



# A.C. Formula® II

Introduced 2011

## What Is It?

This synergistic combination of herbal extracts, caprylic acid and calcium undecylenate promotes a healthy environment for microflora in the colon and intestinal tract.\*

## Uses For AC Formula II

**Microbial Balance:** Undecylenic acid and caprylic acid are fatty acids that promote a favorable environment for beneficial microflora. Calcium and magnesium act as buffers and may also help slow the dispersion and release of undecylenic acid and caprylic acid to support activity throughout the gastrointestinal tract. Grapefruit seed extract and berberine sulfate are highly concentrated fungal and microbial balancing extracts. Research suggests that they promote a healthy G.I. environment when exposed to a wide range of bacterial biotypes.\*

## What Is The Source?

Caprylic acid is derived from palm oil. Undecylenic acid is derived from castor bean. Calcium and magnesium are derived from the lime of rock. Bromelain is sourced from the stem of pineapple. The activity of is expressed as GDU (gelatin digestion units) and provides 2,400 GDU per gram. Grapefruit seed extract is derived from the seed and fruit and standardized to contain 40% flavones and flavonones. Berberine sulfate is derived from *Berberis aristata* root. Hypoallergenic plant fiber is derived from pine cellulose.

## Recommendations

Pure Encapsulations recommends 2-6 capsules daily, in divided doses, just before meals, with 6-8 oz water.

## Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women. Caprylic acid has been associated with G.I. upset, bloating or diarrhea. Caprylic acid is not recommended for individuals prone to developing kidney stones. Bromelain has been associated with G.I. upset or diarrhea. Individuals with an allergy to pineapple should avoid this product. Consult your physician for more information.

## Are There Any Potential Drug Interactions?

Caprylic acid may be contra-indicated with NSAID's (non-steroidal anti-inflammatory drugs) and certain blood thinning medications. Bromelain may be contra-indicated with blood thinning medications and certain antibiotics. Grapefruit can affect the way that the liver breaks down certain medications (for example, statins, calcium channel blockers and mood stabilizers) metabolized by the cytochrome P450 system, altering the effects of these medications and possibly the dose needed for treatment. Consult your physician for more information.

## A.C. Formula® II

two vegetarian capsules contain  v 00

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| calcium (as calcium undecylenate and calcium caprylate).....                                     | 44 mg  |
| magnesium (as magnesium caprylate).....  | 17 mg  |
| caprylic acid (as calcium and magnesium caprylate) .....   | 400 mg |
| bromelain (2400 GDU/g).....  | 250 mg |
| undecylenic acid.....  | 125 mg |
| grapefruit (citrus x paradisi) extract (seed and fruit).....                                     | 100 mg |
| berberine sulfate .....  | 50 mg  |
| other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water) |        |

*Not to be taken by pregnant or lactating women. Consult a health professional before taking this or any other product, and if you are taking any medications.*

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