

# INTESTAID®

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 **yournutrition**

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# INTESTAID®

## IntestAid® - Nucleotides for a healthy gut

The gut is 8 meters in length and the largest organ in the body. With millions of villi (*finger like protrusions*) the gut reaches a surface of around 400 square meters. Therefore, the gut contains the largest contact area of the body to the environment.



In most of the tissues of the human body, a constant and overall high cell turnover takes place. Mainly the high changing cells with high metabolic activity are short living and are quickly replaced by new cells. The cells of the small intestine have an average life span of around 36 hours. The life expectation of the colon cells are around 10 days, and seen as comparably high. Therefore in adults approximately 200g gut cells, (*around 100 million cells*), are replaced daily by new cells.

## The effect of nucleotides in the gut

The first step in the cell formation is doubling of genetic information. This is stored in the DNA (Deoxyribonucleic acid) of each cell. Due to the fact that the DNA of each cell consists of 3 billion nucleotides, the doubling of the genetic material is highly time consuming. For the formation of each new cell, the mother cell has to first prepare 3 billion nucleotides, which needs a great amount of time and energy. To intensify the matter, the cells of the intestine have a limited capacity to produce nucleotides, and therefore are not capable to meet the needs for the enormous cell multiplication. This means that the gut cells need an additional source of nucleotides.

The liver is able to produce more nucleotides than is needed for its own use, but this too is not enough for the big demand of the gut cells. Another alternative for gut cells are nucleotides that are absorbed from digested food. But these nucleotides are not easily available, and only a small portion of the nucleotides in food can be absorbed and utilised by the gut cells.

Therefore, a supplement such as IntestAid<sup>®</sup>, containing high levels of easily absorbable nucleotides, provide the supporting ingredients the gut needs to be able to replace the depleted cells. This way ensuring a good structure of the gut, digestion and an intestinal immune defence system.

## The immune defence of the gut

The gut is the most important organ for the protection of our health. The surface of the gut is approximately 400 square meters, a 100 times larger than the surface of the skin and 10 times larger than the surface of the lungs. During our life around 30 tons of food and 50 000 litres of liquid pass through our gut, including countless pathogens and toxins. The gut should absorb usable nutrients, and discharge unnecessary toxic substances from the body. This challenging task is crucial for good health of the body.

The gut hosts more than 1000 different types of bacteria, which in total is called intestinal flora (*micro baom*). The number of bacteria in the human body is estimated to be more than 10 trillion and weigh more than 1.5 kg. An intact flora prevents harmful bacteria to settle permanently in the gut. Most of the micro-organisms in the gut are harmless. But, if they reach other organs (*for example through the blood stream*), they can cause dangerous infections.

The mucosa of the gut contains more than 70% of the defence cells of the immune system and forms the biggest defence system of the body. The defending cells have the task to inactivate pathogenic organisms and toxins, which mainly come into our body through food.

To fulfill this task a constant production of new defending cells are needed. Some of these defending cells can destroy invading pathogens, and others can form antibodies which in turn bind and inactivate invading bacteria. For the production of new defending cells, as well as for the development of antibodies, a high amount of nucleotides are needed. But the immune cells are not able to produce them alone, therefor IntestAid<sup>®</sup>, with its easy available nucleotides, contributes to having a healthy gut, and a healthy gut means a healthy body.

## Diseases of the gut

Despite having this big defence system, gut diseases can still develop. We have all experienced the problem while travelling, eating unfamiliar foods or even being under large amounts of stress, and that it disrupts our normal function of the gut.

Two main reasons identified for gut problems are: stress and harmful micro-organisms. Both can change the gut flora indefinitely, weaken the immune system and lead to small lesions in the gut wall. If the stress is for a short time period, or the number of pathogens is small, the body is able to repair the damage relatively quickly. But longer lasting stress or large amounts of harmful micro-organisms can lead to long-term damage and severe consequences such as:

- Intestinal cramps
- Chronic gastritis
- Chronic diarrhea
- Irritable bowel syndrome (IBS)
- Leaky-Gut-Syndrome
- Morbus Crohn

Long lasting stress can greatly damage the immune system, and cause harmful organisms to multiply unhindered. These organisms can create holes in the gut wall, through which normal harmless bacteria can enter the gut wall and generate inflammation. This vicious cycle can only be overcome, if the gut immune system can produce new defence cells and antibodies quickly. The holes in the gut wall can be closed quicker with advanced cell multiplication. To assist this process, more nucleotides are needed than what the body can produce or extract from food.

## Irritable Bowel Syndrome (IBS)

A third of the population in Britain have occasional symptoms of Irritable Bowel Syndrome (*IBS*), and one in 10 have symptoms requiring medical attention, yet there is no known cure. Women are double the amount as much affected as men. The main symptoms include: diarrhea, cramping, urgency, abdominal pain, fullness, bloating, depression and anxiety. The main causes for IBS are stress and physical as well as mental overloading.

Few natural treatments exist for IBS and digestive problems. Sufferers are forced to make drastic changes in their normal daily activities due to intolerable gastrointestinal distress. Research have shown to date with the unique formula of IntestAid<sup>®</sup>, great hope is given and that this advance in nutritional support will provide a welcome leap forward for these people.

## **How will IntestAid<sup>®</sup> help people living with IBS?**

People with IBS often follow restricted diets following onset of their symptoms. Unfortunately this does not aid the full repair process, as vital nutrients, including dietary nucleotides become deficient in their diet. Providing purified sources of dietary building blocks, repair of the body's natural cell regeneration process is essential for maintaining efficient colon functionality and good intestinal health and balance.

## **The gut repair kit**

IntestAid<sup>®</sup> is formulated with concentrated nucleotides and a perfect solution for gut problems. IntestAid<sup>®</sup> optimises the cell regeneration and repair of gut health to ensure good intestinal balance.

## **What is the composition of IntestAid<sup>®</sup>?**

The food supplement IntestAid contains a balanced formulation of nucleotides, B-Vitamins, Amino acids and Fructooligosaccharides (*FOS*).

## **How does IntestAid<sup>®</sup> work?**

The gut uses the nutrients found in IntestAid<sup>®</sup> to help to maintain the optimum rate of cell regeneration and repair in the gut. It also provides the building blocks for new cells to support active cell growth whenever it is needed.

## **How to take IntestAid<sup>®</sup>**

Take 3 capsules daily for the first month and then 2 capsules daily as required.

## **Contra-indications**

Do not take IntestAid<sup>®</sup> if you have gout, autoimmune disease or had an organ transplant. Take with meals as this assists to remind you to eat regularly.

## Where to purchase IntestAid®

IntestAid® can be ordered via the PKN AG website  
or through your therapist.

For further information please visit our website:

[www.pkn-ag.ch](http://www.pkn-ag.ch)



# INTESTAID®

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