



## Digestive-Aid

**Herbal product for digestion**

30 - 60 Film Coated Tablets



### **Contraindications:**

No contraindications have been reported to date.

**Glycyrrhiza glabra:** People who have hypertension, lung edema and arrhythmia should consult a physician before use.

### **Pregnancy/Lactation:**

This product is safe to use by pregnant or lactating women. Pregnant or lactating women should consult a physician before use.

### **Possible Side Effects:**

No adverse effects have been reported to date.

**Glycyrrhiza glabra:** Hypokalemia, hypomagnesemia, hypertension, headache, arrhythmia and water retention.

**Foeniculum vulgare:** It may cause nausea, seizures and lung edema.

**Pimpinella anisum:** It may cause allergic reactions in skin, respiratory and digestive system.

**Gentiana lutea:** It may cause nausea or vomiting.

**Mentha piperita:** Use of undiluted peppermint oil can cause allergic reaction.

**Zingiber officinale :** Heartburn may occur.

### **Possible interaction:**

No interaction with other medicinal products has been reported to date.

**Glycyrrhiza glabra:** Concomitant use of nitrofurantoin with glycyrrhiza glabra makes more of the drug excreted in urine.

**Althaea officinalis:** It coats the lining of the stomach so it may interfere with the absorption of

other drugs or herbs. It's better be taken one hour before or after other medicine.

**Zingiber officinale:** If you are taking warfarin, inform your physician. Concomitant use of ginger with warfarin increases the bleeding time. Also concomitant use of aspirin with ginger is not recommended.

Supplement Facts		
Composition per capsule	RDA%	
Glycyrrhiza Glabra	50 mg	*
Althaea Officinalis	200 mg	*
Zingiber Officinale	25 mg	*
Gentiana Lutea	125 mg	*
Foeniculum Vulgare	50 mg	*
Mentha piperita	50 mcg	*
Pimpinella Anisum	0.2 mcg	*

\*Recommended daily allowance (RDA) not established.

### **Presentation:**

30 - 60 Film Coated Tablets

### **Administration:**

Oral, take one tablet 30 min before each meal.

Marketing Authorization Holder Darman Yab Darou  
Under license of Vitex Pharmaceuticals pty Ltd (Golden Life) Australia

### **References:**

- Principles and Practice of Phytotherapy: Modern Herbal Medicine by Simon Mills and Kerry Bone
- The ABC Clinical Guide to Herbs by Mark Blumenthal
- PDR for Herbal Medicines by Joerg Gruenwald, Ph.D.



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Fennel is used for various digestive problems including dyspepsia, flatulence, bloating, loss of appetite, and colic in infants.

### **Gentiana Lutea**

Common Name: Gentian

The dried gentian root contains gentisin and gentiamarin, bitter glucosides. Gentian is used for digestion problems such as loss of appetite, fullness, dyspepsia, intestinal gas, diarrhea, gastritis and vomiting.



### **Pimpinella anisum**

Common Name: Anise

Anise is an aromatic plant, the most important compounds of anise essential oil are trans-anethole, estragole,  $\gamma$ -hymachalen, para-anisaldehyde and methyl cavigol.

The stimulant and carminative properties of anise make it useful in flatulence and colic.



### **Mentha piperita**

Common Name: Peppermint

The applicable part of peppermint is the aerial parts which have oil. The oil is a complex of menthol, menthone and menthyl acetate. The oil contains menthyl ester, limonene, pinene, phellandrene and cadinen.

Peppermint is used for digestive problems including dyspepsia, indigestion, nausea, irritable bowel syndrome (IBS), diarrhea, cramps of the upper gastrointestinal (GI) tract and gas.



### **Zingiber officinale**

Common Name: Ginger

The rhizome and root of ginger are used as a spice and also as a medicine. Ginger contains active constituents known as gingerol, gingerdione and shogaol.



Ginger is commonly used to treat various types of stomach problems, including dyspepsia, morning sickness, colic, upset stomach, flatulence, diarrhea, nausea and loss of appetite. It also acts as a digestive stimulant.

# Digestive-Aid

## Herbal product for digestion

This combination of herbs promotes digestion, relieves some of the symptoms of indigestion, such as flatulence, bloating, dyspepsia and helps soothe mild inflammation of gastric mucosa.

### Indications:

- Stimulates digestion and relieves dyspepsia
- Improves absorption of nutrients
- Stimulates the secretion of bile and digestive enzymes
- Soothes mild inflammation of mucosa and helps relieve IBS
- Relieves cramps and flatulence
- Elimination of bad breath

### Glycyrrhiza glabra (L.)

Common Name: Licorice

Licorice root contains certain phenolic acids; however it is cultivated for the principle active glycoside glycyrrhizin. Carbenoxolone, a synthetic analog of glycyrrhetic acid, has been used as a pharmacological agent in the management of peptic ulcers.



Licorice root is used for GI complaints like peptic ulcers, dyspepsia, colic, and chronic gastritis. There is some evidence that licorice might accelerate the healing of peptic ulcer. It appears to block metabolism of prostaglandins E and F2-alpha which suggest a possible beneficial

effect on peptic ulcer. It has also antispasmodic, anti-inflammatory and laxative effect.

### Althaea officinalis

Common Name: Marshmallow

Both the root and leaves contain mucilage polysaccharides that can protect stomach mucosa membrane from local irritation by forming protective layer and help soothe mild inflammation. Recent studies confirmed its efficacy in inflammatory bowel diseases such as Crohn's disease and ulcerative colitis.

Marshmallow leaf and root are used for inflammation of the gastric mucosa, dyspepsia, peptic ulcers and constipation.



### Foeniculum vulgare

Common Name: Fennel

Fennel dried ripe seeds and oil are used to make medicine. The seed contains the volatile oil composed largely of trans-anethole but also contain fenchone.

