



Wellness Minute

Health Information You Can Use On Your Path To Wellness



Benefits Beyond The Gut

“If you have a bowel-resistant condition, consider feeding the cells that maintain homeostasis in the bowel with Butyric-Cal-Mag.”

One of the unsung heroes of the gut is the four-carbon fatty acid Butyrate. Butyrate is produced by the microbial fermentation of dietary fiber and is the primary energy source for epithelial cells of the colon, called colonocytes. If a cell doesn't have sufficient energy, it can't maintain its integrity and function as intended. As a result, intestinal barrier integrity is compromised, which leads to all kinds of problems. Because the size of this molecule is so small, it's like a little energy package. The literature also shows butyrate plays a role in immune modulation, cancer suppression, intestinal barrier health, inflammation, diarrhea control, and the perception of gut pain. Butyrate also plays a role in gene regulation.

Dr. Mark Force, shared his first choice to support GABA utilization is butyrate, because it not only supports the healing the tight junctions of the gut wall barrier, but it also supports healing the blood brain barrier. And Cardiologist, Jack Wolfson, shared an article on butyrate and how it stabilizes plaque. Biotics Research was one of the first companies to provide butyrate as sodium butyrate in Butyric-Cal-Mag. Although effective, it had some drawbacks. One was the smell. In the beginning, patients had to be cautioned when they opened the bottle because the odor was... well... it was intense to put it mildly. That challenge was overcome with a little vanilla flavoring. But the production of intestinal gas was still a problem. Also, because it

is a four-carbon molecule, it was never really clear if oral butyrate reached the colon, because some of it was used as fuel in the small intestine. To assure that it reached the colon, a heavier dose was used by clinicians, usually 2-3 tid, depending on the size of the patient. Although the name Butyric-Cal-Mag remains the same, Biotics has updated the formula by using ButyraGen™, a Tributyrin Complex as the source of butyrate. 2 capsules of Butyric Cal-Mag supply 975 mcg of vitamin A, 16.7 mg of pantothenic acid, 40 mg of magnesium, 40 mg of calcium, and 1000 mg of butyrate as Tributyrin.

Tributyrin is more bioavailable. It's better tolerated, as in less gas and odor. As I mentioned,

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butyrate has value in other areas outside the colon: gene regulation, oxidative stress reduction which reduces inflammation, and blood brain barrier support among others. Tributyrin is rapidly absorbed and then converted to butyrate when metabolized by pancreatic lipases.

Tributyrin is one of other nutrients that activates an enzyme named PGC-1a that protects genes from DNA damage, which is the foundation for many chronic conditions, including accelerated aging, diabetes, cancer, and atherosclerosis.

Tributyrin has been shown to support liver function in a variety of ways. Tributyrin has been shown to modulate other enzymes with favorable effects on memory and cognitive function.

Perhaps the greatest benefit for switching from sodium butyrate to Tributyrin is the dose reduction. Whereas, with sodium butyrate 2-3 capsules, 3x a day was suggested, research indicates 1-2 capsules 2x a day would achieve the same effect.

As a reminder, creating the milieu for the body to make butyrate naturally is also important.

Reducing processed foods and eating more fiber are two things that all of us can do. So, if you have a bowel-resistant condition and current therapies aren't working, consider feeding the cells that maintain homeostasis in the bowel. Talk with your clinician about Butyric-Cal-Mag, and remember, that by supporting with butyrate, you are creating many benefits beyond the gut.