

Quality is our Passion  
Passion Flower (*Passiflora incarnata*)

## DiGest: Herbal Digestive

DiGest is a unique combination of Dandelion Root, concentrated Milk Thistle seed extract, Ginger rhizome, Gentian root, Tangerine fruit peel and fruit peel cold pressed essential oil and German Chamomile essential oil. This combination stimulates appetite and supports healthy digestion.\*

### Digestive organs & enzymes

An important function of the gastrointestinal tract is the digestion of food to provide energy and nutrients. Many organs are involved in the production and use of digestive enzymes:<sup>1\*</sup>

- the salivary glands in the mouth produce amylase and lipase in saliva which starts the breakdown of carbohydrates and fats
- the stomach releases hydrochloric acid and pepsinogen that together produce pepsin which starts the breakdown of proteins
- the stomach also produces lipase which starts the breakdown of fats
- the liver produces bile which helps with the breakdown of fats in the small intestine
- the pancreas produces enzymes used in the small intestine to continue the breakdown of proteins, fats and carbohydrates
- the small intestine produces enzymes used to continue the breakdown of proteins and carbohydrates

### Digestive tonics

A tonic is popularly thought of as something that makes you feel better, stronger or healthier. It improves the tone, vigor and function of the part of the body to which it is directed. Bitter tonics are bitter tasting tonics that promote upper gastrointestinal tract function (especially of the stomach, liver and pancreas). This occurs (1) via the taste buds in the mouth (and the vagus nerve which innervates these organs), (2) by acting directly on gastrointestinal tissue, or (3) by both. They help increase digestive secretions, support normal tone (eg of the esophageal sphincter) and promote bile flow. Bitter tonics such as Gentian are best taken at least 15 minutes before meals. Bitter tonics also have a wider action on the body: they assist general health and support healthy immune function.<sup>2\*</sup>

There are also many other types of herbs that support digestive function that are not bitter tonics. They include aromatic digestives (which often contain an essential oil) and pungent herbs (such as Ginger) as well as herbs that act on the liver such as Dandelion Root.<sup>2</sup> Tangerine peel contains an essential oil and is used traditionally in the Chinese system to support digestion.<sup>3</sup> Western clinicians would consider Tangerine peel to be an aromatic digestive.\*

### Supplement Facts

Serving size:	1 tablet	
Servings per container:	40	
Amount per Serving		%DV
Calories	3	
Calcium	52 mg	4%
Dandelion root 4:1 extract from <i>Taraxacum officinale</i> root 500 mg	125 mg	†
Tangerine fruit peel 5:1 extract from <i>Citrus reticulata</i> fruit peel 500 mg	100 mg	†
Milk Thistle fruit 70:1 extract from <i>Silybum marianum</i> fruit 2.1 g	30 mg	†
Ginger rhizome 5:1 extract from <i>Zingiber officinale</i> rhizome 100 mg	20 mg	†
Gentian root 5:1 extract from <i>Gentiana lutea</i> root 100 mg	20 mg	†
Tangerine ( <i>Citrus reticulata</i> ) fruit peel essential oil, cold pressed	12.5 mg	†
Chamomile ( <i>Matricaria recutita</i> ) flower essential oil	5 mg	†

† Daily Value (DV) not established.

Other ingredients: Cellulose, calcium acid phosphate, silica, sodium starch glycolate, hypromellose and magnesium stearate.

The coating of this tablet contains Gentian to provide a bitter taste when swallowed. The bitter taste helps to increase digestive secretions.

**Caution:** Contraindicated in gastric or duodenal ulcers unless otherwise directed by a qualified health care professional. Contraindicated in closure of the gallbladder. Use only with professional supervision in gallstones. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Product No	Content
M1225	40 Tablets



Associate Professor Kerry Bone  
MediHerb Co-Founder and  
Director of Research and Development

### A Phytotherapist's Passion

*"Philosopher and teacher Rudolf Steiner once said that, for every human illness, somewhere in the world there exists a plant which is the cure. I believe that there is a healing potential locked inside plants which is integral with their evolution, just as it is part of human evolution to learn to tap this wonderful gift of Nature."*

# How DiGest Keeps You Healthy

## Stimulates digestive enzymes, stimulates appetite and supports healthy digestion

In a comparative and placebo-controlled trial, volunteers given Gentian to taste experienced an increase in the secretion of saliva.<sup>4</sup> An uncontrolled trial found that Gentian given to volunteers 5 minutes before a meal stimulated:<sup>5\*</sup>

- gastric secretion
- production of bile by the liver
- release of bile from the gallbladder

In addition to improving appetite and assisting digestion Gentian, as a major bitter tonic, has been traditionally used to promote healthy tone in the gastrointestinal tract.<sup>2,6\*</sup>

Milk Thistle seed, fruit peel of Tangerine, Ginger, Dandelion Root and German Chamomile essential oil have been used traditionally to improve appetite.<sup>2,7-9</sup> Natural clinicians use fruit peel of Tangerine and Ginger to increase gastric secretion and peristalsis,<sup>10</sup> and Ginger and German Chamomile essential oil to improve digestion.<sup>2,7</sup> Dandelion Root is used traditionally to support healthy liver function.<sup>2\*</sup>

Milk Thistle seed also improves healthy digestion in the intestine, at least partly by assisting the healthy function of the liver and normal release of bile.<sup>2,7,11</sup> The Tangerine cold pressed essential oil will support the activity of the Tangerine ripe fruit peel. (The fruit peel contains essential oil.)\*

## What Makes DiGest Unique

### DiGest is unique in the professional herbal products industry because:

- Top quality organically grown plants are used in the manufacture of the Gentian component of this tablet
- MediHerb tests the quantity of the flavanolignans in Milk Thistle raw material
- The tablet coating contains Gentian to provide a bitter taste when swallowed (the bitter taste helps to increase digestive secretions)

## Unique Manufacture & Analytical Testing

### Quality and safety ensured

- Manufactured in Australia to the high standards of international pharmaceutical Good Manufacturing Practice
- Raw materials and finished product are subjected to tough quality standards
- Unique extraction method using cold percolation for the Dandelion Root, Gentian and Ginger of this tablet (this protects the delicate plant constituents, ensuring a full range of constituents)

## References

- <sup>1</sup> Lazaroff M. *The Complete Idiot's Guide to Anatomy & Physiology*. Alpha, Indianapolis, 2004.
- <sup>2</sup> Mills S, Bone K. *Principles and Practice of Phytotherapy: Modern Herbal Medicine*. Churchill Livingstone, Edinburgh, 2000.
- <sup>3</sup> Tang W, Eisenbrand G. *Chinese Drugs of Plant Origin*. Springer-Verlag, Berlin, 1992.
- <sup>4</sup> Borgia M, Sepe N, Borgia R et al. *Curr Ther Res* 1981; **29**(3): 525-536
- <sup>5</sup> Glatzel H, Hackenberg K. *Planta Med* 1967; **15**(3): 223-232
- <sup>6</sup> Felter HW, Lloyd JU. *King's American Dispensatory*. 18th Edn, 3rd revision. First published 1905, reprinted Eclectic Medical Publications, Portland, 1983.
- <sup>7</sup> Schulz V, Hansel R, Tyler VE. *Rational Phytotherapy: A Physicians' Guide to Herbal Medicine*, 3rd Edition. Springer-Verlag, Berlin, 1998.
- <sup>8</sup> Chang HM, But PP (eds). *Pharmacology and Applications of Chinese Materia Medica*. World Scientific, Singapore, 1987.
- <sup>9</sup> Kenner D, Requena Y. *Botanical Medicine: A European Professional Perspective*. Paradigm Publications, Brookline, Massachusetts, 1996.
- <sup>10</sup> Huang KC. *The Pharmacology of Chinese Herbs*. CRC Press, Boca Raton, 1993.
- <sup>11</sup> Mills SY. *The Essential Book of Herbal Medicine*. Penguin Arkana (Penguin), London, 1991.



## Quality is our Passion

MediHerb products are developed by experts and leaders in the field of herbal therapy, using scientific evidence and hundreds of years of traditional knowledge.

Kerry Bone and over 20 health care professionals work within MediHerb while still managing their own clinical practices, plus we consult with an advisory board of health care professionals from around the world.

Our products are made using only the highest quality ingredients which are extensively tested for purity and potency. The MediHerb manufacturing plant operates to a strictly regulated pharmaceutical standard and is regularly audited by the Therapeutic Goods Administration (similar to the FDA), the same body that audits conventional pharmaceutical manufacturing facilities. The comprehensive regulations in Australia mean that you receive a safe and effective product that has been manufactured to pharmaceutical standards.

We know from our experience as health care professionals that the quality of a product you take makes a huge difference to the health outcome you experience. We dedicate ourselves to researching and making the best possible products to deliver health solutions that work.



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