



## Stomach Comfort

Stock #1820-0 (60 tablets)

Stomach Comfort is a “natural” stomach acid neutralizer which combines herbs and nutritional supplements known for their ability to improve digestion and aid stomach problems. Stomach Comfort provides quick, temporary relief of indigestion, heartburn, acid reflux, and upset or sour stomach. Stomach Comfort contains no aluminum or other potentially harmful ingredients.

Antacids are among the top selling over-the-counter drugs; however, they may contain aluminum (which can cause constipation, intestinal blockage, and dangerously high body levels of aluminum), sugar, and various dyes and preservatives.<sup>1</sup>

**Calcium carbonate** is a natural antacid.<sup>2</sup> According to a study in the *Journal of the American Medical Association*, calcium carbonate begins neutralizing gastric acid quicker than a leading over-the-counter heartburn medication (H2 blocker).<sup>3</sup>

**Alginic acid**, derived from brown kelp, is the precursor to sodium alginate—an insoluble salt which creates a protective foamy barrier over the stomach’s acidic contents. This action helps prevent irritation of the lower esophageal lining in individuals susceptible to gastroesophageal reflux or esophagitis. Alginates are found in various antacids for treating acid reflux, heartburn, and esophagitis. Research also indicates a possible reduction in bile flow in the presence of alginate.<sup>2,4-8</sup>

**Papaya fruit** is considered a natural heartburn remedy. Papaya fruit contains the proteolytic enzymes papain and chymopapain, which are capable of digesting proteins, fats and carbohydrates. This variety of 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. Furthermore, papaya fruit has been shown to reduce acid secretion and provide ulcer-protective effects in animal studies.<sup>1,5,7,9,10</sup>

**Guar gum** is used in Indian medicine as a digestive tonic. Comprised of about 86% water-soluble mucilage, guar gum helps soothe irritated mucosal tissues. Guar gum also lowers serum cholesterol, particularly LDL cholesterol.<sup>2,9,11</sup>

**Slippery Elm bark** is recognized as a natural remedy for heartburn and can provide instant relief from acidity, gastrointestinal inflammation, and gastroenteritis. The beneficial effects of slippery elm are attributed to its high content of mucilage (up to 50%) which soothes irritated and inflamed tissues, particularly mucous membranes. Though research is limited, the actions of this herb are firmly established. The mucilage in slippery elm soothes and coats inflamed tissues on contact, providing protection against further irritation or injury and drawing out toxins and irritants.<sup>1,2,5,9,11</sup>

**Ginger rhizome** contains various compounds which act as digestive stimulants, stimulating gall bladder activity and encouraging the production of digestive fluids and saliva. According to animal studies, ginger also helps maintain the tone of intestinal muscles. This action enables smoother transport of substances through the digestive tract which in turn, may help reduce irritation to the intestinal walls. Animal studies also indicate possible stomach protection against damage from alcohol and nonsteroidal anti-inflammatory drugs (NSAIDs). Ginger is commonly used in European digestive aids to relieve gas, indigestion, stomachache, and other stomach problems. Ginger decreases the volume of acid in the stomach and inhibits ulcer formation stemming from alcohol, stress, and other gastric irritants. Ginger also protects the liver against damage from toxins. Furthermore, ginger’s antiseptic properties are beneficial for gastrointestinal infections, including certain types of food poisoning.<sup>5,9,11-14</sup>

**Licorice root** both protects and encourages healing of irritated gastrointestinal mucous membranes. Licorice root contains glycyrrhizin—a substance which reduces inflammation—as well as flavonoids and chalcones which aid in the healing of digestive tract cells. The herb’s high mucilage content also aids in soothing irritated tissues. In the 1940’s, Dutch physicians determined licorice’s ability to soothe indigestion. Additional research has shown that licorice root reduces stomach secretions and produces a thick mucus, protecting the stomach lining against inflammatory stomach problems such as gastritis, peptic ulceration, and hyperacidity. Incidentally, licorice’s glycyrrhetic acid was the first drug proven to facilitate healing of peptic ulcers.<sup>2,5,9,11,12,14</sup>

Note: Calcium antacids may reduce the potency or duration of effectiveness of the following drugs: fluoroquinolones, hydantoin, iron, salicylates (aspirin), and tetracyclines. Calcium antacids may also increase levels or prolong the action of quinidine. To avoid decreasing levothyroxine’s efficacy, this drug should be taken at least 4 hours before or after ingesting calcium carbonate.<sup>1,15</sup>

## References:

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