
- Severe malaise lasting over 24 hours after exercise or exertion.

Even after years of research, the actual cause of CFS is still not known. Before developing a treatment program, physicians are advised to examine the CFS patient to identify possible causes. Often, food allergies, or dysfunction of the thyroid, pituitary, or adrenal glands are implicated in fatigue.*

One study of CFS patients noted that their adrenal glands had shrunk by 50%, indicating significant atrophy. Reduced oxygen delivery to the muscles and vitamin B deficiencies have also been observed in CFS.*

Abundant Gut/Energy is observed clinically to benefit some people with CFS.*

REFERENCES

1. Heap LC, Peters TJ, Wessely S: Vitamin B status in patients with chronic fatigue syndrome. *J R Soc Med* 1999; 92(4): 183-185.
2. McCully KK, Natelson BH: Impaired oxygen delivery to muscle in chronic fatigue syndrome. *Clin Sci (Colch)* 1999; 95(5): 603-608.
3. Scott LV, Teh J, Reznick R, Martin A, Sohaib A, Dinan TG: Small adrenal glands in chronic fatigue syndrome: a preliminary computer topography study. *Psychoneuroendocrinology* 1999; 24(7): 759-768.
4. Albrecht J, Norenberg MD: Glutamine: a Trojan horse in ammonia neurotoxicity. *Hepatology* 2006 Oct;44(4):788-94.
5. Soondrum K, Hinds R. Management of intestinal failure. *Indian J Pediatr* 2006 Oct;73(10):913-8.
6. Wu XQ, Shu LH, Sun M, Wang H, Gao H. [Effect of glutamine on apoptosis of the small intestine in young rats with endotoxemia and its mechanism.]

Full Disclosure Label (no hidden or inactive ingredients)

Directions: As a dietary supplement, take three (3) capsules on an empty stomach upon rising and three (3) capsules before bed or as directed by your health professional. Plus, take three (3) additional capsules prior to exercise.

SUPPLEMENT FACTS		
Serving size: 3 Capsules		
Servings per container: 60		
Energized Nutrients	Amount per serving	% Daily Value
L-glutamine (free form).....	1,500 mg.	*
PAK (pyridoxal alpha-ketoglutarate).....	500 mg.	*
Rice flour (organic).....	90 mg.	*
C16 and C18 alkyls†	13 mg.	*
Vegetable capsules	291 mg.	*
† From whole, untreated palm fruit and leaf		
* Daily value not established		

Other Ingredients: None

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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.