

Abundant Digest Assist

HERBAL BITTERS FOR HEALTHY DIGESTION



COMBINATION OF ANGELICA, BURDOCK, DANDELION, FENNEL, GINGER, AND YELLOW DOCK BITTERS TO EASE DIGESTION

DIGESTIVE BITTERS

The term “digestive bitters” refers to a group of herbs that are bitter/bittersweet to taste and help in digestion.

The bitter flavor has been an evolutionary characteristic of plants developed for protection against insect, animal, and human consumption. Early humans initially consumed bitter roots and leaves as food and over many years discovered the other health benefits of bitters, and consumed them as tinctures as digestive aids, health tonics, and overall wellness extracts. Used prolifically in ancient Chinese and Ayurvedic medicine, the first bitters blend in the Western world was formulated 2000 years ago in Greece. This ancient remedy is still popular and is used by many who believe that food is medicine.

ABUNDANT DIGEST ASSIST - DIGESTION AND MORE

Digestive bitters stimulate your bitter taste buds, signaling the initiation of different activities in the digestive system *e.g.*, to make more saliva. This jumpstarts digestion and gives the gastrointestinal (GI) tract the boost it needs for optimum functioning – ultimately supporting overall wellness. The herbs that make up digestive bitters also aid in stimulating secretion of gastric juices, hormones and enzymes like cholecystokinin (CCK), ghrelin, and motilin, which enhance efficient breakdown of food.

As a result, digestive benefits of using bitters include:

- Reduced bloating and indigestion
- Relief of heartburn and acid reflux
- Improved stomach acid production

- Enhanced GI mobility (peristalsis)
- Enhanced nutrient absorption
- Reduced nausea and vomiting
- Appetite suppression.

OTHER HEALTH BENEFITS

Bitter taste receptors are present in other places in the body as well, like the lungs, kidneys, thyroid, white blood cells, and even the heart. As a result, bitters do much more than just support digestion.

Bitters stimulate bile production and therefore fat metabolism, support the liver detoxification system, improve mood and cognitive balance by their action on the vagus nerve, tackle estrogen dominance by binding estrogen, support healthy blood sugar levels and promote healthy skin.

ABUNDANT DIGEST ASSIST UNIQUELY COMBINES THE BITTER HERBS OF ANGELICA, BURDOCK, DANDELION, FENNEL, GINGER, AND YELLOW DOCK.

Angelica (*Angelica archangelica*) is a biennial plant that is used as a spice for ornamental and culinary purposes, and has been used in traditional Chinese medicine. The roots of *Angelica archangelica* have been traditionally used for digestive issues, circulatory issues, and anxiety. *Angelica* is a booster for the digestive system and has a balancing effect on the relaxation of the musculature in the upper stomach. Further, it helps calm stomach irritation and has a soothing impact and carminative action to treat flatulent dyspepsia and indigestion.

Burdock is in the Asteraceae (daisy) family, and its roots are used as medicine, and food (gobo). Burdock is native to Europe and Asia, and it grows abundantly along roadways, in fields, and in pastures. It has a sweet and slightly bitter taste. High in antioxidants such as quercetin, luteolin, and phenolic acids, it can help with inflammation. It is also a mild cholagogue meaning it stimulates the liver, and in general, is a cleansing tonic. Burdock is "alterative," used for purification and detoxification. Finally due to its high inulin and mucilage content, it serves as a prebiotic that aids in digestion, stimulates secretion in the digestive tract, and soothes stomach issues.

Dandelion is also in the Asteraceae (daisy) family. Dandelion grows as a perennial herb throughout the Northern Hemisphere and as a weed in other temperature zones. Its root can be used to improve digestion; the bitter constituents can increase bile flow and enhance appetite. Dandelion root also has a laxative activity that stimulates digestion. It stimulates the growth of multiple strains of bifidobacteria, suggesting its use as a prebiotic, as well. Dandelion roots can also be used as a coffee substitute. Some of the key constituents of the roots are bitter glycosides, tannins, phytosterols, pectin, phenolic acids, vitamins and potassium.

Fennel (*Foeniculum vulgare*) easily grows in moist and organically rich soils and full sun. Fennel offers many health benefits; studies have shown the herb helps reduce inflammation in the bowels and reduces bacteria that cause gassiness in small intestines. It also helps ease colic in newborns. In addition, bitter fennel treats indigestion, constipation, gout, and pains.

Ginger (*Zingiber officinale*) root has been used as food and medicine since ancient times. It has medicinal properties that help reduce nausea, decrease inflammation, fight the flu, aid with detoxification pathways, and help with digestion. Ginger stimulates the flow of saliva, bile, and gastric secretions and has increased gastrointestinal mobility. It has a carminative effect that reduces the pressure on the lower end of the esophageal sphincter and reduces flatulence, dyspepsia, intestinal cramping, and bloating. Ginger may produce its antidiarrheal effect by affecting bacteria and host cell metabolism and reducing the colonization of epithelial cells.

Yellow dock (*Rumex crispus*) grows mainly in North America. This herb has been valued for its medicinal and nutritional qualities for many centuries. This is a cooling, dry and sour herb and is often used as a bitter. The root has been used to improve digestion and helps to remove toxins from the body organs. It helps to stimulate the production of digestive enzymes for healthy digestion. It stimulates the digestion of saliva, enzymes in the digestive system, and bile to ease the digestion and absorption of the food consumed. The process helps enhance the quality of stomach acid and is effective in cases of heartburn.

Abundant Digest Assist does not contain alcohol like some bitters, and with its unique bitter herb combination, it primes the body adequately for a healthier digestive process. For complete digestive benefit, include **Abundant Digestion, Abundant Gut Energy, Abundant Regularity, and Abundant Stomach Immune Response** that work synergistically with **Abundant Digest Assist**.

REFERENCES

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Full Disclosure Label (no hidden ingredients)

Directions: Take one (1) to three (3) drops 1-3 times per day or as directed by health professional. May be diluted with water or herbal tea.

| SUPPLEMENT FACTS | | |
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| Serving size: 0.15 mL (3 drops) | | |
| Servings per container: 400 | | |
| Energized Nutrients | Amount Per Serving | % Daily Value |
| Angelica (<i>Angelica archangelica</i>) Root | 6.7 mg | * |
| Fennel (<i>Foeniculum vulgare</i>) Seed | 5 mg | * |
| Ginger (<i>Zingiber Officinale</i>) Root | 5 mg | * |
| Dandelion (<i>Taraxicum officinale</i>) Root | 3.3 mg | * |
| Burdock (<i>Arctium lappa</i>) Root | 3.3 mg | * |
| Yellow Dock (<i>Rumex crispus</i>) Root | 1.7 mg | * |
| Lime oil | 1.8 mg | * |
| Rosemary oil | 1.3 mg | * |
| Purified Water | 41 mg | * |
| Vegetable Glycerin (soy-free) | 108 mg | * |
| * Daily value not established | | |

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*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.