

Digestive Formula

PROMOTES HEALTHY DIGESTION*



Positioning Statement

Digestive Formula contains a unique blend of natural extracts to aid healthy digestion of food, prevent and alleviate the symptoms of occasional indigestion, and help the body recover from over-consumption*.

Concept

Proper digestion is essential for good health. Anything that adversely affects digestive function may cause discomfort. Millions of people worldwide—including up to one third of the U.S. population—suffer from occasional indigestion and experience common digestive complaints. Symptoms include early feelings of satiation and temporary loss of appetite, infrequent heartburn, nausea, flatulence, excessive belching, fat intolerance, and short-term constipation. Other factors that can also cause such digestive discomforts include stress, sickness, frequent traveling, and overeating.

Digestive Formula offers a three-step approach to the prevention and treatment of occasional indigestion. First, it provides a proprietary blend of plant-based enzymes to help the body digest fats, carbohydrates, and proteins. These digestive enzymes are especially helpful in relieving intolerance to fatty foods. Second, Digestive Formula delivers a highly purified artichoke extract to assist the production of digestive juices and to help the liver metabolize alcohol. This unique ingredient helps prevent and relieve the common symptoms of occasional indigestion such as heartburn, gas, bloating, and feelings of fullness. Third, ginger extract helps ease nausea, a common complaint associated with eating or drinking a little too much.

Primary Benefits

- Contains a proprietary blend of ingredients to promote normal digestion and alleviate the discomforts of occasional indigestion*

- Provides a unique and comprehensive three-step approach to healthy digestion*
- Digestive Formula utilizes a proprietary blend of plant-based enzymes, including three pH-specific proteases

What Makes This Product Unique?

- Ginger root extract (*Zingiber officinale*) is standardized to 5% gingerols
- Digestive Formula addresses the number one cause of indigestion—normal bile production and normal function of the liver-bile system*
- Digestive Formula's artichoke leaf extract is standardized to 15% caffeoylquinic acids, three times the potency of most artichoke products currently available in the U.S.
- Digestive Formula utilizes three pH-specific proteases that become active in the digestive tract, compensating for a range of pH in the stomach before and after a meal, and for variations in each individual

Who Should Use This Product?

Digestive Formula is recommended for people who need temporary relief from or want to prevent common symptoms associated with occasional indigestion*.

Did You Know?

- Up to 50% of certain populations experience occasional gastrointestinal discomfort
- 5% of Caucasians and up to 75% of non-Caucasians experience GI discomfort related to milk consumption
- Abdominal gas can be caused by carbohydrate malabsorption, excess protein or fat consumption, and swallowing air
- 44% of Americans and Canadians experience temporary episodes of heartburn

Digestive Formula

Frequently Asked Questions

How does Digestive Formula work?

Digestive Formula provides a proprietary blend of plant-based enzymes that help the body digest fats, carbohydrates, and proteins. This special blend of digestive enzymes is helpful in promoting food tolerance, especially fatty foods, fiber-rich foods, and dairy products.*

How can one improve digestive health?

There are several ways to improve digestion. First, provide nutritional support to the liver-bile system. Decreased bile flow is a common cause of digestive disturbances including occasional constipation, fat malabsorption, excessive flatulence, and bloating after meals. 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 absorption may decrease indigestion and increase gastric emptying after meals. In addition, nutritional support that promotes the secretion of saliva and gastric juice may also assist in minimizing occasional digestive complaints.*

Why should I supplement with digestive enzymes?

Enzymes are an integral part of the digestive process. Ideally, the human body is capable of producing these same enzymes, with the exception of cellulase, necessary to digest food and allow for the absorption of nutrients. However, with the growing prevalence of Americans with occasional digestive discomfort (20 million+), optimal conditions are not the case. Most natural food enzymes are essentially destroyed during cooking or food processing and the body's digestive process can become over-stressed when the full digestive burden is placed on it. Supplemental enzymes can improve the level of digestion and help assure that the maximum level of nutrient absorption is attained.*

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. If you are pregnant or lactating, or taking a prescription medication consult a physician prior to use. Experts suggest the ingredients in this product may be contraindicated in people with cholelithiasis, bile duct occlusion, cystic fibrosis, and allergy to the plant components.*

Key Scientific Studies

1. Wegener T, Fintelmann V. Pharmacological properties and therapeutic profile of artichoke (*Cynara scolymus* L.). *Wien Med Wochenschr*, 1999; 149:241–7.

- Mascolo N, Jain R, Jain SC, Capasso F. Ethnopharmacologic investigation of ginger (*Zingiber officinale*). *J Ethnopharmacol*, 1989; 27:129–40.
- Kraft K. Artichoke leaf extract—recent findings reflecting effects on lipid metabolism, liver, and gastrointestinal tracts. *Phytomedicine*, 1997; 4:369–78.
- 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; 45:669–71.

Supplement Facts

Serving Size One Capsule

Amount Per Serving		%Daily Value*
Ginger (<i>Zingiber officinale</i>)		
Root Extract (5:1)	200 mg	*
Proprietary Enzyme Blend		
Amylase	*	*
Protease	*	*
Bromelain	*	*
Acid Stable Protease	*	*
Lipase	*	*
Cellulase	*	*
Lactase	*	*
Artichoke (<i>Cynara scolymus</i>)		
Leaf Extract (5:1)	135 mg	*

*Daily Value not established.

Other Ingredients: Gelatin, Microcrystalline, Cellulose, Stearic Acid.

Directions for Use

Take one to two (1–2) capsules with meals as needed. Store in a cool, dry place.

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.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

