



Anti-Gas Formula

(formerly AG-X)

Stock #1198-4 (100 capsules)

Anti-Gas Formula is an herbal remedy designed to relieve intestinal gas and abdominal cramping, as well as improve digestive function. Anti-Gas Formula also contains herbs that have demonstrated antibacterial activity against microbes that can cause food poisoning and stomach ulcers.

Anti-Gas Formula may be helpful for abdominal pain and cramping, bloating, colic, dyspepsia (indigestion), flatulence (gas), gastritis (stomach inflammation), indigestion, nausea, ulcers and to combat food poisoning.

Papaya fruit (*Carica papaya*) is considered a natural heartburn remedy. Papaya fruit contains the proteolytic enzymes papain and chymopapain, which are capable of digesting proteins, fats and carbohydrates. Papaya also contains other enzymes that break down starches and milk protein. Such broad action makes papaya an effective digestive

aid—papaya enzymes are commonly found in commercial digestive products for treating stomach ailments, including dyspepsia, liver and bile duct problems, improper fat digestion, and pancreatic disease.¹⁻⁵

Ginger rhizome (*Zingiber officinale*) contains various compounds that act as digestive stimulants, enhancing gall bladder activity and encouraging the production of digestive fluids and saliva. Ginger also improves gastric motility (movement through the digestive tract), while exerting antispasmodic (muscle-relaxing) effects to reduce intestinal cramping, thus confirming its use as a gastrointestinal tonic. Ginger is widely used for the treatment of gastrointestinal problems, including abdominal discomfort and bloating, dyspepsia, diarrhea and nausea. In addition, animal studies have shown that ginger can prevent ulcer formation caused by aspirin and indomethacin (an anti-inflammatory drug). Furthermore, ginger helps reduce cholesterol levels and stimulates immune system function. Ginger is approved by the German Commission E for dyspepsia.⁶⁻¹⁴

Peppermint leaves (*Mentha piperita*) are a popular digestive aid for reducing flatulence and relieving intestinal colic. Peppermint leaves are also indicated for dyspepsia, gastritis, heartburn, abdominal pain and cramping, and gallbladder disorders. Peppermint leaves contain an essential oil that stimulates bile flow from the gallbladder, promotes the expulsion of gas from the stomach and intestines, and acts as a natural antispasmodic to relieve spastic (cramping) complaints of the digestive tract. Peppermint leaves have also demonstrated antibacterial activity against *Helicobacter pylori*, the bacteria responsible for most ulcers and many cases of chronic gastritis.^{10,12,15-18}

Wild yam root (*Dioscorea villosa*) is known for its anti-inflammatory and antispasmodic effects and has been used for treating colic, rheumatism, gallbladder problems, and gastrointestinal and menstrual cramps. According to preliminary studies, wild yam may also help lower cholesterol and triglyceride levels.^{15,19-26}

Fennel seed (*Foeniculum vulgare*) is approved by the German Commission E for digestive disorders such as bloating, dyspepsia, feelings of fullness and flatulence, as well as mild, spastic (cramping) gastrointestinal complaints (i.e. spastic colon, also known as irritable bowel syndrome). Fennel seed increases bile production and regulates the peristaltic functions of the gastrointestinal tract, thereby enhancing gastric motility and increasing the passage of gas. In higher concentrations, fennel seed acts as an antispasmodic to relieve cramp-like pains in the gastrointestinal tract. The volatile oil in fennel seed is responsible for the herb's antispasmodic activity, and has also been shown to inhibit the growth of *Salmonella enteritidis*, a bacteria associated with food poisoning. Furthermore, results of a recent study indicate that fennel seed oil has a potent hepatoprotective (liver-protecting) action against experimentally-induced liver damage in rats.^{6,9-11,15,18,19,27,28}

Dong quai root (*Angelica sinensis*) is used in Traditional Chinese Medicine to purify the blood and improve circulation. According to the World Health Organization's medicinal plant monographs, dong quai has also been used for the treatment of chronic hepatitis and cirrhosis of the liver. Dong quai exhibits anti-inflammatory, antispasmodic and mild laxative effects and has been shown to protect the liver in animal studies. Additional research found that dong quai has a direct healing effect on the gastric mucosa (stomach lining) and promotes the healing of ulcers.^{6,8,11,15,19,29-35}

Lobelia aerial parts (*Lobelia inflata*) - Lobelia is considered an effective antispasmodic and was commonly used by American physicians at the turn of the century for spasms in the body and as a pain-reliever. Lobelia contains various compounds that exhibit anti-inflammatory, antispasmodic, mild analgesic (pain-relieving), and relaxant activity. Lobelia is also noted for stimulating the release of digestive fluids, with large doses resulting in vomiting. Lobelia is not recommended for children or pregnant or breast-feeding women. Patients with hepatic (liver) or renal (kidney)

impairment should use lobelia with caution.^{12,15,19,36-39}

Spearmint leaves and flowers (*Mentha spicata*) - Spearmint is regarded as a mild antispasmodic and carminative—a substance that promotes the passing of gas from the stomach or intestines. Spearmint is commonly used for digestive problems, including colic, flatulence, indigestion, loss of appetite, nausea and vomiting. Spearmint may also be helpful for irritable bowel syndrome. Spearmint contains an essential oil that has confirmed antibacterial activity against *Helicobacter pylori* (responsible for most ulcers and many cases of chronic gastritis), as well as *Salmonella enteritidis* and *Escherichia coli* (common causes of food-borne illnesses or "food poisoning").^{15,18,40-45}

Catnip aerial parts (*Nepeta cataria*) - Catnip has a long history of use for digestive problems, including abdominal cramps, colic, flatulence, indigestion and nervous dyspepsia. Catnip may also be helpful for gastritis, headaches, hiccups and irritable bowel syndrome. Catnip contains bitter substances and an essential oil that are primarily responsible for the herb's antispasmodic and digestive stimulant properties. In addition, a catnip extract has demonstrated confirmed antimicrobial activity against fungi and Gram-positive bacteria, including *Staphylococcus aureus* (a common cause of food poisoning).^{9,15,19,38,45,46}

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