Mastic Gum

Protects the Stomach and Duodenum*

Mastic gum is a natural product that has been used for over 2,500 years to promote the health of the intestines, stomach and liver.*

Who Can Benefit from this Product?

Mastic gum provides a safe and effective alternative for people looking to optimize the health of their stomach.*

What Distinguishes this Product?

- Suitable for vegetarians
- One daily serving contains a typical therapeutic amount*

How Does Each Active Ingredient Function in this Product?

| Mastic gum | Protects gastric and duodenal cells and tissues.* |

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size 2 Capsules</th>
<th>Servings Per Container 30</th>
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</thead>
<tbody>
<tr>
<td>Amount Per 2 Capsules</td>
<td>% DV</td>
</tr>
<tr>
<td>Mastic Gum (Pistacia lentiscus) stem</td>
<td>1000 mg</td>
</tr>
</tbody>
</table>

* Daily Value not established.

Other Ingredients

Cellulose, silicon dioxide and magnesium stearate (vegetable source). Capsule consists of titanium dioxide and gelatin.

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

Suggested Usage

Take 2 capsules per day with water or juice before breakfast, or as directed by your qualified health care consultant.

ORDERING INFORMATION

ORDER CODE: MGUM  BOTTLE SIZE: 60 CAPSULES

*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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Mastic Gum

**What Is Mastic Gum?**
The mastic tree (*Pistacia lentiscus*) is a small tree which thrives in the Mediterranean region. It ranges from Portugal on the one end of the Mediterranean to Turkey on the other, as well as in parts of tropical Africa. It was known and widely used by the ancient Greeks and Romans to treat a variety of gastrointestinal complaints. As a matter of fact, ancient Greek physicians, such as Hippocrates, Dioscorides, Theophrastos, and Galenos, mentioned its properties and recommended its use. The astringent and aromatic qualities of the bark of the tree have been used traditionally to cleanse the breath and to tighten the gums.*

Mastic gum is a resinous compound found in the trunk portion of the tree. Resins, such as the triterpene mastic acid, make up 90% of the gum. Volatile oil is responsible for much of the aromatic quality of the gum and can constitute up to 3% of the product. Mastic gum is viewed as being extremely safe. The resin is sometimes used in food and beverage production. Furthermore, there are a number of trace elements found in mastic gum such as sodium, magnesium, potassium, iron, calcium and manganese. Lastly, mastic has also been reported to possess strong antioxidant activity.*

**Gastrointestinal Health**
Stress, alcohol, drugs, smoking and bad dietary habits can wreak havoc on the stomach. On the other hand, good dietary habits can contribute to the health of the stomach. For example, cabbage juice is famous for promoting gastrointestinal health. Similarly, when people with stomach concerns were put on a long-term (six months) high-fiber diet, the rate of improvement in gastrointestinal health was fast and significant. However, not many people are willing to drink cabbage juice let alone follow a long-term protocol of a high-fiber diet.

Mastic gum is a natural product that has been used for over 2,500 years to promote the health of the intestines, stomach and liver.* However, it was not until the mid 1980’s that researchers confirmed mastic’s efficacy in protecting gastric and duodenal cells and tissues.* One gram daily of mastic gum has been found to be safe and effective in restoring stomach health.* In addition to its antioxidant properties, scientists also believe mastic gum possesses cytoprotective and antisecretory properties. These special qualities could explain mastic gum’s ability to provide significant protection to the stomach and duodenum.*

**Other Uses**
Mastic gum has also been used for centuries to promote oral hygiene. In fact, modern research has shown that mastic chewing gum may be an effective tool for promoting healthy teeth and gums.* Moreover, a recent study published in the April 20, 2007 issue of the *Journal of Ethnopharmacology* indicates mastic gum could have heptaprotective and cardioprotective properties in humans.* Previous animal studies had shown that mastic gum was successful in supporting liver health.* Finally, preliminary but, promising scientific evidence suggests that mastic gum may also be a useful supplement for promoting prostate health.*

**References**
*Available upon request*