

# DiGest Forte

Core Digestive Support\*

DiGest Forte contains herbs traditionally used for supporting digestive health including Tangerine peel and essential oil, Ginger root, Gentian root, Feverfew leaf and Wormwood herb. These herbs are traditionally used in herbal preparations to:

- ✓ Stimulate gastric juice output and appetite
- ✓ Support healthy digestion and intestinal function
- ✓ Promote healthy gastrointestinal tone
- ✓ Support the body's natural toxin-elimination function
- ✓ Increase bile flow as a cholagogue\*

## Traditional Use - Bitter Herbs

Bitters have a long history of use to support healthy digestion, as demonstrated by the traditional aperitif before dinner. It was believed that bitters needed to be tasted in order to support digestion, but research shows that this is not the case. Bitter receptors have been identified throughout the digestive tracts and involved in more metabolic processes than originally thought.

DiGest Forte contains bitter herbs which provide a broad range of bitter principles to interact with more bitter receptors to support healthy digestive function.\*



M1730 60 Tablets

### Suggested Use:

1 tablet 3 times daily, or as directed.

Supplement Facts			
Serving size:	1 Tablet		
Servings per container:	60		
	Amount per Serving	%DV	
Gentian root 2:1 extract from <i>Gentiana lutea</i> root 200 mg	100 mg	†	
Tangerine fruit peel 5:1 extract from <i>Citrus reticulata</i> fruit peel 500 mg	100 mg	†	
Feverfew leaf 3:1 extract from <i>Tanacetum parthenium</i> leaf 200 mg	66.7 mg	†	
Ginger rhizome 10:1 extract from <i>Zingiber officinale</i> rhizome 250 mg	25 mg	†	
Wormwood herb 4:1 extract from <i>Artemisia absinthium</i> herb 100 mg	25 mg	†	
Tangerine ( <i>Citrus reticulata</i> ) fruit peel essential oil, cold pressed	12.5 mg	†	
† Daily Value (DV) not established.			

**Other Ingredients:** Microcrystalline cellulose, sodium starch glycolate, croscarmellose sodium, silicon dioxide, hypromellose, magnesium stearate and dibasic calcium phosphate dihydrate.

**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. Use only with professional supervision in the presence of gallstones. Contraindicated in pregnancy and lactation.

## How DiGest Forte Supports Your Health:



### Digestive Function Support:

- Promotes gastric secretions
- Supports healthy digestive function
- Promotes healthy gastrointestinal tone\*



### Liver Function Support:

- Supports the body's natural detoxification and elimination function
- Assists with increasing bile flow\*

## Digestive Function – Traditional Support

- Ginger was traditionally used as a digestive stimulant and for temporary mild digestive discomfort<sup>1\*</sup>
- The Eclectics traditionally used Feverfew to increase appetite and improve digestion<sup>1\*</sup>
- Gentian was utilized in ancient Greece and Rome to relieve occasional mild gastrointestinal complaints<sup>2\*</sup>
- Wormwood was used in traditional Western herbal medicine to promote healthy gastrointestinal tone<sup>3\*</sup>
- Tangerine was traditionally used to support healthy appetite and stimulate digestion<sup>4\*</sup>

## References

- <sup>1</sup> Bone K, Mills S. *Principles and Practice of Phytotherapy: Modern Herbal Medicine*. 2nd Edition ed. Sydney: Elsevier Ltd; 2013.
- <sup>2</sup> Braun L, Cohen M. *Herbs and Natural Supplements, Volume 2: An Evidence-Based Guide*. Elsevier Health Sciences; 2015 Mar 30.
- <sup>3</sup> Bone K. *A Clinical Guide to Blending Liquid Herbs*. St. Louis: Churchill Livingstone; 2003.
- <sup>4</sup> Morgan M. *Bitter Herbs: Improve Digestion Function and Potentially More. A Phytotherapist's Perspective*. 2015; No.44. Available from: <http://mediherb.com.au>

## MediHerb Quality Choice

### Results-driven formulations

MediHerb develops formulas focused on perfecting the balance of the highest quality ingredients to produce the highest quality herbal supplements. Our commitment to quality governs all aspects from sourcing to bottle to ensure the high standard of our herbal extracts.

### Strict product testing

MediHerb has developed a strict quality assurance program that goes beyond industry standards. This is upheld with precision and dedication so you can be confident MediHerb products are free from adulterants and contamination, while containing the right levels of active phytochemicals that result in a quality end product.



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