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» **HELICOBACTER PYLORI PROTOCOL**
GASTRIC ULCER



- Exclusive information for health-care professionals -



HELICOBACTER PYLORI

Helicobacter pylori (*H. pylori*) is a bacterium linked to gastric and peptic ulcers, gastritis and stomach cancer.

H. pylori can produce proteins that interfere with the ability of the parietal cells (cells located in the upper part of the stomach) to secrete appropriate amounts of gastric acid. Infection with *H. pylori* has been shown to decrease vi-

tamin B12, iron, folic acid and vitamin A levels by reducing stomach acidity. The vitamin and mineral absorption parameters have been shown to improve after *H. pylori* eradication^(1,2).

More than half of all people over the age of 50 have had *H. pylori* in their stomach since childhood. Most of the population remains symptoms-free, but sometimes

different factors such as stress, a poor diet, the use of certain medications, environmental factors, etc., can cause inflammation of the gastric mucosa which, if not treated correctly, can lead to gastric ulceration⁽³⁾.

SYMPTOMS OF HELICOBACTER PYLORI INFECTION:

- » Bloating, burning sensation or pain in the abdomen after meals.
- » Loss of appetite and/or weight.
- » Belching, nausea and vomiting.

These can lead to more serious conditions such as:

- » Erosive gastritis.
- » Peptic or gastroduodenal ulcer.
- » Development of certain types of gastric cancer.



PHARMACOLOGICAL TREATMENT OF GASTRITIS CAUSED BY HELICOBACTER PYLORI:

The treatment of choice is bismuth-free quadruple therapy. This is the first-line treatment and consists of omeprazole, amoxicillin, clarithromycin and metronidazole for 14 days. It is 90% effective. Quadruple therapy with bismuth is a second-line choice.

The problem with antibiotic therapy is that if the bacteria are not eradicated, they can return with greater virulence and resistance to antibiotics, resulting in worsened symptoms.



DIETARY RECOMMENDATIONS:

1. Minimise salt and sugar intake, as they irritate the stomach.
2. Drinking carrot juice helps repair peptic ulcers caused by *H. pylori*.
3. Bananas also help to heal ulcers, so eating bananas / banana chips without sugar also helps to heal the stomach.
4. Aspirin, certain medications, alcohol, coffee or black tea increase the acidity of the stomach, which prevents the ulcer from healing. Replacement by chamomile tea helps to heal the irritated membranes.
5. Increase fibre intake. This slows down the movement of acidic foods and liquids from the stomach.



HELICOBACTER PYLORI - GASTRIC ULCER PROGRAMME (Duration: 16 weeks)

	Weeks 1-4	Weeks 5-8	Weeks 9-12	Weeks 13-16
L-Glutamine	5 g per day	2.5 g per day		
Grapefruit Seed Extract or Oregano Oil	10 drops 3 times a day 5 drops 3 times a day	10 drops 3 times a day 5 drops 3 times a day		
Pro-Intensity	1 capsule per day	1 capsule per day		
Lion's Mane		1 capsule per day	1 capsule per day	
HumanBiota			1 capsule per day	
Beta-Carotene			1 softgel per day	
Zinc HVP Chelate			2 capsules per day	2 capsules per day
Seabuckthorn Oil				1 softgel per day



Product Datasheet

L-GLUTAMINE

A non-essential amino acid that is important in intestinal cell function and is the main fuel for intestinal cells.

Promotes intestinal cell proliferation and survival, and helps repair the gastric cells⁽⁴⁾.

Nutritional information	1 scoop
L-Glutamine	5 g



Product Datasheet

GRAPEFRUIT SEED EXTRACT

Concentrated grapefruit seed extract known for its disinfectant and fungicidal properties.

It exerts anti-*Helicobacter pylori* activity and reduces inflammation⁽⁶⁾.

Nutritional information	5 drops
Grapefruit seed (<i>Citrus x paradisi</i>)	0,025 ml



Product Datasheet

BETACAROTENE

100% Natural mixed carotenoids complex containing balanced forms of beta-carotene, a vitamin A precursor.

Essential for the maintenance and repair of the epithelial tissues⁽⁸⁾.

Nutritional information	1 softgel
Mixed carotenoids:	155 mg
Beta-carotene (pro-vitamin A)	3 750 µg RE (25 000 UI) (469%*)
Alpha-carotene**	7 440 µg
Gamma-carotene**	116 µg
Lycopene**	34 µg

*NRV: Nutrient Reference Value in %

** Typical average values. RE: retinol equivalents.



Product Datasheet

LION'S MANE

Used in traditional Chinese medicine for gastrointestinal disorders. Promotes regeneration of the gastrointestinal mucosa.

It exerts anti-*Helicobacter pylori* activity by inhibiting its growth⁽⁵⁾.

Nutritional information	1 capsule
Lion's mane (<i>Hericium erinaceus</i>) (40% polysaccharides, 35% beta-glucans) (8:1)*	500 mg

*Standardized extract. Hot-water extraction.



Product Datasheet

WILD OREGANO

Wild-harvested *Origanum minutiflorum* species containing one of the highest concentrations of carvacrol (91-95% of volatile oils).

It contains compounds such as carvacrol with anti-*Helicobacter pylori* properties⁽⁷⁾.

Nutritional information	3 drops
Oregano oil (<i>Origanum minutiflorum</i>)	0,015 ml
Olive oil (<i>Olea europea</i>)	0,072 ml



PRO-INTENSITY

It contains 16 beneficial probiotic strains (20,000 million CFU) with bovine colostrum and prebiotics.

Colostrum helps reduce intestinal inflammation and inhibits the growth of *Helicobacter pylori* ⁽⁴⁰⁾.

[Product Datasheet](#)

Nutritional information 1 enteric capsule

Human strains:	
<i>Lactobacillus rhamnosus</i> UB5115	7 427 billion CFU
<i>Lactobacillus crispatus</i> UB4719	1 903 billion CFU
<i>Lactobacillus casei</i> UB1499	1 887 billion CFU
<i>Bifidobacterium animalis</i> ssp. <i>lactis</i> UB3963	1 427 billion CFU
<i>Lactobacillus gasseri</i> UB8141	1 427 billion CFU
<i>Bifidobacterium bifidum</i> UB4280	951 million CFU
<i>Bifidobacterium breve</i> UB8674	315 million CFU
<i>Bifidobacterium longum</i> ssp. <i>longum</i> UB9214	315 million CFU
<i>Bifidobacterium longum</i> ssp. <i>infantis</i> UB7691	315 million CFU
<i>Lactobacillus acidophilus</i> UB5997	26 million CFU
Plant strains:	
<i>Lactobacillus salivarius</i> UB4198	1 427 billion. CFU
<i>Lactobacillus plantarum</i> UB2783	73 million CFU
Dairy strains:	
<i>Lactobacillus johnsonii</i> UB7229	1 903 billion CFU
<i>Lactobacillus helveticus</i> UB7229	539 million CFU
<i>Lactobacillus paracasei</i> UB1978	52 million CFU
<i>Lactococcus lactis</i> LL-23	13 million CFU
Bovine colostrum (from <i>Bos taurus</i>) high content of proline-polipeptides	25 mg
Inulin	10 mg
Arabinogalactan (AOS)	10 mg
Xylooligosaccharides (XOS)	10 mg
Vitamin C (L-ascorbic acid)	6 mg



SEABUCKTHORN OIL

A formula rich in unsaturated fatty acids that combines sea buckthorn oil and Goji seed oil.

It improves hydration and reduces mucosal inflammation, regenerating the gastric mucosa and accelerating the recovery process ⁽⁴³⁾.

[Product Datasheet](#)

Nutritional information:	
Sea-buckthorn fruit oil ¹	600 mg
Palmitoleic acid (omega-7)	16-54%
Oleic acid	2-35%
Linoleic acid	1-15%
Sea-buckthorn seed oil ¹	400 mg
Linoleic acid	30-40%
Oleic acid	13-30%
Goji seed oil ¹	40 mg
Vitamin E (D-alpha-tocopherol)	6,7 mg α-TE (55,8%*)

¹From controlled cultivation. *NRV: Nutrient Reference Value in %.
Berries grown in the Qinghai-Tibetan plateau.



HUMAN BIOTA

Contains 12 beneficial strains of human origin (42,000 million CFU).

It includes strains that help restore mucosal integrity and intestinal barrier function, and repopulate the flora of the entire intestinal tract ⁽⁴¹⁾.

[Product Datasheet](#)

Nutritional information 1 enteric capsule

Human strains:	
<i>Lactobacillus rhamnosus</i> UB5115	31 500 billion CFU
<i>Lactobacillus casei</i> UB1499	8 324 billion CFU
<i>Lactobacillus acidophilus</i> UB5997	1 680 billion CFU
<i>Bifidobacterium infantis</i> UB9214	105 million CFU
<i>Bifidobacterium lactis</i> UB3963	105 million CFU
<i>Bifidobacterium bifidum</i> UB4280	42 million CFU
<i>Bifidobacterium breve</i> UB8674	42 million CFU
<i>Bifidobacterium longum</i> UB7691	42 million CFU
<i>Lactobacillus crispatus</i> UB4719	42 million CFU
<i>Lactobacillus gasseri</i> UB8141	42 million CFU
<i>Lactobacillus acidophilus</i> LA-14	37,8 million CFU
<i>Lactobacillus rhamnosus</i> GG	37,8 million CFU
Inulin	15 mg
Arabinogalactan	15 mg



ZINC HVP CHELATE

Chelated zinc is bound to an amino acid, which facilitates its absorption through the intestinal wall.

It exerts a healing effect on tissues, helping them to regenerate ⁽⁴²⁾.

[Product Datasheet](#)

Nutritional information 1 capsule

Zinc (HVP chelate)	25 mg (250%*)
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*NRV: Nutrient Reference Value in %. HVP = Hydrolyzed vegetable protein.

ULCERATIVE DYSPEPSIA



BLACK CUMIN SEED OIL

Each pearl contains 500 mg of black cumin (*Nigella sativa*) seed oil with 50% linoleic acid and 20% oleic acid.

In patients with ulcerative dyspepsia, a dose of 2 g/day together with omeprazole has anti-*Helicobacter pylori* activity ⁽⁴⁴⁾.

Nutritional information 2 softgels

Black cumin (50% linoleic acid, 20% oleic acid)	1 000 mg
Vitamin E (mixed tocopherols)	10 mg (83%*)

*NRV: Nutrient Reference Value in %

[Product Datasheet](#)

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