

**SOOTHE** is a medical food formulated to provide strategic macro- and micronutrient support for patients with compromised gut function resulting from inflammatory bowel disease, including ulcerative colitis and Crohn's disease.

- Provided in a proprietary, vegan pea/ rice protein base, this formula addresses increased nutrient needs and potential deficiencies in these patients.

- This formula features CurQfen®, a clinically studied, patented curcumin blend designed for greater bioavailability and more reliable clinical outcomes.

- It has been demonstrated to result in up to 45.5 times more free curcuminoids in human plasma compared to standard curcumin extract.

- SOOTHE also features XNT ProMatrix®— a proprietary protein matrix technology designed to enhance the delivery of a high quality xanthohumol compound for increased bioavailability and stability.

**Directions:** Blend (for no longer than 15 seconds), shake, or briskly stir 2 level scoops of SOOTHE (43 g) into 8 fluid ounces of chilled water, juice, or acceptable fruit as listed in the dietary guidelines. Take twice per day or as recommended by your healthcare practitioner. Consume within 10 minutes of reconstitution.

**NOTICE: THIS PRODUCT IS TO BE USED UNDER THE DIRECT SUPERVISION OF A PHYSICIAN OR OTHER LICENSED HEALTHCARE PRACTITIONER. DO NOT ENGAGE IN ANY DIET SUPPLYING LESS THAN 800 CALORIES PER DAY WITHOUT MEDICAL SUPERVISION.**

**Ingredients:** Pea protein isolate, isomalto-oligosaccharide, rice protein concentrate, rice bran, calcium citrate, olive oil, flaxseed powder, magnesium citrate, gum acacia, medium-chain triglycerides, L-lysine HCl, L-leucine, silica, L-glutamine, L-valine, dipotassium phosphate, L-isoleucine, rice protein matrix and polyphenols from hops extract, proprietary mix of curcumin and fenugreek galactomannans, quercetin, vitamin and mineral blend (zinc gluconate, ascorbic acid, manganese gluconate, d-alpha tocopheryl acetate, copper gluconate, D-biotin, retinyl palmitate, niacinamide, cholecalciferol, calcium D-pantothenate, chromium picolinate, pyridoxine HCl, riboflavin, potassium iodide, thiamin HCl, methylcobalamin, calcium L-5-methyltetrahydrofolate, and selenomethionine), xanthan gum, ginger rhizome extract, rosemary leaf extract, natural flavors,^ Luo Han Guo fruit (monk fruit) extract, and guar gum.

**US Patent 11,026,897**

**This product is non-GMO and gluten-free.**

**Caution:** Do not use if pregnant or nursing. If taking medication, please consult your healthcare practitioner before use. Keep out of the reach of children.

**Tamper Evident:** Do not use if package is torn or open.

**Storage:** Keep closed in a cool, dry place.

^No MSG

# blum™ HEALTHMD

## SOOTHE

Advanced Nutritional Support  
for the Management of  
Compromised Gut Function in IBD

Original Spice Flavor  
with Other Natural Flavors

MEDICAL FOOD

NET WT. 21.23 oz (1 lb 5.23 oz) (602 g)

**Information per Serving:**

Serving Size .....	2 Scoops (43 g)
Servings per Container .....	14
Calories .....	170
Total Fat .....	7 g
Saturated Fat† .....	1.5 g
Trans Fat .....	0 g
Polyunsaturated Fat.....	1.5 g
Monounsaturated Fat .....	2.5 g
Cholesterol .....	0 mg
Sodium .....	120 mg
Total Carbohydrate.....	13 g
Dietary Fiber .....	3 g
Total Sugars .....	3 g
Includes 2g Added Sugars	
Protein.....	13 g <sup>††</sup>

**Typical Amino Acid Profile per Serving<sup>§</sup>**

Amino Acid	mg/Serving
L-Alanine.....	580
L-Arginine*** .....	1,090
L-Aspartic Acid .....	1,580
L-Cystine (Cysteine)** .....	140
L-Glutamic Acid .....	2,450
L-Glutamine*** .....	750
Glycine*** .....	520
L-Histidine** .....	310
L-Isoleucine (BCAA)* .....	1,010
L-Leucine (BCAA)* .....	1,870
L-Lysine** .....	1,710
L-Methionine** .....	160
L-Phenylalanine** .....	710
L-Proline*** .....	610
L-Serine*** .....	700
L-Threonine** .....	510
L-Tryptophan** .....	120
L-Tyrosine*** .....	530
L-Valine (BCAA)* .....	1,150

† Saturated fat content is contributed by medium-chain triglycerides

†† 16 g total protein with added amino acids: L-lysine, L-leucine, L-glutamine, L-valine, and L-isoleucine

§ Contributed by pea protein, added amino acids, and rice protein

\*\* Essential amino acid

\*\*\* Conditionally essential amino acid

**Percentage of Reference Daily Intakes (RDI)**

**Each Serving Contains:** % RDI

Vitamin D <sub>3</sub> (as cholecalciferol) .....	10 mcg (400 IU) .....	50%
Calcium .....	500 mg .....	40%
Iron .....	3.5 mg .....	20%
Potassium.....	350 mg .....	8%
Vitamin A.....	370 mcg .....	40%
Vitamin C.....	30 mg .....	35%
Vitamin E.....	5 mg .....	35%
Thiamin .....	0.37 mg .....	30%
Riboflavin.....	0.42 mg .....	30%
Niacin .....	7 mg .....	45%
Vitamin B <sub>6</sub> .....	0.5 mg .....	30%
Folate (as calcium L-5-methyltetrahydrofolate) .....	340 mcg DFE .....	90%
Vitamin B <sub>12</sub> (as methylcobalamin).....	3 mcg .....	130%
Biotin .....	75 mcg .....	250%
Pantothenic Acid.....	2.5 mg .....	50%
Phosphorus .....	340 mg .....	25%
Iodine .....	37 mcg .....	25%
Magnesium.....	260 mg .....	60%
Zinc .....	13 mg .....	120%
Selenium .....	52 mcg .....	90%
Copper.....	1.5 mg .....	170%
Manganese.....	2.5 mg .....	110%
Chromium.....	120 mcg .....	340%
Chloride .....	280 mg .....	10%
Alpha-Linolenic Acid (ALA) (from flaxseed).....	400 mg .....	*
Proprietary Mix of Curcumin [from <i>Curcuma longa</i> L. ....	250 mg .....	*
rhizome extract standardized to 40% (100 mg) curcuminoids] and		
Fenugreek Galactomannans (from <i>Trigonella foenum-graecum</i> seed extract)‡		
Rice Protein Matrix and Polyphenols from Hops .....	250 mg .....	*
( <i>Humulus lupulus</i> L.) Cone Extract (standardized to 2.5% xanthohumol)		
Quercetin.....	200 mg .....	*
Rosemary ( <i>Rosmarinus officinalis</i> ) Leaf Extract.....	100 mg .....	*
Ginger ( <i>Zingiber officinale</i> ) Rhizome Extract.....	100 mg .....	*
[standardized to 5% (5 mg) total pungent compounds]		

‡CurQfen® is a registered trademark of Akay Natural Ingredients Private Limited

\*Daily value not established

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