PurePaleo™ IgG is a premium, highly bioavailable Paleo protein powder featuring a novel bovine serum albumin concentrate. This unique protein is isolated from bovine plasma and includes naturally occurring bioactive peptides and growth factors, which allow for rapid amino acid delivery to promote lean muscle mass and recovery. It has an excellent array of amino acids, including high levels of branched chain amino acids (BCAAs). The immunoglobulins in PurePaleo™ IgG are obtained from a dairy-free source, making it ideal for individuals who avoid dairy, or anyone who is looking for a low allergenic protein with high digestibility.

With 2 grams of immunoglobulins per serving, PurePaleo™ IgG provides double the amount of IgG of most whey proteins. This supplies the perfect building blocks for protein synthesis as well as supporting gut immune function, by modulating the gut microbiota and strengthening the integrity of the gut lining. Additionally, the bovine serum albumin in this product is rich in transferrin, the plasma glycoprotein that binds free iron and limits its oxidative effects.

PurePaleo™ IgG mixes easily in water and is available in chocolate and vanilla flavors. It is free of artificial sweeteners, colors and flavors, and is sweetened with stevia leaf extract.

### Bovine serum albumin – a unique protein

The increasing prevalence of food sensitivities means individuals are seeking nutritional products tailored to meet their unique needs. PurePaleo™ IgG features the many benefits of whey protein without the allergenicity of dairy. People with multiple sensitivities looking for a highly palatable and efficacious protein powder have limited options if they must avoid dairy or egg, yet prefer the complete amino acid profile of an animal-sourced protein (as opposed to those of soy, pea or rice).

A small study evaluating plasma effects of bovine serum albumin (BSA) protein compared to whey protein showed that BSA has a similar absorption rate to whey. Peak leucine concentrations were nearly equal, but compared to whey, BSA resulted in a longer period of sustained elevated leucine, with this BCAA being a key regulator of skeletal muscle protein synthesis via the mTOR pathway. An additional benefit of BSA over whey is that it is less insulinogenic while having a greater stimulatory effect on IGF-1, a potent signaling hormone for muscle tissue growth.

### Bovine IgG and Gut Health

Owing to the IgG content and the abundance of glutathione precursors in PurePaleo™ IgG, this product may be effective for improving gut barrier dysfunction and reducing systemic inflammation. This would be of benefit to athletes participating in activities of high frequency, volume or duration, which often lead to inflammation, significant oxidative stress, compromised digestive function and poor intestinal health.

The beneficial effects of serum-derived immunoglobulins for gut health go beyond aiding athletes. Individuals with inflammatory bowel disorders may experience some degree of relief through supplementation with the unique protein in PurePaleo™ IgG. Case reports of 14 patients with IBS-C, IBS-D, a mixed form of IBS or an undefined variety who consumed 5 or 10 grams daily of bovine serum immunoglobulins (combined with medication or a low FODMAP diet) showed that 12 of the 14 reported an overall improvement in symptoms (e.g., better stool consistency, decreased frequency, reduced abdominal pain, bloating and distention, and incontinence), with some experiencing complete resolution of symptoms. Many of these effects were experienced within just four weeks of starting supplementation, with continued improvements over time. Other studies corroborate these findings, with IBS-D patients receiving serum-derived bovine immunoglobulin protein isolate reporting improvements in abdominal pain, loose stools, bloating, flatulence and urgency.

Studies in children and adults demonstrate that orally administered IgG from bovine serum survives exposure to gastric acidity and resists proteolytic digestion in the stomach and lower GI tract. There are wide variations in measurements of recovered immunoglobulins with intact immunological activity, but one paper states that “approximately 25%-50% of orally administered IgG survives digestion in the stomach and small intestine.” That intact IgG and digested IgG fragments which retain immunological and binding activity reach the large intestine makes administration of IgG a therapeutic option for compromised GI function and “mitigation of damage caused by bacterial enterotoxins, endotoxins and secreted exotoxins.”

### PurePaleo™ IgG May Benefit:

- Growth and maintenance of lean muscle mass in bodybuilders and athletes
- Recovery from intense training
- Gut health; intestinal barrier integrity
- Healthy intestinal inflammatory response
- Recovery from physical trauma
- Maintenance of healthy weight in the elderly
- Individuals requiring a hypoallergenic protein for regular protein intake
- Muscle maintenance in those with cachectic/muscle wasting conditions

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**PurePaleo™ IgG:**

- Paleo protein powder featuring highly bioavailable bovine serum albumin concentrate
- Transferrin, the plasma glycoprotein that binds free iron and limits its oxidative effects
- Contains naturally occurring bioactive peptides and growth factors
- Ideal for individuals who avoid dairy and are looking for a low allergenic protein
- Available in chocolate and vanilla flavors
- Sweetened with stevia leaf extract

**Science first.**

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Serum-derived bovine immunoglobulins improve intestinal health through multiple mechanisms, such as beneficially influencing gastrointestinal microbiota and strengthening tight junctions between intestinal epithelial cells. These immunoglobulins are “postulated to involve binding to microbial components, maintaining immune balance in the gastrointestinal tract, managing gut barrier function including increasing expression of the tight junction proteins zonula occludens-1 (ZO1) and occludin, and improving nutrient uptake.” Other studies concur with regard to serum-derived immunoglobulins “binding and neutralizing microbial components, which helps to maintain a beneficial gut microbiota, manage gut barrier function, and maintain immune balance.”

Muscle tissue support – beyond bodybuilding

While serum-derived proteins and immunoglobulins have obvious potential benefits for bodybuilders, endurance athletes, and anyone looking for a highly bioavailable and rapidly absorbed protein source, the unique formulation in PurePaleo™ IgG may be especially instrumental for facilitating weight maintenance in individuals with various enteropathies or atrophy of the intestinal mucosa due to chemotherapy, HIV, or another condition or treatment that adversely affects the GI tract and leads to undesired weight loss. In a small study of individuals with HIV enteropathy, twice daily supplementation with 2.5 grams of bovine serum immunoglobulin resulted in “profound improvement in symptoms,” including reduced bowel movement frequency and improvements in stool consistency. Additionally, although gut permeability was normal before and after the intervention, d-xylose absorption increased in seven of eight participants. A study looking at mouse models of colitis found serum-derived bovine immunoglobulin to be highly effective for reducing the expression of inflammatory cytokines and improving intestinal integrity with modest effects on clinical signs of colitis such as weight loss and stool consistency. The authors concluded, “The lack of toxic side effects and its effectiveness in restoring the barrier properties of the colonic epithelium suggest that SBI [bovine immunoglobulin] has a potential as a nutritional therapy adjunctive to conventional treatments to help manage patients with IBD.”

Highlights

• Synergistic formula providing benefits of highly digestible protein & IgG
• Hypoallergenic—free of dairy, soy and egg
• Rapid absorption; high bioavailability
• Ideal formula for general maintenance
• Less insulinogenic than whey protein
• Delicious flavor; mixes easily
• A true Paleo protein—no dairy or legumes

Features

• Complete amino acid profile (animal-derived alternative to whey)
• Rich in glutamine—support for gut health
• High levels of glutathione precursors (2.5x more cysteine than whey protein)
• High leucine content—desirable for bodybuilding and lean muscle growth

Recommended Use

• As a dietary supplement, mix 27 grams (approx. two scoops) in eight ounces of water or any other beverage per day, or as directed by a health care practitioner.
• For GI Support: Consider combining with GI-Revive™, Immunitone™, or ImmunoMod-A™.
• For Athletes/Muscle Maintenance: Consider combining with Beta-Alanine-SRT™ or KreAlkalyn-Pro™.

For a list of references cited in this document, please visit:
http://catalog.designsforhealth.com/assets/itemresources/PurePaleo_IgG_References.pdf

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