

Inflam-Eze

Comprehensive Nutritional Support for Healthy Inflammatory Markers and Gut Function*

Inflam-Eze Supplementation

Inflam-Eze is a comprehensive nutritional supplement for individuals looking to support overall well-being and healthy inflammatory markers with potent ingredients such as turmeric.* It is a plant-based protein powder full of vitamins, minerals, antioxidants, amino acids, BCAAs, and a balanced ratio of protein, carbohydrates, and fats for optimal support of macro- and micronutrients based on clinical research.*

Proper nutrition plays a critical role in immunity, gut health, and overall well-being.*¹ It can also be challenging to consume adequate nutrients through diet alone.² For this reason, many medical professionals recommend using a supplement for nutritional support.^{2,3,4} Research suggests that the nutrients found in Inflam-Eze:

- Promote healthy inflammatory markers in the body*
- Support overall health and well-being*
- Support a healthy gastrointestinal tract*
- Comes in three delicious flavors: tropical punch, chocolate orange, and spiced chai

How Inflam-Eze Works

Dietary supplementation with a broad-spectrum mix of macro- and micronutrients is often cited in research as a critical component in promoting overall health and supporting healthy inflammatory markers in the body.*^{1,2,3,4}

The foundation of Inflam-Eze is a balanced ratio of protein, carbohydrates, and fats. The vitamins and minerals support a healthy diet by filling nutritional gaps.*² The research cited herein specifically shows that supplementation with vitamins A, C, D, E, and B12, along with minerals iron and zinc, plays a key role in promoting overall healthy immune function and healthy inflammatory markers in the body.*^{5,6,7}

The amino acids in the formula promote a healthy gastrointestinal tract by supporting healthy oxidative stress.*⁸ Research shows that excessive oxidative stress may play a role in inflammation within the gastrointestinal tract.⁹ The BCAAs provide further support by promoting healthy muscle protein synthesis to reduce fatigue and soreness.*

The antioxidants included in the formula provide a potent powerhouse of micronutrients and anti-oxidative properties to support a healthy body.*⁹ Each antioxidant plays its own critical role in promoting overall health.* The research particularly shows evidence that turmeric root extract, ginger root extract, and cat's claw bark powder promote overall well-being by supporting healthy inflammatory markers in the body, including the gastrointestinal tract.*^{10,11,12}

Turmeric root extract has undergone extensive clinical research to reveal its ability to act as a free radical scavenger and promote healthy cell reactions to oxidative stress.*¹⁰ Centuries of use and modern clinical research show its powerful properties in promoting overall health and well-being.* Quercetin also acts as an antioxidant in the body by scavenging free radicals.*¹³ Together, turmeric root extract and quercetin promote powerful antioxidant capacity and support healthy inflammatory markers in the body.*



How Inflamm-Eze Works Continued

Why Use Inflamm-Eze?

Inflamm-Eze is a nutritional supplement for individuals looking to support overall well-being and healthy inflammatory markers with potent ingredients.* It is a plant-based protein powder full of vitamins, minerals, antioxidants, amino acids, BCAAs, and a balanced ratio of protein, carbohydrates, and fats for optimal support of macro- and micronutrients based on clinical research.*

Supplement Facts

TROPICAL PUNCH

Serving Size: About 1 Scoop

Servings Per Container: About 14/30

	Amount per Serving	%DV*
Calories	140	
Total Fat	1.5 g	2%*
Saturated Fat	0.5 g	3%*
Total Carbohydrate	15 g	5%*
Dietary Fiber	2 g	7%*
Protein	15 g	
Vitamin A (as retinyl palmitate)	900 mcg RAE	100%
Vitamin C (ascorbic acid)	500 mg	556%
Vitamin D3 (as cholecalciferol)	10 mcg (400 IU)	50%
Vitamin E (as d-alpha tocopheryl succinate)	134 mg	893%
Thiamin (as thiamine HCl)	0.375 mg	31%
Riboflavin	0.425 mg	33%
Niacin	5 mg	31%
Vitamin B6 (as pyridoxal-5-phosphate)	0.5 mg	29%
Folate (as calcium L-5-methyltetrahydrofolate) (BioFolate®)	400 mcg DFE	100%
Vitamin B12 (as methylcobalamin)	250 mcg	10,417%
Biotin	75 mcg	250%
Pantothenic Acid (as calcium-d-pantothenate)	2.5 mg	50%
Calcium	284 mg	22%
Iron	6.27 mg	35%
Phosphorous (from dipotassium phosphate)	135 mg	11%
Iodine (as potassium iodide)	37.5 mcg	25%
Magnesium (as magnesium citrate & magnesium glycinate)	260 mg	62%
Zinc (as zinc gluconate)	13 mg	118%
Selenium (as l-selenomethionine)	52.5 mcg	95%
Copper (as copper citrate)	1.5 mg	167%
Chromium (as chromium picolinate)	120 mcg	343%
Sodium	65 mg	3%
Potassium	403 mg	9%
L-Glutamine	2.5 g	**
Quercetin (as quercetin dihydrate)	500 mg	**
L-Lysine (as l-lysine HCl)	500 mg	**
Turmeric Root Extract	400 mg	**
Ginger Root Extract	200 mg	**
Cat's Claw Bark Powder	200 mg	**
N-Acetyl-L-Cysteine	200 mg	**

Amount per Serving

%DV*

Indian Frankincense Oleo Gum Resin Extract	150 mg	**
Rosemary Leaf Powder	100 mg	**
Trans-Resveratrol (from Japanese knotweed root extract)	100 mg	**
Milk Thistle Seed Extract	100 mg	**
Green Tea Leaf Extract	100 mg	**
Alpha Lipoic Acid	50 mg	**
Broccoli Sprout Extract	30 mg	**
Devil's Claw Root Extract	20 mg	**

Amino Profile

Alanine	923 mg
Arginine	1,341 mg
Aspartic Acid	1,355 mg
Cystine	519 mg
Glutamic Acid	2,822 mg
Glycine	686 mg
Histidine	389 mg
Isoleucine	724 mg
Leucine	1,369 mg
Lysine	559 mg
Methionine	344 mg
Phenylalanine	913 mg
Proline	726 mg
Serine	779 mg
Threonine	578 mg
Tryptophan	210 mg
Tyrosine	903 mg
Valine	1,011 mg

Other Ingredients: Organic Brown Rice Protein, Gum Arabic Tree Gum Powder, Xylitol, Calcium Citrate, Natural Flavors, Guar Gum Powder, Silica, Stevia Leaf Extract, Calcium Silicate, Ferrous Fumarate. BioFolate® is a federally registered trademark of MTC Industries, Inc.

Directions: Shake canister before scooping. Mix 1 scoop in 8 ounces of water twice daily or as recommended by your healthcare practitioner. Consume within 10 minutes of reconstitution. If blending, blend no longer than 15 seconds.

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

References:

- Razack, R., & Seidner, D. L. (2007). Nutrition in inflammatory bowel disease. *Gastroenterology*, 23(4), 400-405.
- Hartman, C., Eliakim, R., & Shamir, R. (2009). Nutritional status and nutritional therapy in inflammatory bowel disease. *World Journal of Gastroenterology*, 15(21), 2570-2578.
- Vagianos, K., Bector, S., McConnell, J., & Bernstein, C. N. (2007). Nutrition Assessment of Patients with inflammatory bowel disease. *Journal of Parenteral and Enteral Nutrition*, 31(4).
- Goh, J., & O'Morain, C. A. (2003). Nutrition and adult inflammatory bowel disease. *Alimentary Pharmacology and Therapeutics*, 17, 307-320.
- Alkhouri, R. H., Hashmi, H., Baker, R. D., Gelfond, D., & Baker, S. S. (2013). Vitamin and mineral status in patients with inflammatory bowel disease. *Hepatology and Nutrition*, 56(1), 89-92.
- Reich, K. M., Fedorak, R. N., Madsen, K., & Kroeker, K. I. (2014). Vitamin D improved inflammatory bowel disease outcomes: Basic science and clinical review. *World Journal of Gastroenterology*, 20(17), 4934-4947.
- Gasche, C., Lomer, M. C. E., Cavill, I., & Weiss, G. (2004). Iron, anemia, and inflammatory bowel diseases. *Gut*, 53, 1190-1197.
- Wang, B., Wu, G., Zhou, Z., Dai, Z., Sun, Y., Ji, Y., Li, W., Wang, W., Liu, C., Han, F., & Wu, Z. (2015). Glutamine and intestinal barrier function. *Amino Acids*, 47(10), 2143-2154.
- Moura, F. A., Queiroz de Andrade, K., Farias dos Santos, J. C., Araujo, O. R. P., & Goulart, M. O. F. (2015). Antioxidant therapy for treatment of inflammatory bowel disease: Does it work? *Redox Biology*, 6, 617-639.
- Nasri, H., Sahinfard, N., Rafeian, M., Rafeian, S., Shirzad, M., & Rafeian-Kopaei, M. (2014). Turmeric: A spice with multifunctional medicinal properties. *Journal of HerbMed Pharmacology*, 3(1), 5-8.
- Grzanna, R., Lindmark, L., & Frondoza, C. G. (2005). Ginger—An herbal medicinal product with broad anti-inflammatory actions. *Journal of Medicinal Food*, 8(2).
- Sandoval-Chacon, M., Thompson, J. H., Zhang, X.-J., Liu, X., Mannick, E. E., Sadowska-Krowicka, H., Charbonnet, R. M., Clark, D. A., & Miller, M. J. S. (1998). Anti-inflammatory actions of cat's claw: *The role of NF-kB*. *Alimentary Pharmacology and Therapeutics*, 12, 1279-1289.
- Baghel, S. S., Shrivastava, N., Baghel, R. S., Agrawal, P., & Rajpu, S. (2012). A review of quercetin: Antioxidant and anticancer properties. *World Journal of Pharmacy and Pharmaceutical Sciences*, 1(1), 146-160.

* 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.

For more information, visit: www.nutridyn.com