

# LECTIN SHIELD



Lectin Shield will offer you powerful support against the effects of lectins. Formula that will help reduce joint pain, 'Leaky Gut', and 'Brain Fog'.



Dr. Gundry developed the Lectin Shield product. According to him, the purpose of Lectin Shield is to prevent, filter, or highlight the detrimental effects of lectin proteins, which are often present in plant-based foods and make them more difficult to digest.

The substance provides excellent digestive support, and it is recommended that consumers incorporate it in their diets. Therefore, he proposed that it be taken twice each day, with two capsules every dose, for a total of four capsules per day.

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- ✓ Reduce appetite, control food cravings
- ✓ Boost energy with better digestion
- ✓ Support cardiovascular & immune system
- ✓ Help reduce joint pain, "Leaky Gut", and "Brain Fog"



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What is Lectin Shield Capable Of?

Gundry thinks that a lectin-free diet will alleviate constipation and other digestive issues. Consequently, he designed the Lectin Shield.

According to his website, lectin shields promote digestive health, minimize the likelihood of suffering bloating, and diminish cravings for lectin-containing meals. In addition, the nine components of lectin shields contain anti-oxidant and anti-fatigue qualities that help your body feel more relaxed.

### Reviews of Gundry MD Lectin Shield Ingredients

Gundry MD Lectin Shield is formulated with 300mg of N Acetyl D-Glucosamine (NAG), 200mg of Bladderwrack, 100mg of D-Mannose, Okra Fruit, Mucin, and Sodium Alginate (Alginic acid), 50mg of Vegetable Peptase, Methylsulfonylmethane (MSM), and Larch arabinogalactan. The majority of these substances include Lectin blockers, while some also provide pain relief, weight reduction, and hunger suppression.

### N Acetyl D-Glucosamine

N Acetyl D-Glucosamine[1] is an amino derivative that seems to inhibit the formation of harmful wheat lectins. In other words, it possesses lectin-blocking qualities,

aiding in the decrease of a variety of digestive and joint ailments.

This is also used for cardiovascular medications and nutritional supplements, such as Gundry Lectin Shield. Nevertheless, despite its advantages, it also has a few adverse effects.

If you take a bigger dose than your body can handle, you may develop diarrhea, stomach pain, and indigestion. In addition, those with a strong sensitivity to shellfish should not take this dosage of N Acetyl D-Glucosamine. If so, they may develop rashes, shortness of breath, and wheezing.

### Bladderwrack

Bladderwrack is a form of seaweed that is used as a component in dietary supplements, particularly for weight reduction. It has connections to dangerous, fiery lectins. Consequently, it filters lectins that reach the stomach.

Bladderwrack may provide an anti-inflammatory effect by accelerating the digestion process. After that, your body will enable these hazardous lectins to be expelled by our excretion.

## D-Mannose

D-mannose[2] is a natural sugar that binds two sugars, such as N-Acetyl-D-Glucosamine, enabling body proteins to interact with certain bacteria. It has an antioxidant impact on the body, which includes dangerous lectins in particular.

According to research, it adds to the liver's functioning and the wellness of our blood. A modest quantity will not be harmful to the body. However, exceeding the recommended dosage may damage renal function.

In Gundry's Lectin shield, just a little amount of D-mannose is present. Thus, people who self-medicate are at a reduced risk than those who do not.

## Okra Fruit

As its name implies, Okra Fruit is a fruit. It includes a considerable quantity of raw polysaccharides (RPS). This aids in minimizing, illuminating, or preventing the adverse effects of lectins.

Additionally, it includes polyphenol, an anti-oxidant molecule. Additionally, it allows you to have an abundance of energy. Consequently, you are less prone to feel extreme weariness.

Okra Fruit also includes potassium, vitamins B and C, folic acid, calcium, and natural dietary fibers in addition to these advantages. This enhances the health advantages of the Gundry Lectin Shield without question.

However, you must take care, particularly if you have certain medical problems, since this drug may interact with your other prescriptions. For instance, oxalates, one of the components of okra, may bond with gall and/or kidney stones, accelerating the deterioration of the gall and/or kidney.

In addition, consuming an excessive quantity of Okra Fruit may result in gas, cramps, bloating, and diarrhea. Always see a physician first, particularly if you have a chronic medical condition and are taking medication.

## Mucin

Mucin is a kind of protein extracted from the epithelial tissue of a variety of animals, particularly snails. It is well recognized for its role in the formation of a protective barrier inside the digestive system.

Mucin also includes sialic acid[3], which facilitates its ability to attach to diverse lectin-based dietary sources.

These foods include wheat and some kinds of berries. Mucin may help prevent dry skin via its anti-aging properties, since it is capable of creating collagen.

Even though Dr. Gundry does not concentrate on skin health, this component increases the likelihood of achieving better skin. However, its principal function is to inhibit Lectins, particularly dangerous ones.

Mucin has no negative side effects so long as it is used in moderation. Mucin in high concentrations may induce eye discomfort and dry eye symptoms. People with an allergy to the aforementioned substance may also suffer these negative effects.

### Sodium Alginate

There are no known adverse side effects associated with sodium alginate. Other beneficial benefits include cholesterol and/or hypertension regulation (High Blood Pressure). Among all the Lectin Shield components, this is likely the safest.

### Vegetable Peptase

Vegetable peptase is a kind of protease enzyme that aids digestion and is effective with certain proteins. It may also degrade other potentially dangerous proteins inside



the digestive tract, hence maintaining the health of the digestive tract. Additionally, it relieves pain, decreases inflammation, and may prevent infections.

Experts recommend taking a dietary supplement containing vegetable peptase two hours before a meal. If not, you should have an empty stomach. It is contradictory to Dr. Steven Gundry's recommendation to take Lectin Shield with meals. In contrast, the Vegetable peptase dose required for efficacy should be substantial, particularly for dietary supplements - in line with Gundry's recommendation of 2 capsules twice day.

Methylsulfonylmethane (MSM) (MSM)

MSM, also known as Methylsulfonylmethane, is an excellent complement to N-Acetyl D Glucosamine. Considered an effective treatment for joint pain or discomfort. In particular, it decreases inflammation.

Methylsulfonylmethane should not be used in greater doses unless the moderate side effects can be tolerated. It consists of diarrhea or other digestive distress.

In addition to being contraindicated for pregnant women, nursing mothers are also discouraged against using this medication. In addition, if you are allergic to sulfa, you



should not use supplements like Gundry Lectin Shield unless your doctor gives you permission to do so.

### Larch Arabinogalactans

Arabinogalactans are starch-like substances present in many plants, including larch. They have the capacity to boost your butyrate levels. The butyrate is crucial for replenishing your gut lining, so guaranteeing that your body is able to protect itself against dangerous compounds such as lectins.

Arabinogalactans aid in the treatment of the common cold and influenza and are used in several dietary fiber supplements. Additionally, it improves the immune system and reduces cholesterol levels.

Arabinogalactans are often harmless. However, it may induce adverse effects such as gas and bloating (intestinal gas). Additionally, those with an autoimmune illness should avoid Arabinogalactans. This will make the symptoms worse.

### Advantages of Lectin Shield for Health

According to several recent studies, not all lectins are dangerous. Nevertheless, there are lectins that genuinely injure the intestinal lining.

According to Dr. Gundry, these lectins are the cause of some disorders. He claims that a diet devoid of lectins enhances our general health. The benefits of lectin blockers extend to the digestive system, immunological system, vitality, and even common colds.

Even other physicians working at Gundry's clinic, "The International Heart & Lung Institute," questioned the majority of his idea. According to experts' assessments, there is little proof that his lectin-free diet is effective.

Improve stomach health

Supports immune system

Improves bowel function

Is Lectin Shield a safe product?

According to Dr. Gundry, "Gundry MD Lectin Shield was designed for maximum all-natural purity." He also underlined that he employs a high-grade, easy-to-seal amber glass to preserve the potency and purity of all the constituents.

Regarding product intake, we suggest seeing a physician first. This is particularly true for those with preexisting medical issues.

Some of its constituents, for instance, may trigger allergic reactions. It may also exacerbate autoimmune disease symptoms.

If you opt to utilize Gundry MD products such as Gundry MD Lectin Shield, various negative effects may occur. The majority of consumers can endure these negative effects. However, the product is often safe for usage.

### How Is Lectin Shield Taken?

Two times every day, Dr. Steven recommends taking lectin shield capsules. Each serving should include two capsules. His best advice is to take it with your largest meals.

The efficiency of the substance (how your body responds to it) is dependent on how consistently you use it, according to him.

He also recognizes the individuality of each person. Thus, he noted on his website that there is no definitive timeframe for seeing its effects. In addition, there is no 100 percent assurance that your body will respond favorably to it.

According to the study, if you are sensitive to seaweed or shellfish, you must see your physician before taking a lectin shield. The same recommendation applies to individuals less than seven years old.

Additionally, you must take additional care if you are pregnant or already taking medication. Always keep in mind that supplements are not substitutes for medications. It will never be designed to treat or cure any disease.

### Potential Side Effects

Considering the components, these products are typically safe. However, there is little study on this diet style.

According to Gundry and other specialists, pregnant women, nursing mothers, and those with allergies should avoid using these items. Additionally, we must be aware that they are not regulated nor assessed by the Food and Drug Administration.

### Pros

According to consumer reviews of MD Gundry Lectin Shield, the product offers the following advantages:

Improve digestive system

Maintains gut lining

Stabilize immune system

Silky skin

Aids in managing mild discomfort

Cons

If there are advantages, it is inconceivable that there exist no disadvantages. Consumer feedback and studies indicate that Lectin Shield may cause mild diarrhea. Additionally, some consumers say that they see no impact on product usage. Other disadvantages include:

Digestive side effects

loss of hunger

Where May I Purchase Lectin Shield?

If you like to purchase Gundry MD items, then visit their Gundry MD Ambassador website. There are three set options for the majority of Gundry's products: one bottle, three bottles, and six bottles.

Gundry goods such as Lectin Shield are also available on Amazon and the Gundry MD website. We suggest purchasing straight from MD Gundry's website for the greatest experience and superior money-back guarantee.

On their checkout page, Gundry MD indicates that first-time clients are eligible for a discount. When purchasing a lectin shield from their website, you have three

alternatives. One bottle, three bottles, or six bottles may be purchased.

### Final Remarks

Many of us are aware that many fruits and vegetables, despite their reputation as healthful foods, contain dangerous lectins. Many physicians do not recommend lectin-blocking drugs since you may also lose the advantages of safe lectins.

Dr. Steven Gundry argues, however, that these lectins are all damaging to the human body. Regardless of whether or not we accept his claim, let us remember not to self-medicate. In addition, it is important to remember that if you use any dietary supplement, you may have some adverse effects.

If you do not want to be exposed to Lectin blocker products, you may still change your diet. You need just avoid meals containing lectins.

You must use more effort to accomplish the outcome. However, you will likely encounter fewer adverse effects.

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