

# DIGESTIVE FORMULA

## PROMOTES HEALTHY DIGESTION\*



### PRODUCT DESCRIPTION

Digestive Formula contains a natural blend of standardized artichoke leaf and ginger root extracts combined with an exclusive, proprietary blend of plant-based digestive enzymes.

Proper digestion is essential for good health. Anything that adversely affects digestive function may cause discomfort. Millions of people worldwide suffer from occasional indigestion and experience common digestive complaints. Symptoms include infrequent heartburn, nausea, flatulence, excessive belching, fat intolerance, and short-term constipation. Factors that can cause such digestive discomfort include stress, sickness, and overeating.

Decreased bile flow is a common cause of digestive disturbances. It is generally accepted that an increase of bile secretion promotes digestive comfort and may have a positive influence on intestinal motility. Providing nutritional support to help fat digestion may decrease indigestion and increase gastric emptying to assist in minimizing occasional digestive complaints.

### PRIMARY BENEFITS

- Contains a proprietary blend of ingredients to promote healthy digestion and alleviate the symptoms of occasional indigestion due to overindulgence of food and drink\*
- Provides a unique and comprehensive approach to healthy digestion\*
- Digestive Formula utilizes a propriety blend of plant-based enzymes, including three pH-specific proteases

### WHAT MAKES THIS PRODUCT UNIQUE?

Digestive Formula's artichoke leaf extract is standardized to 15 percent caffeoylquinic acids—more potent than standard artichoke products currently on the market. Ginger rhizome extract (*Zingiber officinale*) is standardized to 5 percent gingerols. Digestive Formula contains a proprietary enzyme blend that includes three pH-specific proteases.

### WHO SHOULD USE THIS PRODUCT?

Digestive Formula is recommended for adults 18 years or older.

### DIRECTIONS FOR USE

Take 1-3 capsules with meals as needed. Store in a cool, dry place.

### DID YOU KNOW?

- Up to 50 percent of certain populations experience occasional gastrointestinal discomfort.
- The acidity in our stomach varies from a pH of 1–2 on an empty stomach to a pH of 3–4 after a meal.
- Abdominal gas can be caused by carbohydrate malabsorption and excess fat consumption.
- Temporary episodes of heartburn have been reported as a prevalent digestive complaint.

### FREQUENTLY ASKED QUESTIONS

#### What scientific support is there for artichoke leaf?

The German Commission E approved artichoke leaf for digestive complaints such as dyspepsia. Several studies have evaluated the efficacy and safety of artichoke extract for digestive complaints associated with the liver-bile system, such as upper abdominal pain, heartburn, sensation of fullness, nausea, and loss of appetite.

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## How has ginger root been studied?

Ginger is traditionally used in herbal medicine to help relieve digestive upset/disturbances. Studies have also been performed on ginger's effect on reducing nausea of various causes.

## What role do digestive enzymes play in the body?

Our body produces specific enzymes to help break down the various components of the food we eat. Amylase, cellulase, and lactase help to break down carbohydrates into glucose. Proteases and bromelain help to break down proteins into amino acids. Lipase helps to break down fats into fatty acids and glycerol.

## Is Digestive Formula safe?

Digestive Formula is safe and well tolerated at the recommended dosage. Artichoke, ginger, and plant-based digestive enzymes can be found in a normal diet.

## KEY SCIENTIFIC STUDIES

1. El-Serag HB, Sweet S, Winchester CC, Dent J. Update on the epidemiology of gastro-oesophageal reflux disease: a systematic review. *Gut*. 2014 Jun;63(6):871–80. doi: 10.1136/gutjnl-2012-304269. Epub 2013 Jul 13.
2. Holtmann G, Adam B, Haag S, Collet W, Grünewald E, Windeck T. Efficacy of artichoke leaf extract in the treatment of patients with functional dyspepsia: a six-week placebo-controlled, double-blind, multicentre trial. *Aliment Pharmacol Ther*. 2003 Dec;18(11-12):1099–105.
3. Marakis G, Walker AF, Middleton RW, Booth JC, Wright J, Pike DJ. Artichoke leaf extract reduces mild dyspepsia in an open study. *Phytomedicine*. 2002 Dec;9(8):694–9.
4. Kirchoff R, Beckers C, Kirchoff GM, Trinczek-Gärtner H, Petrowicz O, Reimann HJ. Increase in choleresis by means of artichoke extract. *Phytomedicine*. 1994 Sep;1(2):107–15.
5. Bundy R, Walker AF, Middleton RW, Marakis G, Booth JC. Artichoke leaf extract reduces symptoms of irritable bowel syndrome and improves quality of life in otherwise healthy volunteers suffering from concomitant dyspepsia: a subset analysis. *J Altern Complement Med*. 2004 Aug;10(4):667–9.
6. Walker AF, Middleton RW, Petrowicz O. Artichoke leaf extract reduces symptoms of irritable bowel syndrome in a post-marketing surveillance study. *Phytother Res*. 2001 Feb;15(1):58–61.
7. Grøntved A, Brask T, Kambskard J, Hentzer E. Ginger root against seasickness. A controlled trial on the open sea. *Acta Otolaryngol*. 1988 Jan-Feb;105(1-2):45–9.

8. Bone ME, Wilkinson DJ, Young JR, McNeil J, Charlton S. Ginger root—a new antiemetic. The effect of ginger root on postoperative nausea and vomiting after major gynaecological surgery. *Anaesthesia*. 1990 Aug;45(8):669–71.
9. Palatty PL, Haniadka R, Valder B, Arora R, Baliga MS. Ginger in the prevention of nausea and vomiting: a review. *Crit Rev Food Sci Nutr*. 2013;53(7):659–69.
10. Phillips S, Ruggier R, Hutchinson SE. Zingiber officinale (ginger)—an antiemetic for day case surgery. *Anaesthesia*. 1993 Aug;48(8):715–7.

## Supplement Facts

Serving Size 3 Capsules  
Servings per Container 30

Amount Per Serving	%Daily Value
Total Carbohydrates . . . . .	1g . . . . . <1%**
Iron . . . . .	2 mg . . . . . 11%
Sodium . . . . .	10 mg . . . . . <1%
<b>Ginger (<i>Zingiber officinale</i>)</b>	
Rhizome Extract . . . . .	400 mg . . . . . *
Proprietary Enzyme Blend . . . . .	290 mg . . . . . *
Amylase . . . . .	* . . . . . *
Protease . . . . .	* . . . . . *
Bromelain . . . . .	* . . . . . *
Acid Stable Protease . . . . .	* . . . . . *
Lipase . . . . .	* . . . . . *
Cellulase . . . . .	* . . . . . *
Lactase . . . . .	* . . . . . *
<b>Artichoke (<i>Cynara scolymus</i>)</b>	
Leaf Extract . . . . .	270 mg . . . . . *

\*Daily Values not established.

\*\*Percent Daily Values are based on a 2,000 calorie diet.

## OTHER INGREDIENTS

Gelatin, Microcrystalline Cellulose, Stearic Acid.

## WARNINGS

Keep out of reach of children. If you are pregnant or lactating, or taking a prescription medication, consult a physician prior to use. If symptoms persist for more than two weeks, consult a physician.

