

Fact Sheet

DIGESTIVE RELIEF | EDAFOS™



- Relieves symptoms of overeating, indigestion, nausea and bloating
- Eases any type of pain and spasm
- Protects and improves health of the digestive organs and the liver
- May benefit blood sugar and blood lipids

Digestive Relief | Edafos™ is comprised of Chinese herbs that relieve food stagnation (symptoms of overeating), improve circulation of Blood and Qi and relieve pain. Many herbs have shown positive effects on digestion, metabolism (blood sugar and blood lipid levels) and the ability to relieve pain. Many herbs exhibit stomach and liver protective properties. An ideal formula for travel, Digestive Relief benefits any kind of digestive upset along with headache and pain.

Ingredients & Traditional Chinese Medicine View

Zoi Medicinals™ tinctures are alcohol and vegetable glycerin extracts of non-toxic herbs. All herbs used in the manufacturing of Zoi Medicinals™ products have been tested for heavy metals, bacteria, fungus, and pesticides.

About Alcohol

Zoi Medicinals™ formulas contain 18.25% alcohol. Alcohol has been used as a solvent in herbal tinctures for centuries. It extracts active ingredients that are not water-soluble, such as essential oils, alkaloids and resins. It enables the tincture to be fast-acting, potent, shelf-stable for long periods of time, and enables their "grab and go" properties (easily portable, ready to take, no refrigeration required). Zoi Medicinals tinctures use organic ethyl alcohol that is USP certified. It is the same alcohol found in vanilla extract (used for cooking), other tinctures, and liquid homeopathic remedies. The dose is very small and can be diluted into water or other drink making the final alcohol content less than 0.1%, which is similar or less than, the amount of alcohol in a cup of kombucha.

- **Chen Pi (Tangerine Peel, *Citri reticulatae*)** is warm and enters the LU, SP and ST meridians; regulates Qi, adjusts the Middle, relieves the diaphragm, dries Damp, transforms Phlegm, descends Qi.
- **Bai Shao (White Peony Root, *Paeoniae alba*)** is cool and enters the LIV and SP meridians; nourishes the Blood, regulates the menses, astringes Yin and adjusts Ying and Wei, Calms Liver Yang, Liver Wind, softens the liver and alleviates pain.
- **Crampbark (*Viburnum opulus*)** tonifies Liver Blood, invigorates Blood to reduce spasms and abdominal pain.
- **Shan Zha (Hawthorn Fruit, *Crataegus pinnatifida*)** is slightly warm and enters the LIV, SP and ST meridians; reduces and guides out food stagnation, transforms accumulations and blood stasis, invigorates the Blood, dissipates clumps, and stops diarrhea.
- **Sha Ren (Black Cardamom, *Villous amomum*)** is warm and aromatic and enters the SP and ST meridians; promotes the movement of Qi, aromatically transforms Damp, strengthens the Spleen, warms the Middle and stops diarrhea, and calms the fetus.
- **Ge Gen (Kudzu Root, *Puerariae lobatae*)** is cool and enters the SP and ST meridians; discharges exterior conditions, releases muscles especially of the neck and back, relieves Heat, generates Fluids, raises Spleen Yang and stops diarrhea.
- **Hou Po (Magnolia Bark, *Magnoliae officinalis*)** is warm and enters the LI, LU, SP, and ST meridians; moves Qi in the middle and relieves food stagnation, promotes movement of Qi downward, dries damp, transforms phlegm, descends rebellious Qi, reduces phlegm and calms wheezing.
- **Skullcap Leaf (*Scutellaria lateriflora*)** is cold, enters the LU, ST, GB, and LI meridians, clears Heat and dries Damp, drains Fire, detoxifies, cools the Blood and stops bleeding, clears Heat, calms the fetus, and calms ascending Liver Yang.
- **Yan Hu Suo (*Rizoma corydalis*)** is warm and enters the HT, LIV, and ST meridians; invigorates Blood, circulates Qi, stops pain, induces and prolongs sleep.
- **Liu Shu Pi (Willow Bark, *Salix alba*)** is cool and enters the KI, BL and HT meridian; clears Heat and inflammation, drains Damp-Heat in the Bladder, encourages Yin and supports Stomach Qi.
- **Bai Zhu (White *Atractylodes* Root, *Atractylodes*)**

macrocephalae is warm and enters the SP and ST meridians; tonifies the Spleen and augments Qi, dries Damp and promotes water metabolism, stabilizes the Exterior, stops sweating, and calms the fetus.

- **Mu Xiang (Costus Root, *Aucklandiae lappae*)** is warm and enters the GB, LI, SP, ST, and SJ meridians; promotes the movement of Qi and alleviates pain, regulates stagnant Qi in the intestines, strengthens the Spleen, prevents stagnation, dispels Damp-Heat, and harmonizes the Liver and Spleen.
- **Gan Jiang (Dried Ginger Root, *Zingiberis officinalis*)** is hot and enters the HT, LU, SP, and ST meridians; warms the Middle, expels Cold, dispels Wind-Damp in the Lower Jiao, rescues devastated Yang, expels interior Cold, warms the Lung, transforms mucus, warms the meridians and stops bleeding.
- **Gui Zhi (Cinnamon Twig, *Ramulus cinnamomi*)** is warm and enters the HT, LU, and BL meridians; releases the Exterior, assists Yang, adjusts Ying and Wei, releases muscle layer, warms meridians and collaterals to relieve pain, unblocks Yang, transforms Qi, thins mucus, assists Heart Yang and warms and facilitates Yang Qi in the chest, warms and facilitates Qi flow in the meridians and collaterals and Blood through the vessels, and warms the Middle and directs turbid Yin downward.

Biomedical Details

Digestive Relief | Edafos™ contains herbs that improve digestive function, protect digestive organs, and relieve spasm and pain. Many herbs have positive impacts on metabolism as well as anti-inflammatory and antimicrobial functions.

Several clinic trials have shown the effectiveness of ginger for **nausea and vomiting**, with 14 clinical trials showing significant improvement in nausea and vomiting of pregnancy. (1) Seven trials showed that ginger enhances digestion by improving gastric emptying and regulating peristalsis. (1) Many herbs have effects on **gastric ulcers and antimicrobial activity** against *H. pylori* (a known cause of stomach ulcers). *Corydalis* had a strong inhibitory effect on ulcers, whether caused by *H. pylori* infection or stress in one study. (2) Cardamom and cinnamon also have clinical applications for gastritis and *H. pylori* infection. (3, 4, 5) In animal studies, *Aucklandiae* showed several beneficial effects on the GI tract including decreasing inflammation, protection of mucus-secreting cells, healing gastric lesions and improving GI motility. (6, 7, 8) *Pueraria* has also shown promising *H. pylori* inhibitory activity. (9)

Tangerine peel, crampbark, hawthorn, cardamom, cinnamon, *Pueraria*, skullcap, and *corydalis* have all exhibited **gastro-protective** properties. (2, 5, 10, 11, 12, 13, 14, 15) The liver (in addition to the stomach and intestines) is an important organ of digestion. It is involved in the regulation of blood sugar and lipids and detoxification of drugs, alcohol, and other toxins. Digestive Relief contains herbs that have **liver-protective** effects in studies, including tangerine peel, skullcap, white peony, *Pueraria*, and *Atractylodes*. (10, 16, 17, 18, 19). *Pueraria* has been shown in many studies to be protective of the liver, decrease markers of liver damage (AST/ALT), and reverse signs of liver fibrosis. (9)

Several herbs in Digestive Relief have widely **known pain-relieving and anti-spasmodic properties**. Aspirin is one of the most commonly used drugs in the world and is derived from white willow bark. A recent meta analysis of random controlled trials totaling 329 patients with

arthritis showed a significant effect on pain reduction using willow bark. (20) *Corydalis* is widely used in China to treat spastic pain, abdominal pain and pain due to injury. Studies have shown that it acts on GABA or opioid receptors to relieve pain, without risk of tolerance (it has not been shown to be addictive). A clinical trial of *corydalis* extract resulted in a significant decrease in pain intensity and pain scores for mild and moderate pain. (2) In addition to being known as a pain killer, *corydalis* has many beneficial effects on the digestive, cardiovascular, and nervous systems. (2) Ginger improved menstrual cramps in seven clinical studies, and eight other studies of arthritis patients showed a reduction in inflammation and pain with ginger use. (1) *Pueraria* has exhibited fever reducing, pain killing and muscle relaxing properties in some studies. (9) Eighty-five patients with intestinal spasms and cramps showed remission of symptoms with taking a formula of white peony root, cinnamon and other herbs. (21) *Aucklandiae* showed significant anti-inflammatory effects in the intestine and improved gastric ulcer healing in animal studies (6, 22). White peony root has reported sedative and analgesic functions and has been shown to inhibit intestinal smooth muscles contraction and gastric acid secretion in mice. (23) Crampbark, tangerine peel, and magnolia bark have also been shown to have relaxant and antispasmodic effects. (21, 24, 25)

Several of the herbs in Digestive Relief have **positive effects on metabolism**, including **improvement of blood sugar and blood lipid levels**. One clinical review suggested cinnamon can improve glycemic control in those with type 2 diabetes; with some studies reporting reductions in fasting blood glucose and decreases in HbA1c (26). Clinical studies of ginger have shown it to have positive impact on fasting blood sugar, hemoglobin A1c, insulin sensitivity and resistance. It also has been shown to positively impact body weight and cholesterol levels. (1) *Atractylodes* significantly reduces fasting blood glucose and serum insulin in some studies (27). Hawthorn fruit lowered blood sugar and exhibited anti-obesity effects in many animal studies (28) Significant improvements in blood sugar control have been observed with use of cardamom and cinnamon. (5, 29) Crampbark and hawthorn fruit studies have reported anti-diabetic activities, benefits to blood lipids, and overall digestion. (28, 30) Many of these effects seem to be related to interactions with digestive enzymes. Crampbark appears to interfere with many processes of adipogenesis (formation of fat tissue). (30)

Hawthorn fruit has been approved by the Chinese Drug and Food Administration for the **treatment of hyperlipidemia** (28) and is the most popular TCM treatment available for high cholesterol. Some evidence indicates that it can also prevent heart failure and hypertension (28). *Pueraria* and magnolia bark lower triglycerides and have anti-diabetic activities. (9, 25). *Atractylodes* decreased body weight gain, serum lipid and insulin levels and improved glucose tolerance in animal studies (27). Tangerine peel also reduced body weight, total cholesterol and triglyceride levels (31).

Most herbs in Digestive Relief exhibit **anti-microbial and anti-inflammatory activities**. Crampbark and magnolia bark have broad antimicrobial functions against many different types of bacteria and *Candida* (25, 30) and *corydalis* has significant activity against a wide variety of bacteria, as well as viruses, and parasites (2). *Pueraria*,

crampbark, ginger, *corydalis*, and magnolia bark tree have known anti-inflammatory activity. (1, 9, 25, 30)

How to use Digestive Relief | Edafos™

- Use standard dose daily for proper absorption and digestive support, or for digestive discomfort, digestive spasms, pain or fullness
- Use standard dose daily to support blood sugar and cardiovascular health
- For acute gastrointestinal distress, take 3 droppers full every 30 minutes until resolved, not to exceed 5 doses.
- Take as needed for pain or headache, not to exceed 5 doses per day.
- See a medical practitioner if symptoms persist.

Dosage

Liquid formulas are rapidly absorbed by the body and should be taken by mouth. Hold under the tongue a few moments prior to swallowing; or take in a small amount of water or juice. If alcohol content is a concern, a standard dose (1.5 ml) in one cup of water dilutes the alcohol content to less than 0.1%, or formula can be added to hot tea (alcohol will evaporate) and drink once cooled.

The standard, adult dose is three droppers full (1.5 ml) three times a day, or as directed by your health care professional. One full compression of the dropper bulb is a dropper full (the dropper may not appear "full").

- Standard adult dose (100-250 lb) – 3 droppers full (1.5 ml), three times a day.
- Standard adult dose (>250 lb) – 4 droppers full (2.0 ml), three times a day.
- Standard child dose (30-100 lb) – 1 dropper full (0.5 ml), three times a day.
- If sensitive to herbs and supplements, start with 1 dropper full (0.5 ml), three times a day.

For some, it may take several weeks to notice an effect. Consistency is more important than dose, so take some each day even if you can't keep to a regular schedule. As your body responds to the formula, you may decrease the dose, accordingly.

Cautions

- With minor stomach upset, take with food.
- Do not use if pregnant or breastfeeding, unless directed by your health care practitioner.
- Not to exceed five droppers full at a time.
- Discontinue use if any new symptoms appear, including symptoms of allergic reaction.
- If experiencing minor headache or other discomfort, reduce the dosage to 1/3 of starting dose. Gradually increase the dosage each day until you reach to the desired dosage.
- Every body is different, as the formula alters internal processes, your best dosage may change (always stay within the recommended dosage range).

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***This product is not intended to diagnose, treat, cure, or prevent any disease.**