

# NU EASE

## SUPPORTS BLOAT RELIEF AND DIGESTION\*



### MEET NU EASE

Did you know that almost 80% (Mintel, Digestive Health US – 2021) of people in the U.S. have experienced GI issues and that GI concerns are more prevalent in women (United European Gastroenterol J. 2019 Mar; 7(2): 307–315. Published online 2018 Dec 22)? Changes in diet, exercise, eating schedules, stress and illness can contribute to GI concerns.

Nu Ease is a safe, gentle, non-laxative digestive aid to help ease gut discomfort and support bloat relief.\* Formulated with natural plant extracts, Nu Ease helps decrease discomfort in both the upper and lower GI tract.\*

### WHY YOU'LL LOVE IT

- Supports quick and effective relief of post meal heaviness.
- Supports relief of bloating discomfort.
- May help improve regularity in some users.
- Helps ease gut discomfort\*.
- Helps decrease discomfort in both the upper and lower GI tract.
- Supports healthy digestive function.
- Helps relieve digestive discomfort common to women.
- Provides antioxidant protection.
- Safe, gentle non-laxative formulation suitable for regular use.
- Formulated with natural plant extracts.
- Great travel companion.

- Suitable for vegetarians.
- For added digestive support, pair with Pharmanex Nu Biome™.

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

### WHAT POWERS IT

- Green Kiwi: a whole fruit concentrate that contains a naturally occurring combination of prebiotic fibers, enzymes, and antioxidants that is clinically studied for its benefits in supporting regularity and lower GI health.
- Ginger & Artichoke: a standardized combination of artichoke leaf and ginger root extracts that is clinically studied for its beneficial effects on bloating, digestive discomfort, and gastric emptying for both lower and upper GI health.

### HOW TO USE IT

Take 2 capsules as needed to help reduce after-meal heaviness and support healthy digestion. For best results and bloating relief, take daily.

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## TRY THESE WITH IT

- Nu Biome
- ProBio PCC
- LifePak Nano
- LifePak®
- LifePak Essentials
- Beauty Focus Collagen+™
- ageLOC® Youth
- g3
- Other Pharmanex® Solutions products

## LEARN MORE ABOUT IT (Q&A)

### What lifestyle choices affect gut discomfort?

Stress, over-eating, traveling, and changes in diet or eating schedule are common contributors to gut discomfort. If you are prone to experiencing gut discomfort, take Nu Ease daily, drink more water, and reduce intake of alcohol and hard-to-digest foods (fried, fatty, creamy and/or heavily preserved foods, as well as foods that you may be sensitive to).

### Can I take Nu Ease when I feel gut discomfort?

Yes, Nu Ease can be taken as needed when gut discomfort occurs and can help quickly reduce post-meal heaviness. However, for the best results, bloat relief, and regularity benefits experienced by some users, you should take two capsules of Nu Ease daily. For added digestive support, take Nu Ease with Nu Biome.

### When is the best time to take Nu Ease?

It is best to take 2 capsules of Nu Ease daily, ideally before one of your larger meals. We recommend taking both capsules at the same time for best results.

What is the difference between Nu Ease, Nu Biome, and

### ProBio PCC?

Nu Ease can be used in addition to Nu Biome and/or ProBio PCC. Nu Ease provides ingredients to support relief from bloating, post-meal heaviness, or other symptoms of gastrointestinal discomfort. Nu Biome provides prebiotics and postbiotics to fuel the growth of beneficial bacteria and further support digestive health. ProBio PCC is a unique probiotic—a living beneficial microorganism that is shown to colonize in the gut to help

support your wellness, providing complementary support for a healthy microbiome. These Pharmanex products can each be taken on their own for their unique targeted digestive benefits or together for more comprehensive support.

### If I am already taking Nu Biome, can I still take Nu Ease?

Nu Ease and Nu Biome are great products to pair together. The combination of Nu Biome and Nu Ease is a great choice for individuals who want extra support for healthy digestion and a healthy microbiome.

### Can children take Nu Ease?

Nu Ease was formulated for adults ages 18+. Please consult a physician before giving it to children.

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## SCIENCE THAT SUPPORTS IT

1. Giacosa A, Guido D, Grassi M, Riva A, Morazzoni P, Bombardelli E, Perna S, Faliva MA, Rondanelli M. The Effect of Ginger (*Zingiber officinalis*) and Artichoke (*Cynara cardunculus*) Extract Supplementation on Functional Dyspepsia: A Randomised, Double-Blind, and Placebo-Controlled Clinical Trial. *Evid Based Complement Alternat Med.* 2015;2015:915087.
2. Lazzini S, Polinelli W, Riva A, Morazzoni P, Bombardelli E. The effect of ginger (*Zingiber officinalis*) and artichoke (*Cynara cardunculus*) extract supplementation on gastric motility: a pilot randomized study in healthy volunteers. *Eur Rev Med Pharmacol Sci.* 2016;20(1):146-9.
3. Drobnic F, Fonts S, García-Alday I, Petrangolini G, Riva A, Frattini E, Allegrini P, Togni S, Vitale J. Efficacy of artichoke and ginger extracts with simethicone to treat gastrointestinal symptoms in endurance athletes: a pilot study. *Minerva Gastroenterol (Torino).* 2022 Mar;68(1):77-84.
4. Ansell J, Butts CA, Paturi G, Eady SL, Wallace AJ, Hedderley D, Gearry RB. Kiwifruit-derived supplements increase stool frequency in healthy adults: a randomized, double-blind, placebo-controlled study. *Nutr Res.* 2015 May;35(5):401-8.

## WHAT'S IN IT

<b>Supplement Facts</b>	
Serving Size: 2 capsules Servings Per Container: 15	
Amount Per Serving	% Daily Value
Kiwi ( <i>Actinidia chinensis</i> ) Fruit Powder . . .	600 mg . . . . *
<b>Proprietary blend</b> . . . . .	320 mg . . . . *
Artichoke ( <i>Cynara cardunculus</i> ) leaf extract and Ginger ( <i>Zingiber officinale</i> ) root extract	
*Daily Value not established.	

**OTHER INGREDIENTS:** Hypromellose, Microcrystalline Cellulose, Rice Fiber.

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