

Absinthium (Herbal Extract)



Recommended Use:

- Indigestion
- Acid reflux
- Lack of appetite
- Flatulence
- Heartburn
- Other GI complaints

This herbal combination normalizes the digestive gastric juices (namely hydrochloric acid and digestive enzymes) and motility conditions by influencing the autonomic tonicity. It has a direct and indirect influence on the mucous membrane with anti-inflammatory effects and mobilization of the protective mucosa. With use, a general tonification and improvement of circulation in the GI tract can be expected.

Bitter herbs are associated with digestion and this Nestmann Pharma remedy contains a number of bitters. Gentian is an excellent bitter that stimulates the appetite and digestion via reflexive stimulation of the digestive juices, promoting the production of saliva, gastric juices and bile. It is used in cases of lack of appetite and a sluggish digestive system. Wormwood (*Artemisia absinthium*) is another bitter that works by triggering the sensory response in the mouth and increases circulation to the stomach. This results in an increase of hydrochloric acid production (HCl), which stimulates pepsin production and thus, better enables protein digestion. Finally, sage and fennel work to relieve problems such as flatulence, indigestion, and loss of appetite.

Recommended Dosage:

Canadian NHPD Dosage: Take 60 drops (3 ml) three times daily or as directed by a health care practitioner.

Nestmann Pharma Recommended Dosage: Adults: Take 15 to 25 drops in water before meals or as directed by a health care practitioner.

Children should receive half or less of the adult dosage or as directed by a health care practitioner.

Caution/Warnings:

Allergic hypersensitivity might occur if you are sensitive to the listed ingredients. Do not overdose the recommended daily dosage. For prolonged use, seek advice from a health care practitioner.

Contraindications:

Do not use if pregnant or breast feeding. Do not take this product if you are allergic to anise, anethole, Asteraceae/Compositae (daisy) family. Consult a health care practitioner prior to use if you have stomach irritation, inflammation, ulcers, high blood pressure, diabetes, impaired kidney function, gallbladder or bile-duct obstruction, hiatal hernia, or acid reflux

Clinical Pearls:

Bitter herbs improve digestion and taking them in warm water intensifies the effect while easing the bitter taste.

Absinthium has successfully been used for acid reflux in Germany for over 50 years. It is also an effective remedy for indigestion and over-eating, especially when taken 15 minutes before a meal. Due to its fast effect, Absinthium is a favoured remedy used by German doctors to treat gastrointestinal symptoms.

Refer to gastrointestinal protocols for more details.



Medicinal ingredients: Each 50 ml contains:

Pimpinella anisum (Anise)	5.6 ml
Cnicus benedictus (Blessed thistle)	6.0 ml
Foeniculum vulgare (Fennel)	5.6 ml
Gentiana lutea (Gentian)	6.0 ml
Hyssopus officinalis (Hyssop)	3.2 ml
Juniperus communis (Juniper)	6.0 ml
Mentha piperita (Peppermint)	6.0 ml
Salvia officinalis (Sage)	3.2 ml
Artemisia absinthium (Wormwood)	6.0 ml

Non-Medical Ingredients: Water, ethanol.

NPN 80032917 • 50 ml

Ingredients:

Anise	Dyspeptic complaints; acts as an expectorant; mildly antispasmodic and anti-bacterial.
Blessed thistle	Increase appetite or used as a digestive bitter; digestive tonic; expectorant, antiseptic; antidiarrhoeal; anti-microbial; diaphoretic; flatulent dyspepsia and atonic dyspepsia.
Elecampane	Against Mycobacterium tuberculosis; as a stomachic, diuretic, carminative and cholagogue in folk medicines.
Fennel	Exhibit activity against Bacillus subtilis, Aspergillus Niger and Cladosporium cladosporioides; dyspepsias such as mild, spastic gastrointestinal afflictions, fullness, and flatulence.
Gentian	Digestive tonic, sialogogue; for appetite loss; atonic dyspepsia; GI atony; scrofula; intermittent worms and diarrhea.

Ingredients:

Hyssop	Aromatic; carminative; tonic for the mucous tissue of both respiratory and gastrointestinal tract in all weakened conditions or to treat quinsy.
Juniper	Digestive aid; stimulate appetite; relieve flatulence and other digestive problems.
Peppermint	Digestive aid; relief of flatulence and/or bloating due to excess gas production, a used for symptomatic treatment of digestive disorders.
Sage	Dyspeptic symptoms.
Wormwood	Antibacterial activity against Bacillus cereus, Staphylococcus aureus, Listeria monocytogenes, Escherichia coli and Salmonella infantis. The German Commission E. approves the use of wormwood for loss of appetite, dyspepsia, and biliary dyskinesia.