



Most popular product

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	Lasts 14-28 days

Area concerned

Digestion, stomach, liver

Ingredients

(min per capsule) Barberry 96mg, Wild Yam 32mg, Dandelion Root 32mg, Cramp Bark 32mg, Peppermint 32mg, Catnep 32mg, Fennel 32mg, Ginger 32mg.

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 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 (for easier digestion). 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

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 during pregnancy.

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 Capsules Plus. Capsules or Drops.

Caps

Fluid

Code	Name	Size	Duration
D06-50	Dig Drops	50ml fluid	Usually lasts 28 days
D06-100	Dig Drops	100ml fluid	Usually lasts 55 days
D30-50	Dig 2 Drops	50ml fluid	Usually lasts 28 days
D30-100	Dig 2 Drops	100ml fluid	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 used by a small number of people who wish to avoid Buckthorn; however, this is mainly used only by a small number of practitioners.

Dig Drops are very helpful for digestive support. We recommend them over the **Dig Capsules** because it can help the digestion if you taste the bitter taste which these formulas have. 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.

How long to take it

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 Capsules Plus.

Fluid

The information contained within these data sheets may be subject to change without prior notice. To ensure the latest information is available call our free advice line

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