



Mastica

- *May support gastric mucosal cellular integrity**
- *May contribute to gastrointestinal health, particularly for unfriendly bacteria that reside in the stomach**

In a study published in *The New England Journal of Medicine*, mastic gum was reported to contribute to gastrointestinal health, particularly for unfriendly bacteria that reside in the stomach.*

Mastica

Mastic gum is a resinous extract from the *Pistacia lentiscus* tree, indigenous to the Mediterranean islands, especially the Greek island of Chios. Traditionally, mastic gum was used by the ancient Greeks, Babylonians and Egyptians for digestive tract health, to support gum and mouth health, and as a food preservative.*

Modern research has confirmed some of the traditional uses of mastic gum, including its roles in oral health and healthy digestive functioning.* Researchers at the University of Nottingham used mastic gum in clinical trials to show mastic gum's contribution to gastrointestinal health, particularly for unfriendly bacteria that reside in the stomach.* In an *in vitro* study published in the *New England Journal of Medicine*, mastic gum was

shown to inhibit *Helicobacter pylori* at very low (microgram) concentrations.*

Researchers at Aristotle University in Greece studied topical mastic gum and found potential benefit for the health of the mouth.* Other European researchers confirm that mastic gum may help support the strength of the gums and teeth.*

In addition, mastic gum is used in a number of medical and pharmaceutical applications. Many studies confirm that mastic gum has a low toxicity potential. Mastic gum is well tolerated and has no serious side effects when consumed at the recommended dietary supplement dose of 1-2 grams per day.

Allergy Research Group®
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*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

NEW ENGLAND JOURNAL OF MEDICINE

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N Engl J Med, 339(26):1946, December, 1998.

“I am very pleased with ARG’s Mastica Gum. I am seeing good results with my patients.”

- Dr. Leo Galland, M.D.

Mastica

**Item # 73660
120 capsules**

Serving Size: 1 Capsule
Servings Per Container: 120

Amount per serving:

Mastic Gum (*Pistacia lentiscus*) 500 mg

Suggested use:

As a dietary supplement, 1 or 2 capsules two times daily between meals, or as directed by a healthcare practitioner.

Other Ingredients: Gelatin, cellulose, magnesium stearate, silicon dioxide.

