

Formula: Digestazon

Statement: Digestazon supports the body's natural process of digestion and nutrient absorption.

Documentation:

1 Effect of Peppermint Oil on Gastric Emptying in Man: A Preliminary Study Using a Radiolabelled Solid Test Meal. *Indian J Physiol Pharm* 1991, 35 (3) 212-214. "Peppermint oil decreased the gastric emptying time in half in dyspeptics compared to the basal gastric emptying time in healthy, age-matched volunteers. This indicates a possible therapeutic benefit of peppermint oil in dyspepsia. The antispasmodic action of peppermint oil may be explained by its recently discovered Ca channel blocking property."

2 Some Folk-Medicine Plants of Central American Markets by Julia Morton. *Quart J Crude Drug Res*, 15, 1977, 165-92. "Peppermint tea is drunk to relieve stomach stress which is in accord with the plant's reputation as stomachic. It is also taken to expel worms. In Guatemala, the decoction is taken also as an emmenagogue and antispasmodic."

3 A Survey of Medicinal Plants of Minas Gerais, Brazil by G. Schmeda Hirschmann and A. Rojas de Arias. *Jour of Ethnopharm*, 29, 1990, 159-72. *Baccharis trimera* (carqueja)'s serial parts or root decoction are taken for hepatic and renal troubles as an anti-inflammatory and for stomach pain. It is also antihelmintic.

4 Hepatoprotective and Anti-Inflammatory Effects of a Traditional Medicinal Plant of Chile, *Peumus boldus* by M. Lanhers et al. *Planta Med* 57, 1991, 110-115. "Dried hydro-alcoholic extract of *Peumus boldus* has been evaluated for hepatoprotective, choleric and anti-inflammatory effects in mice and rats, in order to validate or to invalidate traditional therapeutic indications. This extract exerted a significant hepatoprotection of tert-butyl hydroperoxide-induced hepatotoxicity in isolated rat hepatocytes by reducing the lipid peroxidation and the enzymatic leakage of LDH; his in vitro efficacy was reinforced by a significant hepatoprotection on CC14-induced hepatotoxicity in mice, the plant extract reducing the enzymatic leakage of ALAT. Boldine the main alkaloid of *P. boldus* appears to be implicated in this hepatoprotective activity."

5 Medicinal Plants and Phytotherapy in the Amalfitan Coast, Salerno Province, Campania, Southern Italy by V. De Feo and F. Senatore. *Jour of Ethnopharm* 39, 1993, 39-51. Historically, an infusion of *Citrus aurantium* has been used as a sedative and a digestive and an infusion of the fruits of *Pimpinella anisum* are used as a digestive and antiasthmatic. Also, the infusion of inflorescences of *Matricaria chamomilla* are used for gastritis and enteritis.

6 Basic Study of Assay Method of Choleric Effect and the Screening of Crude Drugs by M. Miura et al. *Yakugaku Zasshi* 107 (12) 992-1000, 1987. Various herbs and substances were tested for their effects on biliary bile acid. *Citrus aurantium* increased biliary bile acid production.

7 Antispasmodic Effects of Some Medicinal Plants by H.B. Forster. *Planta Medica* 40, 1980, 309-319. Peppermint is a very common folk remedy which is used as a mild spasmolytic for intestinal cramps. This action has been demonstrated physiologically.

8 "Anise." *Herbs that Heal: Prescription for Herbal Healing* by Michael Weiner and Janet Weiner. Quantum Books, 1994, p. 66. "A 1990 study tested the effect of certain beverage extracts, including anise, on the absorption of iron. The results showed that anise was the most effective of the extracts tested in promoting iron absorption. The authors recommended offering beverages with anise, mint, caraway, cumin and licorice to children and adults as a preventative agent to iron deficiency anemia."

Statement: Carqueja helps support the healthy functioning of the stomach and intestinal system.

Documentation:

1 Characterization of Flavonoids from *Baccharis trimera* and their Antihepatotoxic Properties by H. Soicks and E. Leng-Peschlow. *Planta Medica*, 1987 Feb, No. 1, 37-39. "This study isolated and characterized the flavonoids of *Baccharis trimera* and tested the antihepatotoxic activity of the purified components by antagonization of the phalloidin intoxication in mice. The most active of the pure components was hispidulin, ameliorating survival rate

to 80% A mixture of all five flavonoids in equal weight relations increased the survival rate to 70%. It seems, however, sure that Baccharis trimera protects against phalloidin intoxication and that this effect can be ascribed mainly to its flavonoid components, especially to hispidulin."

2 A Survey of Medicinal Plants of Minas Gerais, Brazil by G. Schmeda Hirschmann and A. Rojas de Arias. Jour of Ethnopharm, 29, 1990, 159-72. Baccharis trimera (carqueja)'s serial parts or root decoction are taken for hepatic and renal troubles as an anti-inflammatory and for stomach pain. It is also antihelmintic.

Statement: Boldo helps promote good health creating balance and encouraging waste elimination through the urinary and digestive systems.

Documentation:

1 Hepatoprotective and Anti-Inflammatory Effects of a Traditional Medicinal Plant of Chile, Peumus boldus by M. Lanhers et al. Planta Med 57, 1991, 110-115. "Dried hydro-alcoholic extract of Peumus boldus has been evaluated for hepatoprotective, choleric and anti-inflammatory effects in mice and rats, in order to validate or to invalidate traditional therapeutic indications. This extract exerted a significant hepatoprotection of tert-butyl hydroperoxide-induced hepatotoxicity in isolated rat hepatocytes by reducing the lipid peroxidation and the enzymatic leakage of LDH; his in vitro efficacy was reinforced by a significant hepatoprotection on CC14-induced hepato-toxicity in mice, the plant extract reducing the enzymatic leakage of ALAT. Boldine, the main alkaloid of P. boldus, appears to be implicated in this hepatoprotective activity."

2 Herbal Folk Medicine in Northwestern Argentina: Compositae by G. Giberti. J Ethnopharm, No. 7, 1983, 321-341. Baccharis trimera is used historically for hepatic disorders and digestive disorders.

Statement: Anise encourages overall digestive comfort.

Documentation:

1 "Anise." Herbs that Heal: Prescription for Herbal Healing by Michael Weiner and Janet Weiner. Quantum Books, 1994, p. 66. "A 1990 study tested the effect of certain beverage extracts, including anise, on the absorption of iron. The results showed that anise was the most effective of the extracts tested in promoting iron absorption. The authors recommended offering beverages with anise, mint, caraway, cumin and licorice to children and adults as a preventative agent to iron deficiency anemia."

2 Medicinal Plants and Phytotherapy in the Amalfitan Coast, Salerno Province, Campania, Southern Italy by V. De Feo and F. Senatore. Jour of Ethnopharm 39, 1993, 39-51. Historically, an infusion of Citrus aurantium has been used as a sedative and a digestive. An infusion of the fruits of Pimpinella anisum are used as a digestive and antiasthmatic. Also, the infusion of inflorescences of Matricaria chamomilla are used for gastritis and enteritis.

3 Fungicidal Activity of Polygodial in Combination with Anethole and Indole against Candida albicans by M. Himejima and I. Kubo. J Agric Food Chem, 1983, 41, 1776-79. Anethole is a chemical constituent found in anise. It has antifungal activity against Candida. When combined with another natural plant substance, polygodial, the antifungal activity was increased up to 64-fold.

4 The Action of Certain Volatile Oils on Isolated Intestinal Segments. J Pharm. Experimental Therapeutics, Vol. 8, 253-6, 1916. Anise was similar to peppermint in that it stimulated peristalsis.