

## ANECDOTAL RESULTS REPORTED BY INDIVIDUALS TAKING LINQ:

A NEW CUTTING-EDGE BUTYRIC ACID SUPPLEMENT Take the results of LINQ's personal report:

A new cutting edge butyric acid additive

Dr. Larry G. Martin, CEO Nutrigenomic Health, INC.

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This white paper discusses gut health, LinQ (the latest "high-quality butyric acid supplement"), and anecdotal reports from five patients who recorded medical diagnoses of moderate to severe gut health problems. They took them. Activz, LinQ supplement.

### Introduction

In the past two decades, research has shown that intestinal health is critical to the overall health of the body (1). Unhealthy bowel can cause a variety of health problems such as diabetes, obesity, rheumatoid arthritis, autoimmune diseases, depression, anxiety and chronic fatigue syndrome (1), as well as various neuropathology, metabolic syndrome and other diseases. Process (2).

Studies have further shown that intestinal bacteria in healthy people are different from intestinal bacteria in disease processes (2). Most disease processes can contribute to the various bacteria that make up the gut microbiota (3).

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### What is the Gut Microbiome? What is the gut microbiome?

The human "intestinal microbiome" is located in the intestine and is composed of trillions of microbes (microorganisms) and other genetic material such as bacteria, fungi and viruses (4). These microbes have functions that are critical to our overall health and well-being. They play a key role in digesting the food we eat and helping to absorb and synthesize nutrients. These microbes are involved in many important processes beyond the gut, such as immune regulation, weight and metabolism, and brain function and mood regulation. There are many factors affecting the type and quantity of microorganisms contained in the gut microbiome (5). Everyone has a unique microbial footprint that can be divided into one of three types: Bacteroides, Pneumocystis or Rumenococcus. This is based on the individual's bacterial ecosystem (6, 7).

### How does the Gut Microbiome Develop? How does the gut microbiota develop?

The gut microbiome begins to be filled with bacteria early in life. The researchers suggest that this process begins when we are still in the womb. There are many factors at birth that affect the types of bacteria and other microorganisms that survive and multiply in our intestines. Some of these factors include heredity, maternal health during pregnancy and childbirth, whether it is vaginal delivery or caesarean section, and whether we are breast or bottle feeding. As our body grows, there are still many factors that determine the variation of bacteria and other microorganisms in the gut. Some of these things are difficult to change, such as genetics, stress events or illness, but some factors can be modified or controlled, such as lifestyle and behavior, exercise, and especially diet (8). These are considered to be epigenetic changes.

### Gastrointestinal Disease Diagnosis And Treatment Rates Gastrointestinal Disease Diagnosis And Treatment Rates

Gastrointestinal diseases have become the main concern of the world (9). These disease conditions have been well documented and are often associated with changes in eating habits (10). In the United States alone, the number of visits to the doctor's office with digestive diseases as the primary diagnosis in 2016 was 32.3 million. The number of emergency department visits reporting digestive diseases as the main diagnosis was 8.6 million (8). Obviously, this is a major health issue that requires serious attention. In addition to health-related issues, the cost of these services and associated pharmacological costs are also skyrocketing, which has increased the already strained

health care system. Enteral health diseases dominate the prescription drug market, accounting for 50.7% of the total prescriptions, accounting for 77.3% of the total cost due to five products mainly used for GERD. Other expensive drugs are prescriptions for antacids and inflammatory bowel disease, irritable bowel syndrome (IBS) and constipation. These over-the-counter, supplemental and alternative medicines, infusions and hospital-administered medications are not included in these expenses (8).

**What is the Role of Butyric Acid in Gut Health? What is the role of butyric acid in intestinal health?**  
The current study shows that one of the main reasons for the increase in gut health problems is the lack of proper fiber (bulk) in our diet and the excessive processing of processed foods that lack important nutrients (9). Since the fiber is not easily digested, it remains in the intestinal tract for a sufficient period of time to ferment to produce butyric acid. Butyric acid is a beneficial short-chain fatty acid that is essential for maintaining intestinal health. It provides approximately 70% of the energy source required for epithelial cells in the intestinal lining. This allows the epithelial cells to function properly and protect the integrity of the intestinal lining.

Butyric acid has been studied for many years, revealing that the results support the need to consider the addition of butyric acid as a supplement to improve intestinal health. A recent report from the Basic Medical Review states: "Overall, the attractive safety and functional characteristics of butyric acid are considered to be the most promising new supplements on the market for the treatment of gastrointestinal and neurological diseases. One of the main reasons." (6).

Studies have shown the potential efficacy of butyric acid in the prevention and treatment of gastrointestinal, neurological and metabolic disorders. Clinical studies support an increasing number of anecdotal evidence of the practical benefits of high-quality butyric acid supplements to patients (4, 6).

**Butyric Acid Gut Health Supplement 'LINQ' Butyric Acid Intestinal Health Supplement 'LINQ'**

The new advanced supplement market is a gut health product called LinQ, which was introduced to the US supplement market in October 2018. LinQ is manufactured by Activz, a health and wellness company based in Salt Lake City, Utah. Activz introduces LINQ as a new enteral health product, a unique butyric acid supplement with a proprietary molecular wrap that allows molecules to be absorbed in the gut to provide a complete active dose. In addition, this LinQ product incorporates three special prebiotics designed to promote the growth of butyric acid in the intestines.

Activz reports the following benefits Activz reports the following benefits

- LinQ increases metabolism by introducing hormone production and increasing the number of mitochondria, helping to break down fat cells, improving insulin sensitivity and increasing energy expenditure.
- LinQ improves brain function by increasing neurogenesis (neuron production), strengthening the blood-brain barrier, and playing a key role in the production of neurotransmitters and alleviating mood disorders.
- LinQ improves the "second brain" bowel function by increasing gene expression critical for healthy intestinal lining.
- LinQ regulates the immune system by upregulating anti-inflammatory genes and down-regulating pro-inflammatory gene expression.

**Anecdotal Results From Case Studies Case Study Results**

The following is a small part of the many anecdotal results reported after taking the new intestinal health product LinQ.

**Case #1 Case 1**

**Target:** 63-year-old male, retired medical service provider

**History/symptoms:** Helicobacter Pylori bacteria about 6 years ago. IBS-like symptoms appear after one month of antibiotic treatment. Symptoms last for several weeks and last for 6 years. The frequency of attacks increases over time. Shortness of abdominal pain or severe diarrhea occurred shortly after meals. Specific foods and spices seem to be the trigger for these attacks.

LinQ Supplement: Start taking a loading dose of LinQ consisting of two capsules twice daily for two weeks and two weeks later to reduce to a standard dose of one capsule twice daily.

RESULTS: Subjects were positive about his condition and recovery during the first week of LinQ. He recommends an 80% increase after taking two capsules twice a day for two weeks. After reducing to the standard dose, the subjects indicated that he had little or no IBS-like symptoms after 4-6 weeks of using this new LinQ butyric acid supplement.

#### Case #2 Case #2

Target: 46-year-old male, truck driver

History/symptoms: Emergency appendectomy in November 2013. The attachment ruptured and the infection spread throughout the abdominal cavity. Subjects were treated with high doses of antibiotics during and after surgery. He reported irregular bowel movements and diarrhea in the next five years. Symptoms continue to worsen over time. As a long-distance truck driver, it is not feasible to find a toilet that can park a large rig on many occasions. This results in loss of intestinal control while driving.

LinQ added: The theme was introduced to LinQ. Instead of taking the recommended loading dose, he took one capsule twice a day according to the instructions on the label.

RESULTS: Subjects reported that after the first day of taking LinQ, his mental clarity increased and he felt his memory improved. By the fifth day, his stool was more fibrous and cumbersome, and the sudden onset of diarrhea almost disappeared. By the 15th day, the diarrhea completely subsided and he had regular bowel movements. On the 30th day, he reported that he felt "I have my life returning, I can eat what I want, and the bathroom no longer controls my life."

#### Case #3案例#3

Target: 85-year-old female

History/Symptoms: Subjects reported several years of onset of IBS episodes weekly with significant bowel pain, cramps, and severe diarrhea. Sudden symptoms lead to a decrease in social activities and loss of confidence when leaving home. She believes that these attacks may be related to food sensitivity, but it is not certain which foods are causing these problems.

LinQ added: Subjects started taking LinQ products on October 25, 2018. The recommended loading dose schedule is to use two capsules twice daily for the first week and two capsules per day for the first two weeks.

RESULTS: Subjects reported after the second week that she felt a reduction in the onset of diarrhea and loose stools and a significant improvement in the symptoms of sputum IBS. By the fourth week, she felt like she was "returning to normal, eating regular food again" and there were no other complications.

#### Case #4 Case #4

Target: 77-year-old female

History/Symptoms: Subjects underwent hysterectomy, chemotherapy, and radiation therapy in 1988. A diarrhea episode begins shortly after these treatments. Several medical interventions to control diarrhoea have been implemented with little success. Subjects reported diarrhea several times a day, and self-reported quality of life was poor for 30 years. Uncontrolled defecation caused her to spend most of her time at home. She reported lymphedema in her left leg. Blood pressure is described as elevated and difficult to control. She also had a stroke a few years ago. In October 2018, she developed a serious yeast infection, with failure to treat with antibiotics leading to a worsening of diarrhea and aggravation of yeast infection.

LinQ Supplement: Subjects started taking LinQ on November 25, 2018. It is recommended to take 2 capsules twice a day, twice daily, twice a day, twice daily.

RESULTS: On November 27, 2018, subjects reported that yeast infections showed improvement, so that it was not painful to use toilet paper again. On November 28, she reported that she had formed feces for the first time in 30 years. By December 10, 2018, she reported that the yeast infection had almost been resolved and she no longer had diarrhea. She emotionally expressed her quality of life "very good, because I was worried about intestinal problems, I appeared again in the community."

#### Case #5 Case #5

Target: 44-year-old female, physician

History/symptoms: After a seizure of nearly 9 months, a soft-hearted brain tumor (anaplastic astrocytoma) was diagnosed 11 and a half years ago. She underwent complete resection of the tumor and then underwent 6 weeks of daily radiation therapy. She reported headaches after treatment and started daily migraine 7 years ago. This limits her ability to work because of nausea and vomiting. The diagnosis of worsening occipital neuralgia associated with recurrence of brain cancer has recently been reported.

LinQ supplement: Subjects started taking a standard loading dose of LinQ twice daily twice a week, two weeks later, twice a week, twice a time, one capsule at a time.

RESULTS: Subjects reported an improvement in her chronic daily migraine by 50-80% after 5-14 days of loading. In addition, she reported that migraine has forgotten to take LinQ products after a few days.

[Dietary supplements are not used to treat, diagnose, cure or alleviate the effects of disease]

#### Reference REFERENCES

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