Tummy Tamer™

aaahh ChiroSpa
REHABILITATION & RELAXATION

Dr. Kirk E. Manson
Chiropractic Physician

Clinical Applications

- Support Healthy Gastric pH
- Support Healthy Digestion; Especially of Dietary Protein
- Support Proper Gastric Emptying, Reducing Risk of Reflux
- Support Absorption of Certain Macro- & Micro- Nutrients
- Support Healthy Balance of Flora in the G.I. Tract

Tummy Tamer™ provides optimal nutritional support for the digestive system by featuring the acidifying factors Glutamic Acid and Betaine HCl. Additionally, Tummy Tamer™ provides the proteolytic enzyme, pepsin; along with the herbal bitter, gentian root, which has been traditionally used to support healthy digestion. Glutamic acid and Betaine HCl are necessary for adequate absorption of protein, calcium, vitamin B12, iron and more.

All aaahh ChiroSpa® Formulas Meet or Exceed cGMP quality Standards

aaahh ChiroSpa
1804 Carlisle Boulevard NE
Albuquerque, NM 87110
505-884-0044

Discussion

Tummy Tamer™ is formulated to restore adequate gastric acidity. Secretion of gastric acid may be reduced by the natural aging process (beginning around the age of 35), drugs or disease.[1,2] Inadequate secretion contributes to a wide range of symptoms, nutritional deficiencies and a variety of chronic disorders.[3,4,5] Orally-ingested pathogens are likely to survive if gastric acidity is sub-optimal, causing bacterial or fungal overgrowth in the GI tract.[6]

Glutamic Acid, also called glutamate is an amino acid a well-functioning body can obtain either from dietary protein or can synthesize endogenously from ornithine and arginine. It is not the same as glutamine. Glutamic acid is used in Tummy Tamer™ as an acidifying agent.

Betaine Hydrochloride, the acidic form of betaine, a natural, vitamin-like substance found in beets, grains and other foods is manufactured and has traditionally been used for more than 100 years as a digestive aid, to enhance absorption of some minerals and other nutrients, and in nutritional protocols for many disorders.[7] It is the same as physiologic stomach acid.

Pepsin, one of the first enzymes to initiate proteolysis, is synthesized in the parietal cells of the gastric mucosa and secreted as the inactive zymogen precursor, pepsinogen. Hydrochloric acid activates pepsinogen to convert to pepsin once it is outside of the cell. This activation sets up a chain reaction leading to the production of still more pepsin. Porcine pepsin has been included in Tummy Tamer™ in addition to the Betaine HCl with the goal of promoting more endogenous pepsin production.

Gentian Root, (Gentiana lutea), used for centuries to treat moderate digestive disorders, contains two of the most bitter substances known, gentiopicrin and amarogentin. The bitter taste can be detected even at 50,000 times dilution. These glycosides act on taste bud receptors to stimulate the secretion of saliva in the mouth and hydrochloric acid in the stomach.[2] In fact, the effectiveness of Gentian Root in stimulating the endogenous production of HCl may allow a person to discontinue Tummy Tamer™ after a period of use.

Tummy Tamer™

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 90

	Amount Per Serving	%Daily Value
Glutamic Acid HCl	350 mg	**
Betaine HCl	300 mg	**
Pepsin (porcine)	100 mg	**
Gentian Root (Gentiana Lutea)	20 mg	**

** Daily Value not established.

Other Ingredients: HPMC (capsule), Stearic Acid, Silica, Magnesium Stearate.

Dosing:

Take one capsule after meals. Dose may need to be titrated according to individual response, especially over time. A sensation of burning in the stomach indicates dosing may be reduced or discontinued.

References

1. Lovat LB. Age related changes in gut physiology and nutritional status. Gut. 1996 Mar;38(3):306-9 [PMID: 8675079]
2. Vilkin A, et al. Higher gastric mucin secretion and lower gastric acid output in first-degree relatives of gastric cancer patients. J Clin Gastroenterol. 2008 Jan;42(1):36-41 [PMID: 18097287]
3. Moorchung N, et al. Cytokine gene polymorphisms and the pathology of chronic gastritis. Singapore Med J. 2007 May;48(5):447-54 [PMID: 17453104]
4. Bredenoord AJ, Baron A, Smout AJ. Symptomatic gastro-oesophageal reflux in a patient with achlorhydria. Gut. 2006 Jul;55(7):1054-5 [PMID: 16766765]
5. Juncà J, et al. Detection of early abnormalities in gastric function in first-degree relatives of patients with pernicious anemia. Eur J Haematol. 2006 Dec;77(6):518-22. [PMID: 17042761]
6. Tennant SM, et al. Influence of gastric acid on susceptibility to infection with ingested bacterial pathogens. Infect Immun. 2008 Feb;76(2):639-45. Epub 2007 Nov19 [PMID: 18025100]
7. English J. Heartburn and gastritis not always caused by too much acid. http://www.vrp.com/articles/735.asp [Accessed 06 July 04]

Cautions

Avoid if history of or current peptic or duodenal ulcer. Consult your healthcare practitioner prior to use if you have or suspect you have a medical condition, are taking prescription drugs, or are pregnant or lactating.

*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.