



# Butyrate Complex

BUTYRIC ACID SUPPLEMENT



## Short chain fatty acid (SCFA) formula

- Each capsule provides 610 mg of butyric acid from calcium/magnesium butyrate

GENESTRA BRANDS Butyrate Complex provides 610 mg of butyric acid per capsule, from calcium/magnesium butyrate. Butyric acid is a short chain fatty acid (SCFA) that is naturally formed within the human large intestine through the digestion of dietary fiber, and used as a source of energy for colon epithelial cells.<sup>1\*</sup>

## Supplement Facts

Serving Size 1 Capsule/ Servings per Container 90

| Each Capsule Contains                     | %DV       |
|---|-----------|
| Calcium (calcium butyrate)                | 82 mg 8%  |
| Magnesium (magnesium butyrate)            | 40 mg 10% |
| Butyric acid (calcium/magnesium butyrate) | 610 mg ◆  |

◆ Daily Value not established

Other ingredients: Hypromellose, cellulose, silica

**Recommended Adult Dose:** Take one capsule three times daily with meals, a few hours before or after taking other medication, or as recommended by your healthcare practitioner.

**Product Size:** 90 Vegetable Capsules **Product Code:** 10478



## Scientific Rationale:

One of the primary functions of the large intestine is the absorption of water and nutrients from the diet that were unable to be absorbed earlier during digestion. The bacteria present within the large intestine also help to break down undigested food matter, such as dietary fiber. Most of the butyrate in the large intestine is formed when bacteria ferment dietary fiber into butyrate and other SCFAs. Butyrate is considered an important source of energy for the epithelial cells that line the inside of the large intestine. Butyrate is also a source of energy for the rest of the body: it's estimated that SCFAs can contribute as much as 5-15% of the total daily calorie requirements in humans.<sup>1</sup>

Evidence is still emerging, but butyrate may help to support the protective barrier function of intestinal epithelial cells.<sup>2</sup> In a randomized, placebo-controlled clinical trial of 42 adults travelling to tropical countries, daily supplementation with a capsule containing a combined dose of butyrate plus

other SCFAs helped to promote gastrointestinal comfort. Participants were randomized into either the butyrate + SCFAs group (6 capsules containing a daily dose of 1500 mg sodium butyrate, 600 mg fumaric acid, 360 mg citric acid, 300 mg sorbic acid, and 240 mg malic acid), or the placebo capsule group. Three days before the start of their trip, participants began supplementation with either the treatment or placebo capsules. Following the conclusion of their trip, participants completed a questionnaire designed to assess the presence of occasional gastrointestinal discomfort. The questionnaire evaluated regularity, as well as the occurrence of abdominal discomfort and bloating. Compared with the placebo group, participants in the butyrate group had a significant reduction in both abdominal discomfort and bloating during their trip.<sup>4</sup>

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## REFERENCES

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\*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.

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