Supports healthy digestive system function.

Assists in the metabolism of carbohydrates, fats and proteins, relieves indigestion, colic (wind/gas pain), and abdominal spasms.

Stimulates gastric secretions and assists in protein digestion.

Contains the herbs Gentian and Ginger, supported by nutrients and enzymes.

What you need to know about this supplement

- Supporting healthy digestive function (Protease)
- Maintaining healthy immune system function (Zinc)
- Stimulating gastric secretions (Gentian)
- Relieving indigestion (Gentian and Ginger)
- Relieving colic (gas/wind) (Ginger)
- Relieving flatulence (Ginger and Gentian)
- Assisting protein digestion (Protease)
- Assisting the metabolism of carbohydrates, fats and proteins (Thiamine, Niacin and Zinc)
- Relieving abdominal spasms (Ginger)
Each Hard Capsule Contains:

- Nicotinamide: 30 mg
- Potassium (as potassium gluconate): 20 mg
- Zinc (as zinc monohydrate glycinate): 2 mg
- Thiamine nitrate: 1.24 mg

**Gentiana lutea (Gentian)**
- Dry extract: 80 mg
- From dry root: 320 mg

**Zingiber officinale (Ginger)**
- Dry extract: 15.9 mg
- From dry rhizome: 175 mg

**Piper nigrum (Black pepper)**
- Dry extract: 21 micrograms
- From minimum dry fruit: 525 micrograms
- Protease: 10 Thousand HUT

Excipients: Colloidal anhydrous silica, calcium hydrogen phosphate dihydrate, hypromellose, microcrystalline cellulose, magnesium stearate, silicon dioxide, povidone, maltodextrin.

Vitamins and minerals can only be of assistance if dietary intake is inadequate.

**REFERENCES**


**PEER NOTES**

Insufficient digestive secretions may result in the uncomfortable symptoms of dyspepsia. If the gastric pH is too high, food transit, breakdown, and the absorption of certain nutrients may be compromised. Optimal gastric acidity also plays a crucial role in preventing the development of enteric infections. (1,2)

Gentian (Gentiana lutea) is used by traditional herbal medical systems for digestive support and to relieve symptoms of dyspepsia. Gentian’s active constituents include bitter secoiridoids, which promote choleretic and gastric secretory activity and are responsible for the herb’s use as a bitter tonic, sialogogue, and cholagogue. (3,4)

Ginger (Zingiber officinale) has a long history as a digestive stimulant and carminative. It contains over 160 different compounds. (5,6,7) It decreases pressure on the lower oesophageal sphincter, relieves intestinal cramping, and prevents bloating. (5,8) Clinical trials suggest that ginger may increase gastric motility and accelerate gastric emptying, thereby relieving digestive discomfort. (5,7)

Black pepper (Piper nigrum) has bioactive components that may improve gastrointestinal bioavailability as well as increasing the bioavailability of certain other phytochemicals. (9,10,11) Evidence suggests that the pungent constituent piperine in black pepper may stimulate salivary amylase production and pancreatic digestive enzymes, enhancing digestive capacity and reducing gastrointestinal food transit time. (9,10,11,12)

**DIGESTIVE ENZYMES AND NUTRIENTS**

Adequate protease is required for protein breakdown and absorption. (13) Zinc is a cofactor in hundreds of key enzyme reactions, including proteases and peptidases, and contributes to the absorption of vitamin A, vitamin E, and folate. (14,15,16) It is essential for maintaining immune system homeostasis. (15,17) A zinc deficiency can damage intestinal health by leading to disrupted integrity of the intestinal epithelium and increased membrane permeability, with impaired activity of brush border enzymes. (18)

Thiamine deficiency dramatically decreases the secretion of pancreatic enzymes, and niacin is required for the catalosism of carbohydrates, fats, and proteins. (19,20) Potassium ions are critical for the activation and catalytic cycle of the gastric H+/K+ ATPase, resulting in the secretion of hydrochloric acid into the parietal cells. (21,22)