

# DiGest Phytosynergist®

M4450

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

## DiGest Phytosynergist®: Herbal Digestive Liquid

DiGest Phytosynergist® is a unique combination of Dandelion Root, Milk Thistle seed, Gentian root, Echinacea root and Chamomile flower.\*

### 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:1\*

- 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.2\*

There are also many other types of herbs that support digestive function that are not bitter tonics. They include herbs that act on the liver such as Dandelion Root.2\*

## How DiGest Phytosynergist® 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.3 An uncontrolled trial found that Gentian given to volunteers 5 minutes before a meal stimulated gastric secretion, production of bile by the liver and release of bile from the gallbladder.4\*

Supplement Facts		
Serving size:	5 mL	
Servings per container:	40	
Amount per Serving		%DV
Calories	10	
Chamomile flower 1:2 extract from <i>Matricaria recutita</i> flower 750 mg	1.50 mL	†
Dandelion root 1:2 extract from <i>Taraxacum officinale</i> root 500 mg	1.00 mL	†
Echinacea root 1:2 extract from <i>Echinacea angustifolia</i> root 500 mg	1.00 mL	†
Milk Thistle seed 1:1 extract from <i>Silybum marianum</i> seed 1.0 g	1.00 mL	†
Gentian root 1:2 extract from <i>Gentiana lutea</i> root 100 mg	200 mcL	†

† Daily Value (DV) not established.

Other ingredients: Purified water and 51% alcohol.

**Caution:** Contraindicated in known allergy to plants of the daisy family. 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 M4450 Content 200 mL



DiGest Phytosynergist® M4450



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."*

\* These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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>2,5\*</sup>

Chamomile, Milk Thistle seed and Dandelion Root have been used traditionally to improve appetite.<sup>2,6,7</sup> Chamomile has also been used to improve digestion, especially if there is nervous tension present.<sup>8-10</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>2,6,10\*</sup>

Echinacea root, a popular herb for supporting immune system function, has also been used to improve digestion.<sup>10,11</sup> The digestive system and immune system have some important structural and functional connections. Health in both these systems helps overall general well-being.<sup>10</sup> Native Americans chewed *Echinacea angustifolia* root to stimulate the flow of saliva.<sup>12</sup> By tasting top quality Echinacea root preparations, the resulting increase in saliva flow may also help digestion.\*

## What Makes DiGest Phytosynergist® Unique

DiGest Phytosynergist® is unique in the professional herbal products industry because:

- Top quality organically grown plants are used in the manufacture of the Gentian and Dandelion Root components of this formulation
- It contains the root of one of the most important Echinacea species (*Echinacea angustifolia*)
- MediHerb has worked with Echinacea growers to help produce superior quality plants (to ensure high levels of the tingling plant constituents (alkylamides))
- MediHerb helped develop some of the chemical analyses used to regularly test the quantity of alkylamides in Echinacea raw materials
- MediHerb tests other raw materials for the quantity of flavanolignans in Milk Thistle, and essential oil and alpha-bisabolol in Chamomile
- MediHerb tests the level of pesticides in Echinacea raw material
- MediHerb supports ongoing research and is involved in clinical trials to investigate the effects of Echinacea root on the body

## 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, including use of the latest and most relevant chemical analysis methods
- Unique extraction method using cold percolation (this protects the delicate plant constituents, ensuring a full range of constituents)
- Control of all stages of the manufacturing process – from plant to formulation to you

### 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> Borglia M, Sepe N, Borglia R et al. *Curr Ther Res* 1981; **29**(3): 525-536
- <sup>4</sup> Glatzel H, Hackenberg K. *Planta Med* 1967; **15**(3): 223-232
- <sup>5</sup> Felter HW, Lloyd JU. *King's American Dispensatory*. 18th Edn, 3rd revision. First published 1905, reprinted Eclectic Medical Publications, Portland, 1983.
- <sup>6</sup> Bruneton J. *Pharmacognosy, Phytochemistry, Medicinal Plants*. Lavoisier Publishing, Paris, 1995.
- <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> British Herbal Medicine Association. *A Guide to Traditional Herbal Medicines: A sourcebook of accepted traditional uses of medicinal plants within Europe*. BHMA, Bournemouth, 2003.
- <sup>9</sup> Ross IA. *Medicinal Plants of the World: Chemical Constituents, Traditional and Modern Medicinal Uses*, Volume 2. Humana Press, Totowa, 2001.
- <sup>10</sup> Mills SY. *The Essential Book of Herbal Medicine*. Penguin Arkana (Penguin), London, 1991.
- <sup>11</sup> Felter HW, Lloyd JU. *King's American Dispensatory*. 18th Edn, 3rd revision. First published 1905, reprinted Eclectic Medical Publications, Portland, 1983.
- <sup>12</sup> Moerman DE. *Native American Ethnobotany*. Timber Press, Portland, 1998.



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## 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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