

## Dosages Consistent with Clinical Research

Not all formulas on the market use meaningful dosages of key ingredients. What sets QOL Labs' formulas apart is that we take only clinically researched ingredients for specific health conditions and formulate them into products consistent with suggested dosages.

Ingredient	Daily Dose Used in Human Studies	Daily Dose Used in Pepticaid™ <sup>§</sup>
Artichoke Leaf Extract	320–1,920 mg	640 mg
GutGard™ DGL	150–300 mg	150 mg
Ginger	250–2,000 mg	1,000 mg
PepZin GI®	75–150 mg	75 mg

<sup>§</sup>Serving size: 1 vegicap • Daily dose: 3 vegicaps

## Supplement Facts

Serving Size: 1 vegicap

Servings Per Container: 30

Amount Per Serving	% Daily Value	
<b>Zinc</b> (from zinc carnosine) Decursin	2.7 mg	100%
<b>L-carnosine</b> (from zinc carnosine) (PepZin GI®)	25 mg	†
<b>Artichoke</b> leaf extract	213.3 mg	†
<b>Ginger</b> root extract	333.3 mg	†
<b>GutGard® DGL</b> licorice root extract ( <i>Glycyrrhiza glabra</i> )	50 mg	†

† Daily value not established.

Other ingredients: rice flour, vegetable magnesium stearate, vegetable cellulose.

**This product is suitable for vegetarians and gluten-free.**



### Our Commitment to Clinical Efficacy

Every ingredient validated by human studies.  
Every dosage consistent with clinical research.  
No exceptions. No compromises.

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# Pepticaid™

QOL LABS®

with PepZin GI®  
GutGard™, Artichoke,  
and Ginger

**Relieves occasional indigestion\***

**Alleviates occasional heartburn\***

**Strengthens the stomach lining\***

For studies on each ingredient, please visit:

[www.humanclinical.org](http://www.humanclinical.org)

\* 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.

## Separating Digestive Fact from Fiction

Many nutritional supplements claim to relieve indigestion. But which ones really work?

### The case against enzymes

Most digestive supplements feature plant-derived enzymes (such as papain from papaya, bromelain from pineapple, or enzyme combinations including protease, lipase, amylase, cellulase, and lactase). Given how many products contain enzymes, you would assume they were well researched. However, there are no clinical studies validating the efficacy of plant-derived enzymes for indigestion.

### The case against (most) probiotics

Probiotics are widely believed to support healthy digestion; however, most research has tested their effects on diarrhea and constipation — not indigestion. In fact, very few strains of probiotics have been researched for occasional dyspepsia.

### The case against fiber

Fiber adds bulk to stool; therefore, it's helpful for both constipation and diarrhea. However, fiber doesn't do anything to ease symptoms of indigestion. In fact, increased fiber intake can actually cause indigestion.



## What's Happened to Your Digestion?

Remember when you could eat whatever you wanted? When you could digest french fries, orange juice, burgers, tomatoes, milkshakes, and chocolate without fear of discomfort?

As you get older, you're more likely to suffer from occasional indigestion. In fact, 4 out of 10 older adults experience digestive distress each year. Why? Because your production of stomach acid declines with age, affecting your ability to break down food. Other factors that can impair digestion include stress, sedentary lifestyles, and diets high in processed foods.

## The Four Actions of Pepticaid™:

### 1. Relieves occasional indigestion symptoms.\*

You know the symptoms all too well. The pain in your abdomen. The uncomfortable sensation of overfullness. The feeling that your stomach is being stretched like a balloon filled with too much air. Indigestion hurts!

Fortunately, human clinical trials have found that artichoke leaf extract and GutGard™ DGL (a proprietary extract of licorice root) both relieve symptoms of occasional indigestion — including pain, bloating, and fullness.\* Additionally, ginger gently soothes nausea.\*

### 2. Alleviates occasional heartburn.\*

Heartburn happens when acid escapes from your stomach and travels up your esophagus. If you've ever felt the burning sensation of occasional heartburn, you know it's not something you want to experience — even infrequently.

In a double-blind, placebo-controlled human study, GutGard DGL slashed symptoms of occasional heartburn by more than half.\* Likewise, PepZin GI® (patented zinc carnosine) was effective for relieving occasional heartburn in human subjects.\* Importantly, Pepticaid does not suppress the production of stomach acid, which is needed for healthy digestion.

### 3. Strengthens the stomach lining\*

Have you ever wondered how the acid your stomach releases to digest food doesn't end up digesting your stomach itself? In the brilliance of nature, your stomach came equipped with a mucous lining that acts as a buffer against stomach acid.

An important part of digestive health and comfort is maintaining the integrity of that lining. The subject of 38 human clinical trials, PepZin GI has been shown to support the growth and health of the stomach lining.\*

### 4. Promotes daily regularity\*

Everybody wants to be regular. Whether your movements come too often or not often enough, irregularity can keep you tied to the bathroom.

A recent human study found that artichoke leaf extract helped normalize bowel patterns in people with occasional constipation and occasional diarrhea.\*

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