
**NUTRITIONAL SUPPORT USING THE ULTRACLEAR PLUS® PROGRAM
IN A PATIENT WITH IRRITABLE BOWEL SYNDROME**

Purpose

To show how a targeted nutritional support program featuring UltraClear PLUS Medical Food, dietary supplements, and an elimination diet may be useful in some patients with irritable bowel syndrome (IBS).

Patient's Presentation and History

A 38-year-old Caucasian female presented with a diagnoses of IBS and eczema. Her symptoms included bloating, flatulence, and gastrointestinal (GI) discomfort, which occurred 3 to 4 times a week (usually after a meal) and lasted for several hours at a time. These symptoms had gradually increased over the previous 5 to 7 years.

The patient had a history of chronic eczema, which was more severe during childhood and was especially prevalent in the folds of her elbows, knees, hands, and the back of her arms. She avoided peppers, raw onions, and broccoli due to intolerances to these food items, but reported that the digestive symptoms persisted despite her efforts. The patient also reported that eliminating dairy products from her diet and taking occasional digestive enzymes had not helped.

Patient's Objective Information

- Slight tenderness to palpitation in lower left quadrant, otherwise abdominal examination was within normal limits
- Skin very dry in general, with erythematous patches on forearm, hands, and face; zinc taste test was negative
- Laboratory test results showed:
 - Increased lactulose-to-mannitol ratio, indicating intestinal permeability (IP)
 - Elevated stool β -glucuronidase, depressed short-chain fatty acids, and presence of *Cryptosporidium* in stool, indicating imbalanced gut microflora
- Supplements included a multivitamin, antioxidants, and fish oil

Plan

The patient was instructed to continue taking her current supplements and was placed on:

- UltraClear PLUS, work up to 2 to 3 servings per day (2 scoops per serving)
- Fiber supplement, 1 scoop bid
- Combination probiotic and whey protein supplement, 1 tsp bid
- Elimination diet

7 Week Results

At 7 weeks, the patient reported fewer symptoms of gas and bloating. After 17 days, she discontinued the elimination diet, reporting that it seemed to have no effect. The patient was typically consuming 1 serving of UltraClear PLUS per day, and occasionally took 2 servings daily. The patient was instructed to continue UltraClear PLUS as well as the fiber supplement and discontinue the probiotic and whey protein supplement. She was also started on a broad spectrum digestive enzyme supplement (1 tablet with meals) and a betaine HCl, pepsin, and gentian root supplement (1 tablet with meals).

16 Week Results

After 16 weeks on the program, the patient noted a significant improvement in digestive symptoms. She reported no longer having any episodes of bloating or GI discomfort. The patient was taking the broad spectrum digestive enzyme supplement regularly and found it to be very helpful. However, she was not taking the betaine HCl, pepsin, and gentian root supplement on a regular basis. The patient reported no significant eczema outbreaks and her skin—although still dry—had also improved.

Conclusion

IBS is a multifactorial condition and exacerbation of symptoms may involve dietary factors. In this case study, targeted nutritional support featuring UltraClear PLUS, a fiber supplement, and a broad spectrum digestive enzyme supplement helped to significantly decrease β -glucuronidase and normalize IP and negative stool parasites (*Cryptosporidium*), indicating improved GI function. GI and digestive symptoms also improved in this patient, suggesting that nutritional support for GI function and balanced gut flora may be beneficial in some patients with IBS.

Figure 1

After 16 weeks, the patient's score on the Medical Symptoms Questionnaire* decreased from 34 to 17 (reference range: <30 = few or low intensity symptoms).

The result suggests a substantial improvement in general physical symptoms with nutritional support featuring UltraClear PLUS.

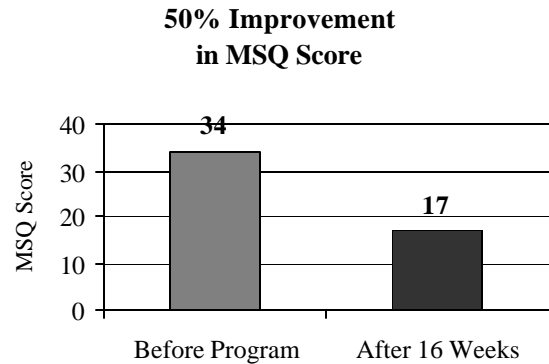


Figure 2

The patient's lactulose-to-mannitol ratio decreased from 0.071 to 0.038 after 16 weeks (reference range: 0.01 to 0.06).

This result suggests that the recommended nutritional protocol featuring UltraClear PLUS helped to improve the patient's "leaky gut."

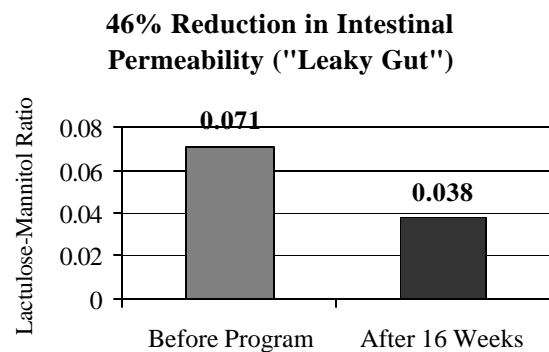
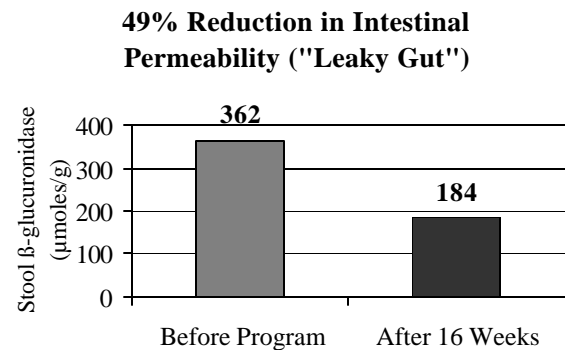


Figure 3

After 16 weeks, the patient's stool β -glucuronidase levels decreased from 362 to 184 μ moles/g (reference range: 0 to 300 μ moles/g).

This result suggests a significant improvement in the patient's gastrointestinal environment with nutritional support featuring UltraClear PLUS.



*The Medical Symptoms Questionnaire is a clinical tool for the evaluation of general physical symptoms. Total scores above 75 are generally associated with substantial symptomatology and disability; scores below 30 generally indicate few or low intensity symptoms.

Note: The information provided in this case study describes the results of one patient under the care of a licensed healthcare practitioner and may not be a typical response. UltraClear PLUS Medical Food is to be used under the supervision of a physician or other licensed healthcare practitioner.