



SCHEER
GUT ESSENTIALS

Motil Restore

SUPPORT GUT MOTILITY +
HEALTHY TRANSIT



A targeted blend of botanicals and nutrients designed to support gastrointestinal motility, gastric emptying, and healthy digestive function.



Supports gut
motility



Promotes healthy
transit



Clinically
inspired blend



Herbs, spices and botanical preparations often exhibit antimicrobial properties due to a wide array of terpenoid and polyphenolic compounds. Culinary herbs have long been used to support digestive balance and function.

Motil Restore™ is a formulation specifically designed to encourage gastrointestinal motility by targeting multiple pathways associated with gastrointestinal function, including stimulation of bile flow and gastric emptying, modulation of the gut's serotonergic system, and intestinal smooth muscle contraction.



Ginger (*Zingiber officinale*)

Ginger contains bioactive compounds that support gastrointestinal motility by activating serotonin (5-HT) and acetylcholine receptors. It has been shown to stimulate gastric emptying and support digestive comfort, including symptoms such as indigestion and nausea.



Artichoke (*Cynara scolymus*)

Artichoke extract is rich in phenolic compounds and antioxidants that support bile flow and digestive function. It has been shown to help with symptoms such as bloating, fullness, and gastrointestinal discomfort, while promoting gastric motility when used in combination with ginger.





5-HTP (*Griffonia simplicifolia*)

5-HTP is a precursor to serotonin, a key regulator of intestinal motility. It also contributes to the production of 5-hydroxyindole (5-HI), which directly stimulates smooth muscle contraction and supports overall gastrointestinal transit.



Magnesium Citrate

Magnesium plays a critical role in smooth muscle contraction and relaxation throughout the gastrointestinal tract. It supports peristalsis and contributes to proper function of the enteric nervous system, which regulates digestive movement.

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 90

	Amount Per Serving	% Daily Value
Magnesium (as magnesium citrate)	50 mg	38%
5-HTP (<i>Griffonia simplicifolia</i>)(seed)(extract)	50 mg	*
Ginger (<i>Zingiber officinale</i>)(rhizome)(extract)	150 mg	*
Artichoke (<i>Cynara scolymus</i>)(arial)(extract)	150 mg	*

* Daily Value not established

One (1) capsule three (3) times daily as a dietary supplement or as otherwise directed by a healthcare professional.

CAUTION:

Not recommended for pregnant or lactating women.

KEEP OUT OF REACH OF CHILDREN

Store in a cool, dry area.

Sealed with an imprinted safety seal for your protection.



To place your order for **Motil Restore** or for additional information please contact us at: supplements.rachelscheer.com

References:

Abidi, C., Rtibi, K., Boutahiri, S., et al. (2022). Dose-dependent Action of *Zingiber officinale* on Colonic Dysmotility and Ex Vivo Spontaneous Intestinal Contraction Modulation. Dose-response: a publication of International Hormesis Society, 20(3), 1559325821127556.

Abdel-Aziz, H., Windeck, T., Ploch, M., et al. (2006). Mode of action of gingerols and shogaols on 5-HT₃ receptors: binding studies, cation uptake by the receptor channel and contraction of isolated guinea-pig ileum. *European journal of pharmacology*, 530(1–2), 136–143.

Hu, M. L., Rayner, C. K., Wu, K. L., et al. (2011). Effect of ginger on gastric motility and symptoms of functional dyspepsia. *World journal of gastroenterology*, 17(1), 105–110.

Wu, K. L., Rayner, C. K., Chuang, S. K., et al. (2008). Effects of ginger on gastric emptying and motility in healthy humans. *European journal of gastroenterology & hepatology*, 20(5), 436–440.

Olas B. (2024). An Overview of the Versatility of the Parts of the Globe Artichoke (*Cynara scolymus* L.). Its By-Products and Dietary Supplements. *Nutrients*, 16(5), 599.

Kirchhoff, R., Beckers, C., Kirchhoff, G. M., et al. (1994). Increase in choleresis by means of artichoke extract. *Phytomedicine: international journal of phytotherapy and phytopharmacology*, 1(2), 107–115.

Lazzini, S., Polinelli, W., Riva, A., et al. (2016). The effect of ginger (*Zingiber officinalis*) and artichoke (*Cynara cardunculus*) extract supplementation on gastric motility: a pilot randomized study in healthy volunteers. *European review for medical and pharmacological sciences*, 20(1), 146–149.

Giacoia, A., Guido, D., Grassi, M., et al. (2015). The Effect of Ginger (*Zingiber officinalis*) and Artichoke (*Cynara cardunculus*) Extract Supplementation on Functional Dyspepsia: A Randomized, Double-Blind, and Placebo-Controlled Clinical Trial. Evidence-based complementary and alternative medicine: eCAM, 2015, 915087.

Drobnic, F., Fonts, S., García-Alay, J., et al. (2022). Efficacy of artichoke and ginger extracts with simethicone to treat gastrointestinal symptoms in endurance athletes: a pilot study. *Minerva gastroenterology*, 68(1), 77–84.

Keating, D. J., & Spencer, N. J. (2019). What is the role of endogenous gut serotonin in the control of gastrointestinal motility? *Pharmacological research*, 140, 50–55.

Najar, S. A., Hung, L. Y., & Margolis, K. G. (2023). Serotonergic Control of Gastrointestinal Development, Motility, and Inflammation. *Comprehensive Physiology*, 13(3), 4851–4868.

Israelyan, N., Del Colle, A., Li, Z., et al. (2019). Effects of Serotonin and Slow-Release 5-Hydroxytryptophan on Gastrointestinal Motility in a Mouse Model of Depression. *Gastroenterology*, 157(2), 507–521.e4.

Siegle, M. L., Bührer, S., & Ehrlein, H. J. (1990). 5-Hydroxytryptophan modulates postprandial motor patterns of canine proximal small intestine. *Canadian journal of physiology and pharmacology*, 68(12), 1495–1502.

Paul RJ, Rüegg JC. Role of magnesium in activation of smooth muscle. *Am J Physiol*. 1988 Oct;255(4 Pt 1):C465–72.

D'Angelo EK, Singer HA, Rembold CM. Magnesium relaxes arterial smooth muscle by decreasing intracellular Ca²⁺ without changing intracellular Mg²⁺. *J Clin Invest*. 1992 Jun;89(6):1988–94.

Spasov AA, Izhitsa IN, Kravchenko MS, et al. Features of central neurotransmission in animals in conditions of dietary magnesium deficiency and after its correction. *Neurosci Behav Physiol*. 2009 Sep;39(7):645–53.

Wood JD. Enteric nervous system, serotonin, and the irritable bowel syndrome. *Curr Opin Gastroenterol*. 2001 Jan;17(1):91–7.

Nazarinasab M, Behrouzian F, Abdi L, et al. Investigating the effect of magnesium supplement in patients with major depressive disorder under selective serotonin reuptake inhibitor treatment. *J Family Med Prim Care*. 2022 Dec;11(12):7800–7805.

Moradian ST, Ghiasi MS, Mohamadpour A, et al. Oral magnesium supplementation reduces the incidence of gastrointestinal complications following cardiac surgery: a randomized clinical trial. *Magnes Res*. 2017 Feb;13(01):28–34.

Gommers LMM, Hoenderop JGJ, de Baaij JHF. Mechanisms of proton pump inhibitor-induced hypomagnesemia. *Acta Physiol (Oxf)*. 2022 Aug;235(4):e13846.

Oforuma OO, Fang D, Yell N, et al. Trends in Reported Calcium and Magnesium Intake from Diet and Supplements by Demographic Factors: National Health and Nutrition Examination Survey, 2003–2018. *J Acad Nutr Diet*. 2024 Oct;124(10):1288–1301.e5.

Waclawiková, B., Bullock, A., Schwalbe, M., et al. (2021). Gut bacteria-derived 5-hydroxyindole is a potent stimulant of intestinal motility via its action on L-type calcium channels. *PLoS biology*, 19(1), e3001070.