



# THERA N Ø R D I C

Addressing

Ulcerative Colitis, IBS and  
leaky gut with a

Zinc L-Carnosine protocol

Joni Laiho, CEO  
THERA Nordic UK



# INFLAMMATORY BOWEL DISEASE (IBD)

- Crohn's Disease (mostly upper GI)
- Ulcerative Colitis (mostly lower GI)

## Not IBD:

- IBS
- Leaky Gut

All of these share similar inflammatory pathways, in varying degrees.

# ULCERATIVE COLITIS – WHY?

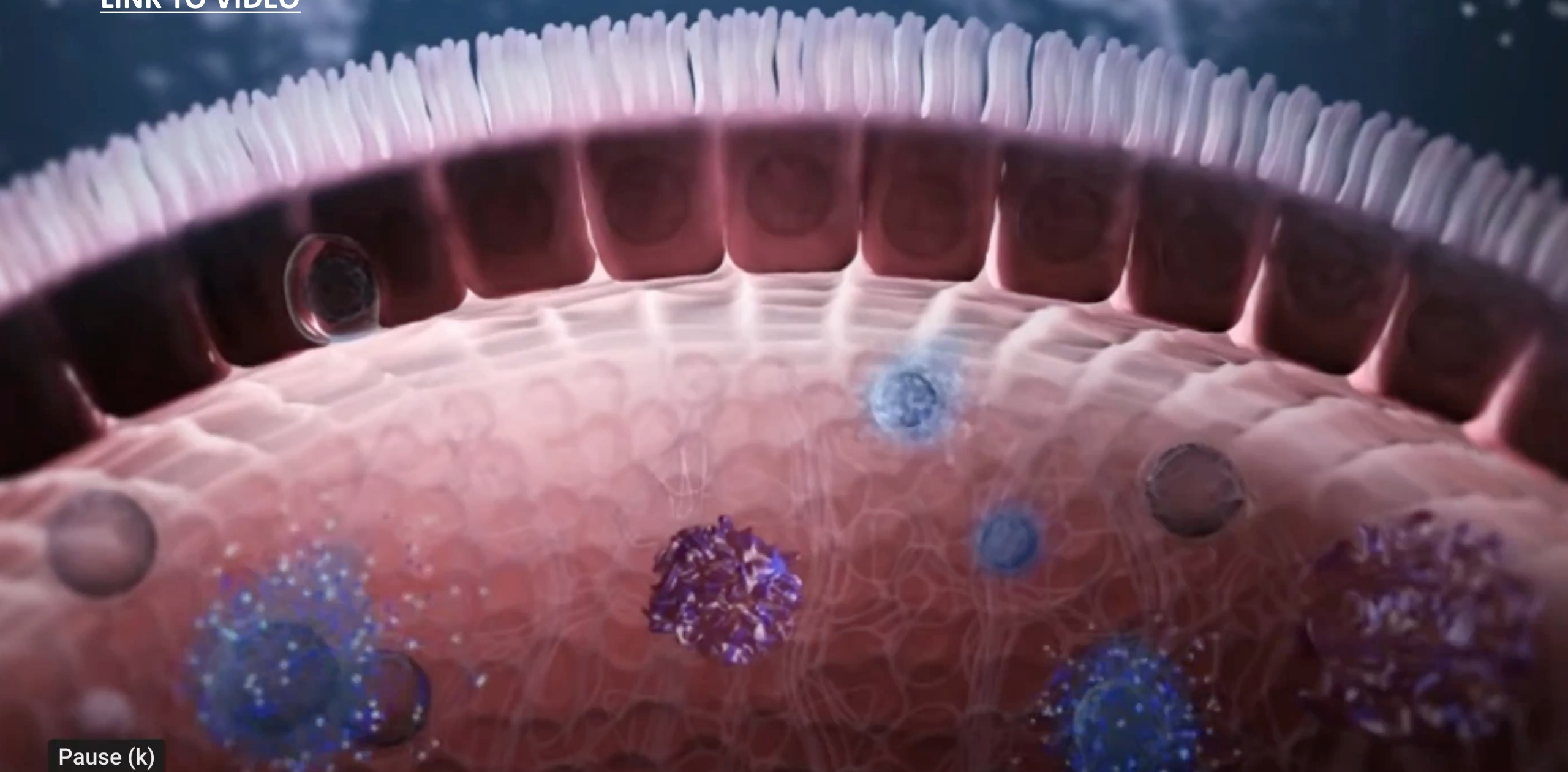
“The pathogenesis is multifactorial, involving **genetic predisposition, epithelial barrier defects, dysregulated immune responses**, and environmental factors. Patients with ulcerative colitis have mucosal inflammation starting in the rectum that can extend continuously to proximal segments of the colon.”

- Natural inflammatory response, but out of control



# Leaky gut & inflammatory response in the gut

[LINK TO VIDEO](#)



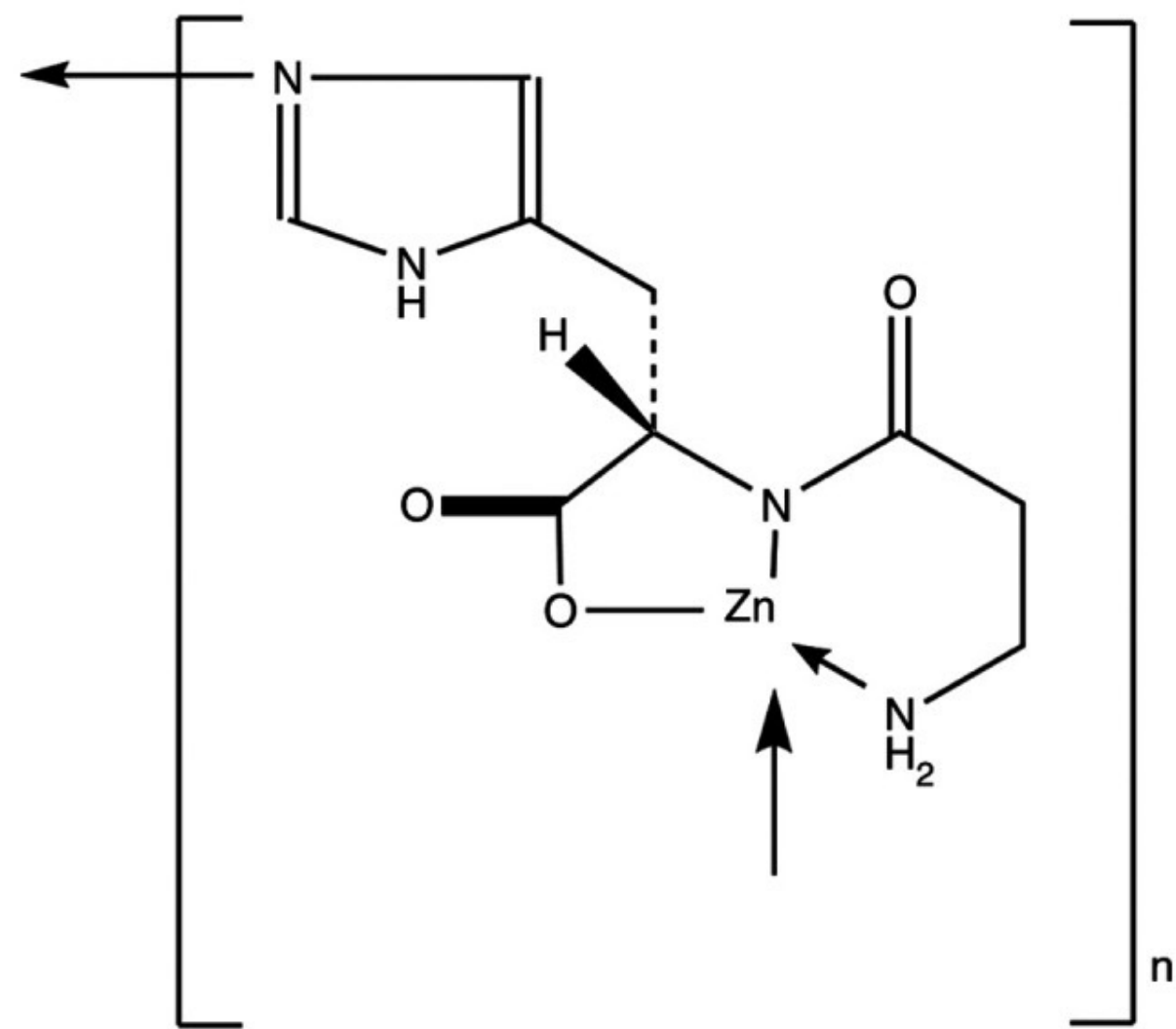


# ZINC CARNOSINE PROTOCOL

FOR MODULATING THE INFLAMMATION & REPAIR

# ZINC L-CARNOSINE

- **L-Carnosine**
  - Beta-Alanine
  - Histidine
  - Complexated with **Zinc Acetate**
- Targeted wound healing
- Low zinc source at 11% absorption rate

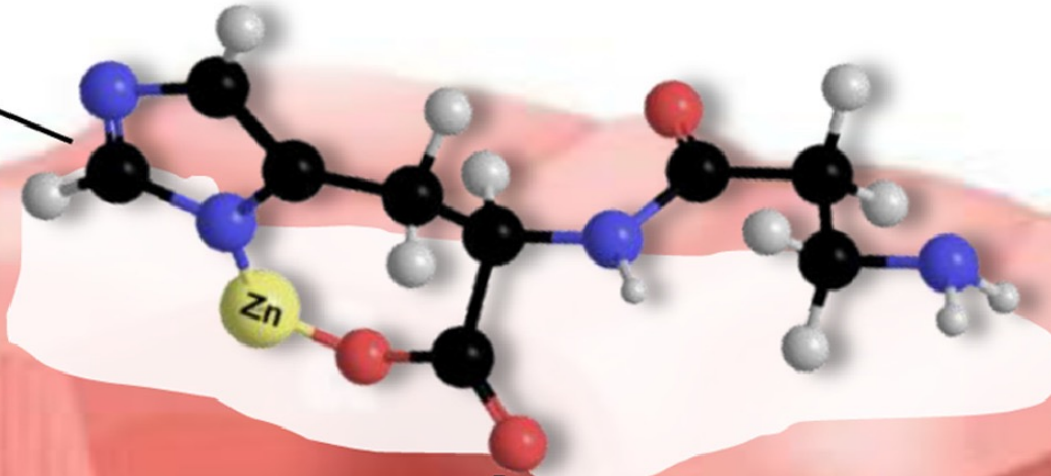




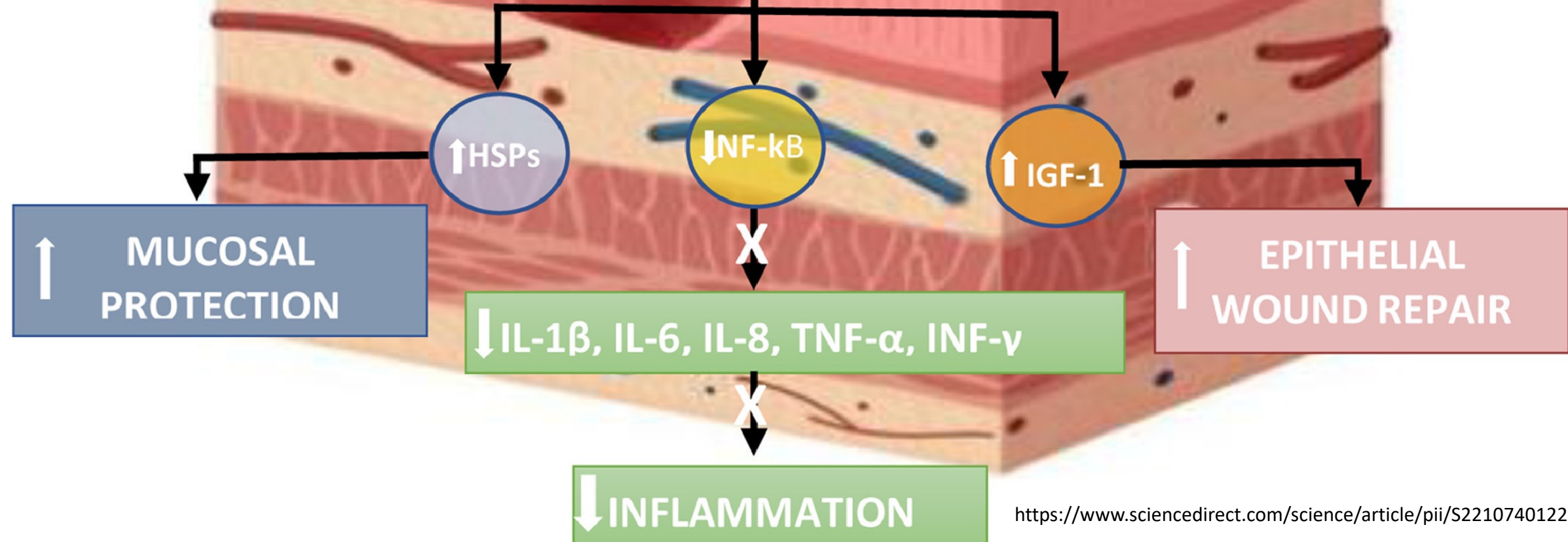
[How Zinc Carnosine works – animation link](#)



# ZINC L-CARNOSINE



IMPAIRED MUCOSA





# ZINC L-CARNOSINE

## Upregulates:

- Heat Shock Proteins (protection)
- Insulin-like Growth Factor 1 (repair)
- Glutathione synthesis in mucosa
- Superoxide Dismutase (SOD) activity
- bFGF, VEGF (Vascular & Fibroblast growth)

Note: In Ulcerative Colitis all mentioned factors are exactly opposite

## Downregulates:

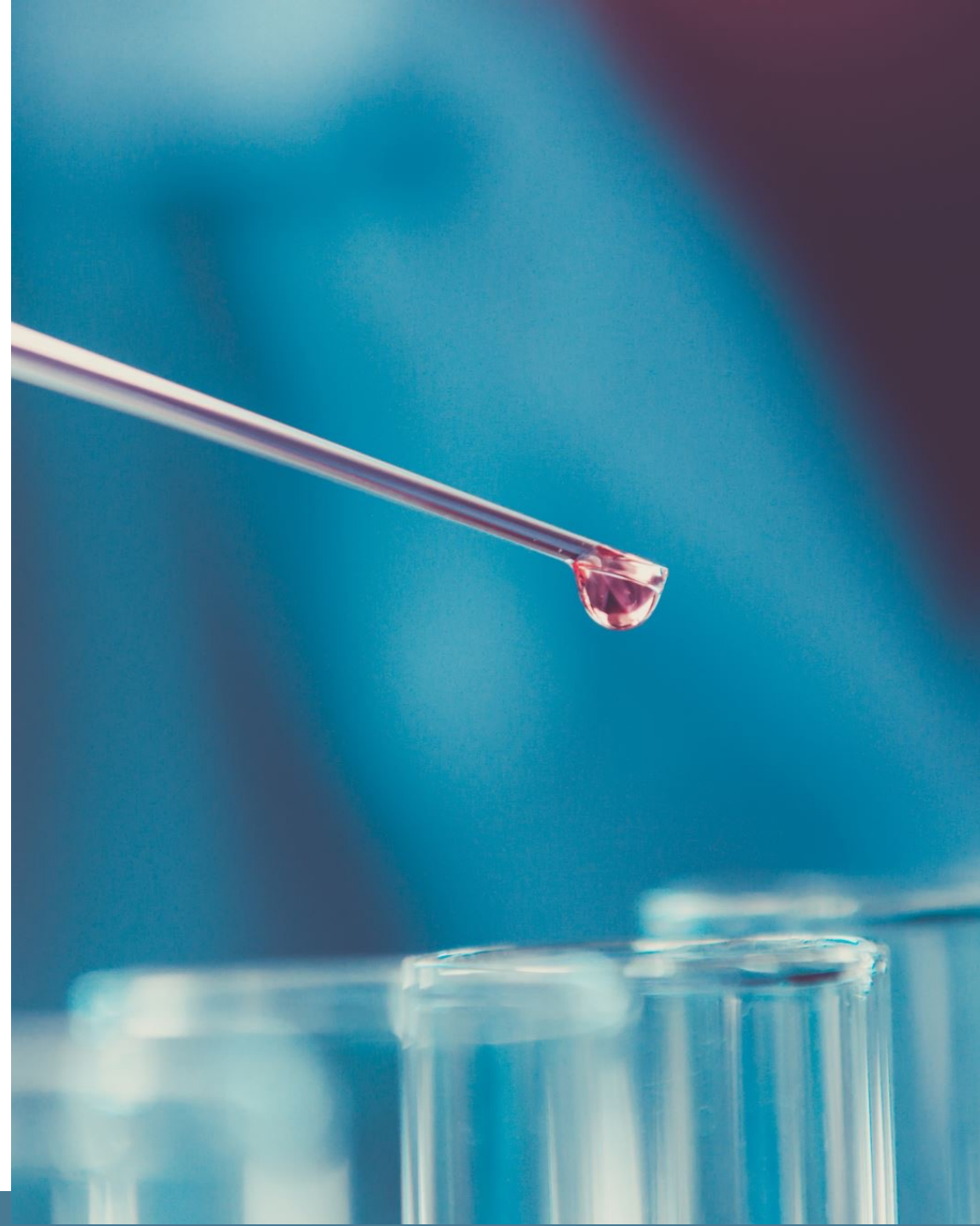
- TNF- $\alpha$  / Tumor Necrosis Alpha
- Interleukins IL-1 $\beta$ , IL-2, IL-6, IL-8
- Nuclear factor-kappaB (NF- $\kappa$ B)
- Macrophage inflammatory protein 2 (MIP-2)

## Stabilises membrane:

- Directly neutralizes Superoxide anion and hydroxyl radicals
- Prevents lipid peroxidation

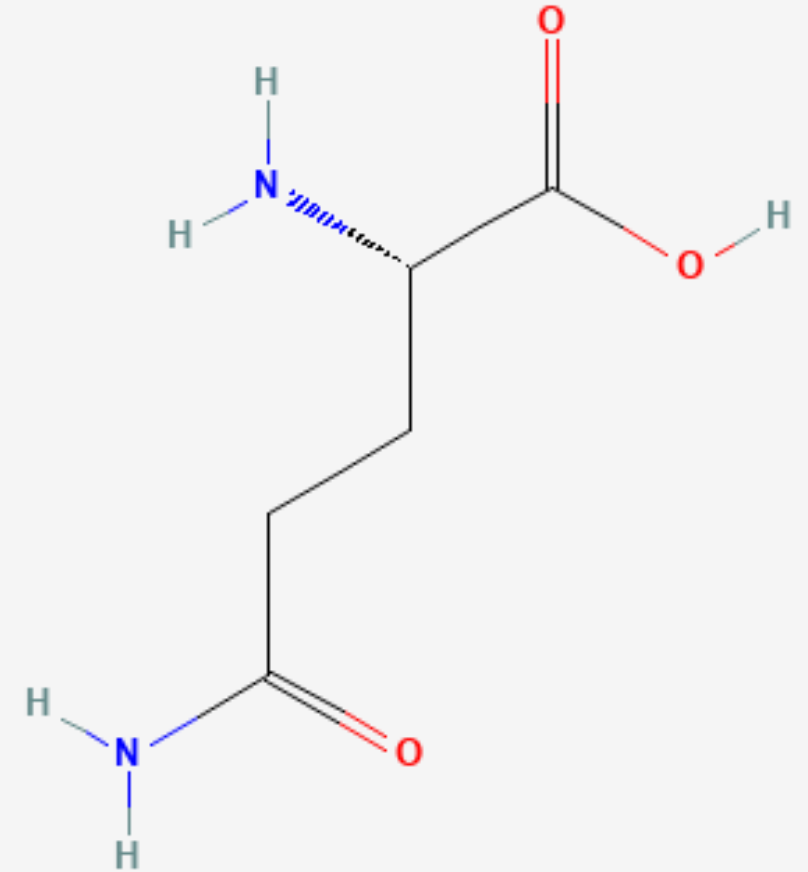
# ZNC + L-GLUTAMINE

- For best results Zinc Carnosine is combined with L-Glutamine
  - Zinc Carnosine provides the “cease fire”
  - L-Glutamine is the material of rebuilding



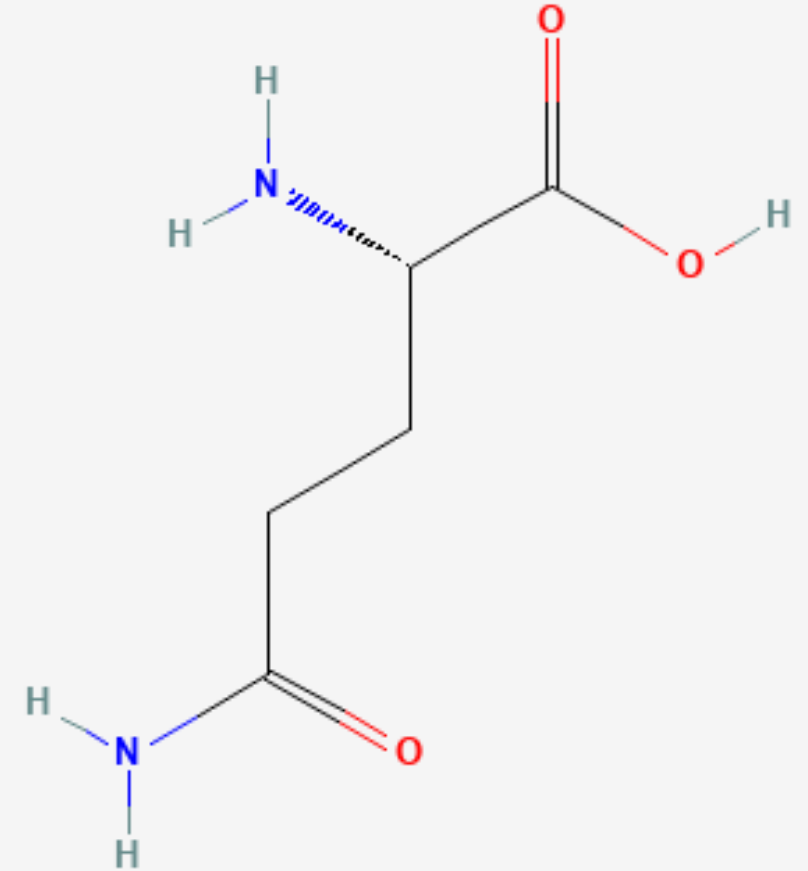
# L-GLUTAMINE

“Glutamine, the most abundant free amino acid in the human body, is a **major substrate utilized by intestinal cells**. In gut physiology, glutamine promotes **enterocyte proliferation**, regulates **tight junction proteins**, suppresses pro-inflammatory signaling pathways, and **protects cells against apoptosis** and cellular stresses during normal and pathologic conditions.”



# L-GLUTAMINE AND GUT

- Most abundant amino acid in the body
- Intestine utilizes 30% of all free Glutamine
- ¼ of blood plasma glutamine is absorbed by the organ with each passing
- **Key** substrate / building block for enterocytes (the one cell thick layer in the gut)
- **Key** signaling molecule to upregulate growth factors and protein kinases to stimulate new epithelial layer (enterocyte) genesis



# DOSAGE

- Clinical studies use 75mg of Zinc Carnosine two times daily (total 150mg)
- With REZCUE this means four scoops, divided to morning and evening dose
- **Standard recommended dose** is two scoops daily and that is enough for most people
- **One scoop provides**
  - 37,50mg of Zinc Carnosine
  - 2,5 grams of L-Glutamine
- Going overboard with L-Glutamine (40 grams+) is higher risk than high dose of Zinc Carnosine





# REZCUE DRINK POWDER

- ✓ Zinc Carnosine blended with pharmaceutical grade L-Glutamine
- ✓ No fillers, flavors or additives
- ✓ Mixed with hot liquid of choice (water, tea, coffee).
- ✓ As the active ingredients are water soluble they are immediately effective in the solution and will soothe the whole GI tract starting from the mouth onwards.



# THERA NORDIC

- Sole focus on gut health
- Clean label products
- Made in UK at GMP facilities
- Only use ingredients we're comfortable to give family members and loved ones
- Young and small company, but combined experience of 40 years from supplement world
- Ask us for training, or send any questions
- We are looking for professionals to work with us - and send clients to



**THERA**  
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**THANK YOU**

Contact: **Joni Laiho**

Email: [joni@theranordic.com](mailto:joni@theranordic.com)

**Resources:**

Zinc Carnosine and Glutathione restoration

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7146259/>

Zinc Carnosine inflammatory response mediation

<https://www.mdpi.com/2304-6767/11/7/181>

The role of Zinc L-Carnosine in the prevention and treatment of gastrointestinal mucosal disease in humans: a review.

<https://www.sciencedirect.com/science/article/pii/S2210740122000912>

The Roles of Glutamine in the Intestine and Its Implication in Intestinal Diseases

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5454963/>