



Knowledge is
your secret
weapon to good
health.

GUT HEALTH

Ulcers

An ulcer is a sore that develops in the mucosal lining of the stomach, small intestine, or esophagus, leaving the underlying tissue exposed to gastric juices. Symptoms of ulcers include upper abdomen pain, heartburn, headache, back pain, choking sensation, nausea/vomiting, paleness, black stool, weakness, dizziness, loss of appetite and/or weight loss.

Contributing Factors

Stress, caffeine intake, food sensitivities (ex. milk, gluten), H. Pylori infection, use of non-steroidal anti-inflammatory drugs & steroid drugs (ex. aspirin, cortisone), alcohol, smoking, trauma, illness, nutrient deficiencies (low fibre, vitamins, minerals), dehydration

Lifestyle Recommendations

- Eliminate triggers as much as possible. This can include smoking, food sensitivities, alcohol, caffeine, drugs, spices, and processed/refined foods.
- Focus on hydration. Inadequate water intake is a common factor in those who suffer with ulcers as it is needed to maintain a healthy mucosal layer in the stomach to protect from acid, bacteria, and irritants.
- H. Pylori is a bacterial infection found between the lining of the stomach and protective mucous layer. It weakens the mucosa over time and is present in many people with ulcers. Make sure your doctor checks for this infection if you have ulcers, as it can be quite stubborn, and you will want to get it treated as soon as possible.

Product Recommendations

- Stomach lining repair nutrients: L-Glutamine, C-NAG, Zinc L-Carnosine
- Fight H. Pylori: Saccharomyces Boulardii, Mastic Gum, Garlic, Silver, Oregano, Citrus Extract
- Reduce inflammation: Omega 3 Fatty Acids (High EPA Fish Oils), Bromelain, Curcumin
- Support immunity: Plant Sterols, Beta Glucans, Mushroom Blends
- Heartburn relief: Calcium & Magnesium Bicarbonate
- Soothe irritation: Slippery Elm, Ginger, Chamomile, Marshmallow Root
- Support ulcer repair: Deglycyrrhizinated Licorice Root (DGL), Aloe Vera
- Support digestion: Digestive enzymes, Probiotics, Fibre
- Antioxidants to protect stomach lining cells: Vitamin A, Vitamin C, Vitamin E, Zinc, Quercetin

Book a free 15 minute consult with a GNN Product Advisor!

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