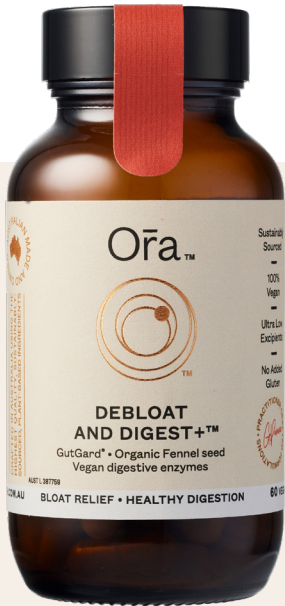




## DEBLOAT AND DIGEST+™

Ora Debloat and Digest+™ is a synergistic blend of the clinically-tested ingredient GutGard® which has been shown in clinical studies to relieve abdominal pain, bloating and discomfort, as well as organic fennel seed, traditionally used in Western Herbal Medicine to help reduce indigestion and distention, and a targeted blend of vegan digestive enzymes to help support healthy digestion.



- ✓ Suitable for vegetarians and vegans
- ✓ 60 caps (1 month's supply)



GutGard®  
*Glycyrrhiza glabra*



Organic Fennel seed  
*Foeniculum vulgare*



Papain



Bromelain



Vegan digestive enzymes

ACTIVE INGREDIENTS	PER CAPSULE	PER DAY
GutGard® <i>Glycyrrhiza glabra</i> (deglycyrrhized licorice) root ext. equiv. dry root	75 mg 2063 mg	150 mg 4126 mg
Organic <i>Foeniculum vulgare</i> (Fennel) ext. dry seed	1000 mg	2000 mg
Papain Equiv. Papain enzyme activity	8 mg 480 000 FCC PU	16 mg 960 000 FCC PU
Bromelain Equiv. Bromelain enzyme activity	12.5 mg 450 000 FCC PU	25 mg 900 000 FCC PU
Amylase (derived from <i>Aspergillus oryzae</i> ) Equiv. Amylase enzyme activity	15 mg 1500 FCC DU	30 mg 3000 FCC DU
Protease (derived from <i>Aspergillus oryzae</i> ) Equiv. Endo-Protease enzyme activity	4.5 mg 1800 HUT	9 mg 3600 HUT
Lipase (derived from <i>Rhizopus oryzae</i> ) Equiv. Lipase enzyme activity	1.25 mg 100 LipU	2.5 mg 200 LipU
Cellulase (derived from <i>Trichoderma reesei</i> ) Equiv. Cellulase enzyme activity	2.5 mg 150 FCC CU	5 mg 300 FCC CU

GutGard® is a registered trademark of Natural Remedies Pvt. Ltd.

### Who This Is For

Ora Debloat and Digest+™ is recommended for adults seeking help with:

- Abdominal bloating
- Indigestion
- Dyspepsia
- Digestive discomfort
- Aiding digestion
- Nutrient absorption

### Co-creating wellness™

Ora recommends a holistic approach in combination with Ora Debloat and Digest+™.

**Try the following to enhance results:**

- Incorporate healthy eating habits - 3 big breaths before each meal to activate parasympathetic nervous system
- Consume a balance of raw and cooked foods
- Replace coffee with dandelion tea where possible
- Epsom salt baths
- Manage stress levels with meditation and breathing exercises
- Expose skin to beneficial microbes found in nature

**Combines well with:**

- Ora Adaptogen Tonic+™
- Ora Mag<sup>3</sup> Mood™



## Traceable Ingredients

We take pride in selecting only the highest quality ingredients from all over the world and being transparent about the ingredients we use. The active ingredients in Ora Debloat and Digest+™ are sourced from:

**GutGard® *Glycyrrhiza glabra*** - Cultivated on farms in India. Extract produced in a state-of-the-art herbal extract facility, Kishnagiri District - India with a dedicated R&D and Innovation Centre spread over 25,000 sq. feet, certifications: NONGMO Project verified, USDA Organic, ISO14001-certified employing sustainable practices from seed to shelf.

**Organic *Foeniculum vulgare*** – Cultivated on farms in India. Extracted in China at a FDA, HACCP, ISO9001-2015 facility which specialises in EcoCert, USDA-Organic, Kosher, Halal and non-GMO ingredients. Supplied by a Climate Active Certified Carbon Neutral Sydney-based ingredient wholesaler.

**Amylase** – derived from Non-GMO *Aspergillus oryzae* produced in a Halal and Kosher certified facility specialising in the manufacture of fungal enzymes to FCC standards and TGA requirements.

**Protease** – derived from NON-GMO *Aspergillus oryzae* produced in a Halal and Kosher certified facility specialising in the manufacture of

fungal enzymes to FCC, Joint FAO/WHO Expert Committee on Food Additives (JECFA) standards for enzymes and TGA requirements.

**Lipase** – derived from Non-GMO *Rhizopus oryzae* in a Halal and Kosher certified facility specialising in the manufacture of fungal enzymes to FCC, Joint FAO/WHO Expert Committee on Food Additives (JECFA) standards for enzymes and TGA requirements.

**Cellulase** – derived from Non-GMO *Trichoderma reesei*, in a Halal and Kosher certified facility specialising in the manufacture of fungal enzymes to FCC, and Joint FAO/WHO Expert Committee on Food Additives (JECFA) standards for enzymes. and TGA requirements.

**Papain** – derived from *Carica papaya* (Papaya) plants, produced in a Halal and Kosher certified facility specialising in the manufacture of fungal enzymes to FCC standards and TGA requirements.

**Bromelain** – extracted from the stems of *Ananas comosus* (Pineapple) in a Halal and Kosher certified facility specialising in the manufacture of fungal enzymes to FCC, Joint FAO/WHO Expert Committee on Food Additives (JECFA) standards for enzymes and TGA requirements.

## How We Make It

We use the minimum amount of excipients during our manufacturing processes.

Ora Debloat and Digest+™ contains the following added substances at < 252 mg input/capsule:

Microcrystalline cellulose, Colloidal anhydrous silica, and Magnesium stearate – added to aid the manufacturing process, enhance final product stability and support efficacy of the product.

Additional substances related to the capsule and individual ingredients, not added during the product manufacturing process:

Vegetarian Capsule excipients: Hypromellose, purified water.

Amylase enzyme contains a small percentage of dextrin as a carrier. Protease, Lipase, Cellulase, Papain and Bromelain enzymes contain a small percentage of maltodextrin as a carrier.

Allergy warning: Papain contains a small percentage of Sodium Metabisulphite at approx. 20mg/kg equiv. to 20ppm (parts per million).

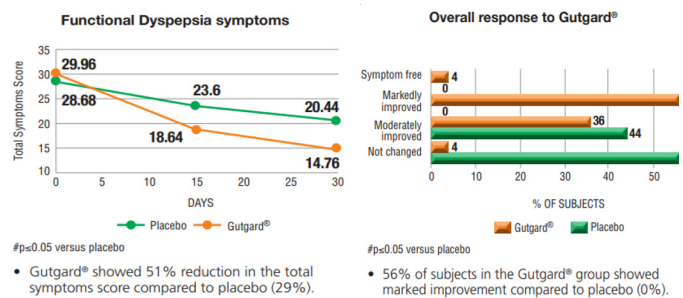
No added yeast, soy, added sugars, lactose, gluten, artificial colourings, dairy, or animal products.

## Find Out More

### GutGard®

Ora Debloat and Digest+™ contains GutGard® the clinically trialed, standardised extract from *Glycyrrhiza glabra* (deglycyrrhized liquorice) root. When taken at two capsules per day the product provides the clinically trialed dose of 150mg of GutGard® extract.

In a 30-day randomised, double blind, placebo-controlled study, in an Indian adult population, GutGard® extract dosed at 75 mg twice per day with water, after food, was shown to be beneficial for relieving occasional indigestion. Subjects were assessed on the severity of upper abdominal complaints and their quality of life at day 0, 15 and 30. After 15 and 30 days, the severity of complaint and quality of life significantly improved in the GutGard® group compared to placebo group.



## Find Out More (cont)

***Foeniculum vulgare*** (Fennel) seed has traditionally been used in Western Herbal Medicine as an aromatic, digestive stimulant and carminative herb which has a gentle warming action on the stomach. Experimental research suggests the herb may have anti-spasmodic and anti-inflammatory properties. Traditional Western Herbal Medicine and Ayurvedic texts often report fennel seed as being useful for sluggish digestion and for the relief of dyspeptic complaints such as mild, gastro-intestinal spasms, bloating and flatulence.

### Digestive enzymes

Poor digestion can cause symptoms of indigestion, fullness, bloating, gas, abdominal cramps and undigested food in the stool. Inadequate digestion associated with insufficient enzyme secretion may lead to reduced nutrient absorption. A healthy digestive system is essential for health and wellbeing.

Enzyme supplementation can help support inadequate digestive enzyme production so that digestive capacity is maintained, and absorption of essential nutrients is supported. The use of supplemental enzymes may create a sparing effect on the body's own enzymes. Non-animal derived, vegan friendly, supplemental enzymes are typically produced by a process of fermentation using medicinal fungal sources, commonly *Aspergillus oryzae* (Amylase and Protease), *Rhizopus oryzae* (Lipase) or *Trichoderma reesei* (Cellulase).

There is growing evidence for the benefits of microbe-derived enzymes in supporting digestion. One 2004 study using a model

simulating the conditions of the stomach and small intestine demonstrated enhanced breakdown and absorption of carbohydrates and proteins in the presence of a digestive enzyme blend containing fermented, fungal-derived enzymes. This improvement was observed in impaired digestion conditions where simulated stomach and intestinal secretions were reduced by 70%, as well as in simulated healthy digestion conditions. This study also showed that the digestive enzyme blend survived the acidic conditions of the model stomach and continued to function in the small intestine.

Non-animal derived enzymes have a number of advantages over animal-derived enzymes. They possess greater stability and maintain activity across a wider pH range including the highly acidic environment of the stomach. This enables them to function for longer as they travel along the digestive tract. Bromelain and papain are enzyme complexes derived from pineapple and papaya respectively and have been commonly used as a supplement to assist with the digestion of protein.

Ora DeBloat and Digest+™ has been carefully formulated to contain vegan friendly, digestive enzymes produced through fermentation processes as well as plant-derived enzymes to support the body's natural digestive processes and is particularly suited to the modern diet which tends to be high in proteins, carbohydrates and fats. The enzymes contained in the product are suitable for use by vegans, vegetarians and meat eaters alike.

## Indications For Use

We acknowledge and celebrate the empirical knowledge gained through the elegant use of herbs in Chinese and Western Herbal traditions and the evaluation of minerals and vitamins through robust human clinical research in contemporary science.

**Ora DeBloat and Digest+™ contains the clinically-trialled ingredient GutGard® which has been shown in human research to:**

- Help reduce occurrence of symptoms of indigestion / dyspepsia
- Help reduce occurrence of abdominal bloating
- Relieve symptoms of indigestion / dyspepsia
- Relieve abdominal bloating / distention
- Relieve symptoms of heartburn and excessive belching
- Decrease abdominal feelings of fullness, pain and discomfort
- Maintain / support digestive system health

**Ora DeBloat and Digest+™ includes an organic Fennel seed extract used in traditional Western Herbal Medicine as a carminative to:**

- Reduce flatulence
- Relieve wind and gas pain
- Reduce abdominal bloating
- Support and maintain healthy digestive function

**Ora DeBloat and Digest+™ provides vegan digestive enzymes:**

- Amylase to aid digestion of carbohydrates
- Protease, Papain and Bromelain to aid the digestion of proteins
- Lipase to aid the breakdown of fat
- Cellulase to aid the digestion of plant fibre

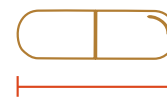
## Directions For Use

Take one capsule twice daily with meals, or as recommended by your healthcare practitioner. Always read the label. Follow the directions for use. If symptoms persist, worsen, or change unexpectedly, talk to your healthcare professional. Do not use if pregnant or likely to become pregnant. Do not use while breastfeeding.

**Pack size:** 60 vegan capsules

**Product Code:** DEBDIG60-ORA

## Capsule Size



21.7 mm  
Vegan



Scan me to learn more about  
DeBloat & Digest+™