

Chewable

## PepZinGI<sup>®</sup>

Zinc-Carnosine

**Sustained Release**



**Gut Health\***

### What Is It?\*

PepZinGI<sup>®</sup> Zinc-Carnosine is a chewable dietary supplement featuring a clinically validated form of zinc that helps fortify the protective mucous membrane lining the stomach and intestines.

### How Does It Work?\*

PepZinGI<sup>®</sup> is a unique chelate in which zinc is bound to the dipeptide L-carnosine, forming a stable complex. It has been used for decades in Japan to promote the health and integrity of the stomach mucosal lining and support gastric health. Its unique form allows it to remain stable in stomach acid and adhere to mucosa, where it gradually releases zinc and L-carnosine. The key mechanisms of action include:<sup>1</sup>

- Helps stabilize cells membranes, supporting mucosal integrity
- Scavenges free radicals and supports antioxidant enzyme activity, lowering oxidative stress
- Helps modulate the body's natural inflammatory response
- Helps stimulate protective proteins like heat shock proteins, aiding cell protection

The gastric health effects of PepZinGI<sup>®</sup> are independent of acid reduction as it does not suppress gastric acid secretion or alter prostaglandin E2 levels. L-carnosine is metabolized locally and does not enter the bloodstream, while zinc is absorbed with minimal impact on overall zinc levels.<sup>1</sup>

**Directions:** As a dietary supplement, take or chew one (1) tablet, twice daily with or without meals, or as directed by your healthcare practitioner.

### Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet		% DV
Zinc (from zinc-carnosine)	16 mg	145%
L-Carnosine (from zinc-carnosine)	59 mg	*

\* Daily Value (DV) not established.

**Other Ingredients:** Isomalt (vegetable), stearic acid (vegetable), magnesium stearate (vegetable), modified cellulose (vegetable), and silica.

### Product Availability

Bottle Size(s):  
– 60 tablets  
– 180 tablets

This information is for healthcare professionals only to inform patient treatment and is not intended for consumer use.

\*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.

**PepZinGI<sup>®</sup>**

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# PepZinGI®

Zinc-Carnosine

**Secure Release**

## Research Highlights

**PepZinGI® is clinically validated to support GI mucosal health**



### Supports Intestinal Mucosal Integrity

One double-blind, placebo controlled, crossover study indicates that PepZinGI® helps support and stabilize the mucosal lining in the small intestine and is well tolerated.<sup>2</sup>

Dosage: 37.5 mg, twice daily

### Supports Stomach Mucosal Integrity

One multi-center, double blind study indicates that PepZinGI® helps support and stabilize the mucosal lining in the stomach and is well tolerated.<sup>3</sup>

Dosage: 75 mg, twice daily

### Promotes Digestive Comfort

One multi-center, double blind, controlled study indicates that PepZinGI® supports digestive comfort, helps maintain the integrity of the stomach mucosa, and is well tolerated.<sup>4</sup>

Dosage: 75 mg, twice daily

## Ingredient Spotlight: PepZinGI® Zinc L-Carnosine



### The Only FDA-Reviewed Zinc L-Carnosine

PepZinGI® is the only zinc L-carnosine that has undergone an FDA review for safety and human use, resulting in New Dietary Ingredient (NDI) status for adults and children over 12.

- **Adults and children over 12:** Maximum daily intake is 150 mg/day (providing 34 mg elemental zinc).
- **Elderly:** Reduce maximum daily intake to less than 100 mg due to reduced digestive function.
- **Children under 12, pregnant and lactating women:** Not recommended due to lack of safety data.

This added measure of regulatory oversight further supports PepZinGI® as a trusted option for your clinical practice.



## References

1. Efthymakis K, et al. Clin Res Hepatol Gastroenterol. 2022;46(7):101954.
2. Mahmood A, et al. Gut. 2007;56(2):168-75.
3. Miyoshi A, et al. Jpn Pharmacol Ther. 1992;20(1):199-223.
4. Nakajima M, et al. Jpn Pharmacol Ther. 1997;25(4):325-366.

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