



Name Dig

Caps

Code	Size	Duration
C14-54	54 Capsules	Usually lasts 7-14 days
C14-100	100 Capsules	Usually lasts 14-28 days
T04	70g Tea	Lasts 14-28 days

Area concerned

Digestion, stomach, liver

Ingredients

(min per capsule) Gentian 138mg, Sweet Flag 138mg, Cardamom 23mg, Cinnamon 23mg.

Dig Tea Meadowsweet, Wood Betony, Fennel, Comfrey Leaf, Peppermint, Chamomile

Description

To help keep digestive areas balanced - stomach, small intestine, liver and pancreas. Contains gentian and sweet flag which work together to support the digestive areas, as well as helping to support appetite and food absorption.

Dig Tea Contains meadowsweet which can help keep stomach acid balanced; wood betony to help keep the stomach calm; fennel to help soothe intestinal gas; and comfrey as a soothing stomach agent.

Standard use

1 capsule, 3 times a day, taken with food or a drink. If desired, up to twice this amount can safely be taken.

Take **Dig Tea** either 10-20 minutes before eating, or 10-20 minutes afterwards,

How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable.

Cautions

Do not take if pregnant or nursing.

Companion Products

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

Caps

Drops

Code	Name	Size	Duration
D06-50	Dig Drops	50ml	Usually lasts 28 days
D06-100	Dig Drops	100ml	Usually lasts 55 days
D30-50	Dig 2 Drops	50ml	Usually lasts 28 days
D30-100	Dig 2 Drops	100ml	Usually lasts 55 days

Area concerned

Digestion, stomach, liver

Ingredients

Dig Drops: 15% Licorice, 12% Lovage (Tinc), Dandelion Root, 10% Barberry, 8% Buckthorn, Gentian, Angelica, Cardamom Comp. Conc. Tincture, 4% Cloves, Chamomile, Catnep, 2% Centaury, Calamus, Alpeina, 1% Orange Essential Oil

Dig 2 Drops: 15% Licorice, 12% each Dandelion Root, Catnep, Lovage Tincture, 10% Barberry, 8% each Gentian, Angelica, Cardamom Comp Tincture, 4% each Cloves, Chamomile, 2 % each Centaury, Calamus, Alpeina, 1% Orange Essential Oil.

Description

Dig Drops can help to support the digestion, including stomach and liver. **Dig 2 Drops** are an alternative formula used by a small number of people who wish to avoid buckthorn. **Dig Drops** are very helpful for digestive support. We recommend them over the **Dig Capsules** because experiencing the bitter taste these drops have can help the digestion. For fuller support use our **90-day Digestive Programme**.

Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken. Best taken half an hour or so before each meal.

How long to take it for

Try taking daily for 4 months, then cutting down or leaving off completely. Thereafter, take if and when it is felt to be desirable.

Cautions

Do not take if pregnant or nursing.

Companion Products

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

Drops

SHARING KNOWLEDGE TO PROMOTE 100% HEALTH