

Estomix TINCTURE

INDIGESTION AND NAUSEA
Soothes the stomach

NPN 80016555
50 ml



Each ml contains					
Dandelion	fresh root	<i>Taraxacum officinale</i>	1:2	99 mg	Organic
Blessed Thistle	fresh leaf	<i>Cnicus benedictus</i>	1:2	91 mg	Organic
Raspberry	fresh leaf	<i>Rubus idaeus</i>	1:3	73 mg	Organic
Gentian	fresh root	<i>Gentiana lutea</i>	1:6	31 mg	Organic
Cramp Bark	bark	<i>Viburnum opulus</i>	1:3	30 mg	Organic
Fennel	seed	<i>Foeniculum vulgare</i>	1:3	15 mg	Organic
Licorice	root	<i>Glycyrrhiza glabra</i>	1:8	6 mg	Organic
Alcohol, 30% to 35%, certified organic					

DOSAGE

INTERVENTION: 1-2 ml, 1 to 4 times per day, for 3 days. Maximum dose: 4 ml per day.

TREATMENT: 0.5-1 ml, before or after meals, for 2 to 3 weeks.

DIRECTIONS FOR USE

For nausea or slow digestion, take undiluted for greater efficiency.

Dilute in a small amount of water when the stomach is irritated.

For long-term treatment, take 6 days out of 7.

MECHANISM OF ACTION

A bitter tonic, Estomix eases digestive problems, stimulates digestion and soothes nausea. It acts mainly on the stomach functions and stomach health. Stomach problems require an extract that balances its tonic actions (cold, stimulant) and calming actions (antispasmodic, cicatrizant and anti-inflammatory). Adequate digestive enzymes need to be produced, but these secretions and their digestive action must take place in a stomach whose lining is intact and not irritated. Estomix encourages the stomach, liver and pancreas to produce secretions, which improves digestion, stimulates appetite, calms spasms, hiccups, nausea, cramps and bloating. It also contains antispasmodic and carminative herbs that relax the stomach and esophagus.

DANDELION: a mildly bitter plant, dandelion is stomachic, hepatic and cholagogue. Its inulin nourishes the gastric mucosa while its bitter principles stimulate the production and circulation of bile and activate digestive movement.

BLESSED THISTLE: a stomach tonic, this bitter, resinous herb stimulates salivary and gastric secretions. An anti-nauseant and antispasmodic, it opens the digestive tract, promotes movement and releases tension of stomach, gallbladder and liver.

RASPBERRY: a mild astringent, raspberry leaves calm an irritated gastric mucosa. Its antidiarrheal and mild astringent action makes it ideal for indigestion.

GENTIAN: a bitter stimulant, gentian increases production of digestive juices. Its action starts in the mouth (where its intense bitterness immediately acts on the salivary glands) and continues in the stomach. It is especially helpful for digestive atony. In this compound, its excessive action is balanced by more moderate herbs, which allow it to act effectively without harm.

CRAMP BARK: a powerful antispasmodic herb for the abdomen. Astringent, it reduces bloating and excess bodily fluids associated with digestive problems.

FENNEL: carminative herb, fennel is a moderate aromatic that moderately stimulates digestion. It is an antispasmodic tonic that releases tension and gently restarts the digestive process. We use sweet fennel, which is less bitter and therefore less stimulating.

LICORICE: both sweet and bitter, licorice is an anti-inflammatory and antibacterial herb that promotes a flexible, moist, healthy stomach mucosa. It softens the tannic effect of the astringent herbs in this compound.

HELPFUL ASSOCIATIONS

PEPPERMINT tincture or infusion for bloating, flatulence, spasms and indigestion. Take 10 to 20 drops, 1 to 3 times per day.

SLIPPERY ELM powder for digestive tract irritation. Mix 1 tbsp. with water or juice. Do not strain.

DIGESTOP for digestive tract irritation. Take 1 to 3 capsules per day, along with **PLANTAIN** infusion.

ETHNOBOTANY

Digestive system: colic, hiccups, intestinal atony, constipation, intestinal cramps, ulcerative colitis, gastroenteritis, diarrhea, bloating, motion sickness, lack of appetite, anorexia, heartburn, gastric or duodenal ulcers, dyspepsia, gastric reflux.

CONTRA-INDICATIONS

Consult a health care practitioner if symptoms persist, if using for more than 8 weeks or if pregnant, if you have liver or gallbladder disease or intestinal obstruction.

Do not use if you have gastric or duodenal ulcers, as gentian is too stimulating for these conditions.

INTERACTIONS

Avoid taking with prescription drugs.

REFERENCES

- American Herbal Pharmacopoeia. AHP: Santa Cruz; 2000.
- Blumenthal, Goldberg, Brinckmann. Herbal Medicine: Expanded Commission E Monographs. Newton: Integrative Medicine Communications; 2000.
- Bradley Peter R. British Herbal Compendium. Volume 1. Bournemouth: BHMA; 1996.
- Brinker Francis. Herb Contraindications and Drug Interactions. Third Edition. Sandy: Eclectic Medical Publications; 2001.
- Chandler Frank. Herbs-Everyday Reference for Health Professionals. Ottawa: Canadian Pharmacists Association; 2000.
- De Smet Peter, Keller K., Hansel R., Chandler F. Adverse Effects of Herbal Drugs. Berlin: Springer-Verlag; 1997. Vol. 2.
- ESCAP. Monographs on the Medicinal Uses of Plant Drugs. Exeter: Centre for Complementary Health Studies; 1996.
- Felter H.W., Lloyd J.U. King's American Dispensatory. Sandy: Eclectic Medical Publications; 1983. Volume 1.
- Florion d'Or; Le pissenlit de A a Z
- Hobbs, Christopher. Milk Thistle: The Liver Herb. Botanica Press; 1992
- Hoffmann David. Medical Herbalism. Rochester; Healing Arts Press; 2003.
- Leung Albert Y., Foster S. Encyclopedia of Common Natural Ingredients Used in Food, Drugs and Cosmetics. New York: Wiley-Interscience Publication; 1996.
- Marles R.J., Clavelle L., Monteleone et al. Aboriginal plant use in Canada's Northwest Boreal Forest. Vancouver: UBC Press; 2000.
- Mc Guffin Michael et al. Botanical Safety Handbook. Boca Raton: CRC Press; 2013
- Moerman Daniel E. Native American Ethnobotany. Portland: Timber Press; 1999.
- Mowrey, Daniel. Next Generation Herbal Medicine; Keats Pub; 1991
- Romm Aviva. Botanical medicine for women's health. St. Louis; Churchill Livingstone; 2010.
- Winston David, Kuhn Merrily A. Herbal Therapy & Supplements. Philadelphia: Lippincott; 2000.

All ingredients certified organic.

Made according to GMP.

Kosher, vegan and non-irradiated.

NO additives, colouring, added sugar, gluten, soy or GMOs.

