

INTEGRATING
WESTERN MEDICINE,
NUTRITION AND
EASTERN TRADITIONS

THE CENTER FOR
**INTEGRATIVE
MEDICINE**

5620 WILBUR AVE., SUITE 220
TARZANA, CALIFORNIA 91356
PHONE: 818.345.2828
FAX: 818.345.2848

MICHAEL HIRT, M.D., A.P.C.

DIPLOMATE AMERICAN BOARD OF INTERNAL MEDICINE

DIPLOMATE AMERICAN BOARD OF NUTRITION

Motivity

Gets Guts Going

WHAT IT IS:

- A blend of herbs that assists natural, healthy intestinal motility

WHY YOU NEED IT:

- Important for patients with intestinal fullness, gas and bloating
- Great for patients with GERD, burping, reflux
- Supports patients with constipation and Irritable Bowel Syndrome (IBS)
- Targets patients with SIBO
- Good for patients with gastroparesis and motility disorders

HOW IT WORKS:

Intestinal motility describes the intricate and highly choreographed movement of the food and bacteria from your stomach, through your small intestines, and then out of the body via the large intestine. Normal muscular contractions of your intestines continuously sweep indigestible food particles and bacteria downward through your GI tract. This movement prevents your system from clogging, bloating, and migrating back up in the wrong direction.

There are a number of common causes of sluggish intestinal motility which include stress, hormonal imbalances, improper diet, bacterial overgrowth, toxins, infections/inflammation of the GI's regulatory nerves, and immune imbalances.

To support the body's need for healthy GI motility, our Motivity supplement contains a blend of highly potent, balanced herbal extracts that work together to gently and effectively stimulate the natural and healthy muscular contractions of the intestines.

Your gut looks and feels best when its muscles are toned and contracting in a coordinated manner.

So, if you are tired of a belly that looks pregnant (but isn't), feels bloated, has too much gas, feels backed up, or is coming back up on you (instead of going straight down), then Motivity could help support your triumphant return to a happy, healthy looking belly.

Usual dosage: take one (1) capsule, one to three times daily as needed to control symptoms. May be taken with or without food.