

# CN-GastroCalm

by ChiroNutraceutical



## Bitter Herbs Organic Herbal Tincture

Bitter herbs are traditionally utilized to stimulate digestion, increase digestive enzymes and stomach acid, and reduce bloating and indigestion.\* CN-GastroCalm is a combination liquid herbal extract made from organic and fair-trade certified herbs and designed for longer term use than other bitters tinctures. This formula is customized for those sensitive individuals with digestive diseases that need a gentler approach. CN-GastroCalm contains dandelion, artichoke, chamomile, marshmallow root, wormwood, and ginger. Even though this is a milder bitters tincture than many other commercial preparations, all bitters tinctures are still contraindicated in people with excess stomach acid and those with peptic ulcers. This all-natural liquid concentrate is free from sugar, caffeine, artificial sweeteners, and artificial preservatives.

### About the Formula

**Dandelion (*Taraxacum officinalis*):** Though considered an annoying weed by many, dandelion provides many medicinal and culinary uses often overlooked by gardeners! Herbalists use dandelion as a diuretic, bitter, digestive stimulant, and nutritive tonic for the whole body, in particular the liver and kidneys. The entire plant has beneficial traits: leaves, root, and flower. Dandelion root is included here for its bitter properties. The root demonstrates choleric and cholagogue action, in other words, stimulating liver and gall bladder function. *Taraxacum* is also protective of liver function in situations where the liver could be damaged due to toxic exposure. Dandelion is a slow-acting and gentle herb.\*

**Artichoke (*Cynara scolymus*):** A bitter plant that is thought to stimulate digestion and normalize the appetite.\* Artichoke also supports liver function and reduces gas and bloating after meals. It is often used to improve indigestion, otherwise known as "functional dyspepsia." Artichoke appears to be particularly helpful in patients who have reduced bile production. Artichoke has also been studied in combination with other herbs to help promote gastric motility: that is, increasing stomach emptying after meals.

**Chamomile (*Matricaria*):** A relaxing herb that tonifies the nervous system and the digestive tract. This mild-tasting flower has been used to alleviate pain, anxiety, nausea, GERD, the effects of chronic stress, and more. Chamomile protects the stomach lining from injury by noxious substances, conferring healing benefits on the gastric mucosa. According to traditional herbal usage, chamomile promotes optimal digestion and is used for a variety of digestive disorders like colic, diarrhea, gastritis, indigestion, and heartburn.\* Chamomile may have a stabilizing effect on blood sugar and therefore on appetite.\*

**Marshmallow (*Althea officinalis* root):** is native to Europe and naturalized to the USA. *Althea* has a long history of internal and topical use, possessing demulcent, emollient, and expectorant properties. Marshmallow root is soothing to inflamed tissues in cases of ulcers, heartburn, diarrhea, sore throats, spasmodic coughs, and inflammatory bowel disease.\* This mucilaginous root is included in CN-GastroCalm to protect the digestive mucous membranes from inflammation and ulceration.\*

**Wormwood (*Artemesia absinthium*):** is a shrub that grows in Europe, North Africa, western Asia, and North America. Its leaves, flowers, and essential oil have all been used medicinally by herbalists. Wormwood is traditionally classified as a bitter to stimulate digestion and relieve intestinal spasms. It has been taken in combination with other herbs to treat the abdominal discomfort and cramping that accompany Irritable Bowel Syndrome. Its bitter constituents include absinthin and anabsinthin which stimulate gallbladder function.

**Ginger root:** is used in cooking and also medicinally. Ginger is traditionally thought to stimulate digestion and increase digestive juices. Ginger is an antioxidant and may be helpful for reducing gas, bloating, constipation, diarrhea, nausea, stomach pain, and intestinal spasms.

**Suggested Use:** start with 5 drops mixed in 4 teaspoons of water taken 15 minutes before meals. Dose may be increased to 10 drops if desired. If you have gastritis, reflux (GERD), or are taking acid blocking medications, start with once a day dosing for a few days then gradually increase if needed, under the direction of your doctor.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.