



Name 90-day Digestive Programme

Caps

Code Name

DIG-C3 90-day Digestive Programme with Capsules
Available in 30-day packs. If you are following a programme, we can either send a pack a month for 3 months, or send all 3 packs at once; 10% discount applies in either case. Also available as an individual 30-day pack code DIG-C1 which attracts no discount.

Area concerned

Digestion - stomach, liver, pancreas, small intestine

Ingredients

Each 30-day pack includes:

100 *Dig Capsules*, 100 *Pan Capsules*, a tub of *Dig Tea*, and a comprehensive advice pamphlet about all aspects of the programme.

See data sheets for individual products for more detailed information.

Description *Applies to both programmes*

The **90-day Digestive Programme** can give thorough support to the body's digestive processes. It does this by helping the stomach, colon, liver and small intestines with the assistance of our well-used herbal products.

The accompanying pamphlet advises you on how to get the most out of this holistic programme through use of herbs, diet, exercise, and other relevant lifestyle suggestions.

Standard use

1 capsule of each of the encapsulated products, or 12-15 drops of each of the products in drops in water or juice, 3 times a day; plus a small pot of *Dig Tea* a day. Best taken 15-20 minutes before or after eating your main meal.

How long to take it for

We recommend taking this programme for 3 months (90 days). A second programme can follow on from the first if you wish; or it can be repeated annually.

Cautions

Digestive Programme with Capsules: Do not take if pregnant or nursing.

Digestive Programme with Drops: Do not take if pregnant or nursing or if using diuretic drugs.

Companion Products

90-day Digestive Programme; Dandelion Root Drops; Dig Capsules, Drops or Tea; Liv Capsules, Drops or Tea; Pan Capsules or Drops; Slippery Elm Capsules or Tea; Slippery Elm Plus Capsules.

Caps

Drops

Code Name

DIG-D3 90-day Digestive Programme with Drops
Available in 30-day packs. If you are following a programme, we can either send a pack a month for 3 months, or send all 3 packs at once; 10% discount applies in either case. Also available as an individual 30-day pack code DIG-C1 which attracts no discount.

Area concerned

Digestion - stomach, liver, pancreas, small intestine

Ingredients

Each 30-day pack includes:

50ml *Dig Drops*, 50ml *Pan Drops*, a tub of *Dig Tea*, and a comprehensive advice pamphlet about all aspects of the programme.

See data sheets for individual products for more detailed information.

Why use the Digestive Programme?

The DIGESTION is fundamental to good health. Though it is important that we put good food into our bodies (a high proportion of fruit and vegetable - 50% is good - and cutting down on dairy food, meat and starchy foods), once it is in the body it needs to be digested efficiently. If not, all our efforts at eating a good diet have been wasted.

Digestion efficiency can diminish with age. So keep yours good by carrying out an occasional **90-day Digestive Programme!** We recommend you do this annually, to help keep your digestion ticking over well.

People carry out a **Digestive Programme** for reasons including:

1. To support good energy levels - poor digestion can compromise energy levels.
2. To help the body maintain comfortable gas levels
3. To help maintain digestive comfort after eating.
4. To help keep blood sugar balanced so energy stays at a good level right through the afternoon.

HELP YOUR DIGESTION!

Drops

SHARING KNOWLEDGE TO PROMOTE 100% HEALTH