



## Super Pure Guai™

### DESCRIPTION

Super Pure Guai™ contains 400 mg of our fast acting, dye-free guaifenesin formula. Guaifenesin is a common component of many cold and cough remedies that helps loosen and liquefy mucus.

phosphate excretion, resulting in the accumulation of calcium and inorganic phosphate compounds within cells to produce a state of hyperpermeability and lead to symptoms of Fibromyalgia. Cells and their mitochondria malfunction, therefore, an energy deprivation syndrome develops and affects susceptible bodily functions. Guaifenesin is a weakly uricosuric and mucolytic drug, which is used to increase excretion of the over-accumulated phosphates.

### CLINICAL EVIDENCE\*

Although guaifenesin is a common ingredient in over the counter cough medications, there are few studies that show its efficacy in relieving cough. In a recent double-blind, placebo-controlled study it was found that guaifenesin significantly inhibited the cough reflex in patients with URI. It was proposed that the mechanism was either due to an overall anti-tussive action or an increase in overall sputum volume in these patients.

In over 2000 clinical cases of Fibromyalgia, guaifenesin has been found to be effective in reducing joint pain, muscle weakness and general fatigue. It has been found that a 60 percent increase in the excretion of phosphate, as well as a rise in both calcium and oxalate excretion of 30 percent of patients on a consistent dosage of guaifenesin, which may contribute to the decrease in severity in symptoms.

### RECOMMENDED PROTOCOL FOR FIBROMYALGIA SYMPTOMS

Dosage generally begins with 400 mg of fast acting guaifenesin twice daily, titrating the dosage up as necessary.

It may be advantageous for a physician to record the location, size and degree of hardness of swellings or lesions within muscles, tendons and ligaments all across the body. This map serves as a baseline for future comparisons during guaifenesin use. Individuals also make note of variations in the amount of pain and fatigue they experience, and the combined input is used to determine proper guaifenesin dosage.

### RECOMMENDED USE

**Adults and children over 12 years of age:** Take one capsule every 4 hours.

**Children under 12 years of age:** Ask a doctor.

Capsules should be taken with a full glass of water. Do not exceed 6 doses in 24 hours.

### ADVERSE REACTIONS

Pregnant or breast feeding women should consult a physician before use of this product.

Item number: AM315

Delivery system: Vegetarian capsules

Amount per bottle: 100 vegetarian capsules

Serving size: 1 capsule (400 mg)



### BENEFITS\*

Guaifenesin has been used to help aid in:

- Increasing mucus secretion to support healthy lung function
- Expectorant
- Excretion of excess phosphate accumulation to relieve Fibromyalgia symptoms

### INGREDIENTS PER SERVING

Fast Acting Guaifenesin 400 mg

Other ingredients: Hydroxypropyl Methycellulose (vegetarian capsule), Magnesium Stearate, and Water.

### MECHANISM OF ACTION

Guaifenesin is an expectorant used frequently in cough medications to increase phlegm production and decrease its viscosity, in order to remove excess mucous in the airways during acute respiratory tract infections.

The theory for the medicinal effects of guaifenesin for Fibromyalgia (FM) is based on the premise developed by Paul St. Amand, MD. His theory postulates that a possible genetic defect in some individuals may be responsible for an abnormality in natural

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Contraindications: Salicylic acid in small amounts blocks guaifenesin from binding in the kidneys. Do not take this supplement with aspirin or any other product containing salicylates, as they will decrease the efficacy of guaifenesin.

#### STORAGE

Store between 15-30 °C (59-86 °F).

Keep out of reach of children.

#### REFERENCES

1. Peter V. Dicipinigaitis, MD, FCCP; and Yvonne E. Gayle, RPh. Effect of Guaifenesin on Cough Reflex Sensitivity. CHEST 2003; 124:2178–2181)
2. St. Amand RP, Marek CC. What your doctor may not tell you about Fibromyalgia: the revolutionary treatment that can reverse the disease. New York (NY): Warner Books; 1999.

\*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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