



DIGEST FORTE // CLINICAL USES & PEARLS

WHEN DO I USE THIS?

Traditionally, it was thought that in order to stimulate appetite or to digest food, one needed to taste bitters. Recent research shows the effect of bitters does not only rely on the receptors found on the tongue but on 29 different bitter receptors found throughout the body. Bitters helps regulate metabolic function by playing a role in insulin resistance, type 2 diabetes, metabolic syndrome and possibly weight loss and depression.

CONDITIONS THAT BENEFIT FROM DIGEST FORTE:

- SLUGGISH DIGESTION
- ABDOMINAL BLOATING.
- FLATULENCE.
- LACK OF APPETITE.
- DYSPEPSIA.
- CHOLECYSTITIS.
- NAUSEA.
- INFLAMMATORY CONDITIONS OF STOMACH AND BOWEL.
- PROMOTE CIRCULATION AND SECRETIONS: ENDOGENOUS HCL, BILE AND GASTRIC ENZYMES.

DOSAGE

ACUTE	CHRONIC	MAINTENANCE
1 tablet 15 mins before meals	1 tablet 15 mins before meals	1 tablet 15 mins before meals

CAUTIONS AND CONTRAINDICATIONS

Not to be used during pregnancy and lactation unless otherwise directed by a qualified healthcare professional. 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.

INGREDIENTS

Each tablet contains:	Dried Herb Equivalent (DHE)
Gentiana lutea (<i>Gentian</i>) root	100mg
Citrus reticulate (<i>Tangerine</i>) fruit peel	100mg
Tanacetum parthenium (<i>Feverfew</i>) leaf	66.7mg
Zingiber officinale (<i>Ginger</i>) rhizome	25mg
Artemesia absinthium (<i>Wormwood</i>) herb	25mg
Citrus reticulate (<i>Tangerine</i>) fruit peel essential oil	12.5mg

DOCTOR COMMENTARY AND ANECDOTES

- ▶ These tablets are fantastic for improving upper digestive function.
- ▶ This is a really unique tablet in that it has Gentian added to the coating. I advise my patients to suck the tablet for a short time until they taste the bitterness and then swallow it. This greatly enhances the activity and it is much easier for some patients to cope with rather than a bitter liquid formula.
- ▶ DiGest Forte can be used for the elderly, picky children and patients with chronic diseases as well as for general poor digestion.
- ▶ A patient aged 35 years old travels a lot for work which often includes flying. She never travels without DiGest Forte tablets as she finds they greatly alleviate the subsequent digestive discomfort that often accompanies such travel.
- ▶ One practitioner who primarily treats HIV/AIDS, says that DiGest Forte is part of the treatment, as poor appetite and impaired digestion is one of the major issues.

SYNERGISTIC PRODUCTS

DIGEST FORTE + LIVTON

for additional liver digestive support

DIGEST FORTE + GYMNEMA 4g TABLETS

for sugar cravings and dysglycemia

DIGEST FORTE + VITANOX

to support healthy flora

DIGEST FORTE + WITHANIA COMPLEX

for depleted patients with increased digestive issues during great stress