

REGU-DIGEST

INCREASES APPETITE AND HELPS DIGESTION

BIO-Vega's REGU-DIGEST capsules are primarily composed of Blessed Thistle, traditionally used in Herbal Medicine as a digestive tonic and bitter to stimulate appetite and digestive functions (stomachic).



Dosage form Vegetable capsule
 Recommended route of administration Oral
 NPN # 80073494

Dosage

Blessed thistle (*Cnicus benedictus*, Herb top) 75 mg (20:1, QCE* 1 500 mg)
 * Equivalent quantity to 1 500 mg



We guarantee our natural health products made in Canada and contain **NO GMOs and NO Pesticides**. Our production processes comply with Health Canada's **Good Manufacturing Practices (GMP) Guidelines**.

MEDICINAL PROPERTIES

- Diuretic
- Diaphoretic
- Emetic
- Tonic
- Orexigenic
- Appetizer
- Astringent
- Bitter
- Cholagogue
- Emmenagogue
- Galactagogue
- Vermifuge

THERAPEUTIC INDICATIONS

● Appetite (loss of - light)

Blessed thistle naturally stimulates digestive juices and its bitter glycosides are recognized for helping to stimulate appetite, while acting as a general tonic for the entirety of the digestive tract. For this reason, the plant is often recommended when there is loss of appetite as a result of certain treatments or medications, and may also figure prominently in a comprehensive and multi-pronged approach to treating anorexia nervosa.

● Boils & ulcers

Due to its astringent qualities, Blessed thistle is extremely adept at helping to slow down and prevent excessive bleeding. For this reason, it is often seen as one of the main ingredients in natural treatments and salves for boils, skin ulcers, carbuncles and other pus-filled skin infections. Finally, in alternative and complementary medicine circles, the herb is commonly used in the treatment of yeast infections and vaginal discharge of varying etiology.

● Digestive conditions

As an aromatic bitter herb, blessed thistle

naturally stimulates the secretion of saliva and gastric juices, and through this action, supports the entire digestive process while enhancing nutrient absorption. The herb's bitter taste is said to trigger a reflex reaction that releases gastric juices into the stomach, especially those implicated in the digestion of fats. For this reason, blessed thistle is extremely useful for the treatment of GI symptoms such as dyspepsia, upset stomach, indigestion and flatulence.

● Female health & galactagogue

Blessed thistle has a long history of use as a galactagogue herb. Today in both conventional and alternative medicine circles it is often recommended along with fenugreek, as the go-to to help stimulate milk production - blessed thistle is in fact recommended by the Canadian Breastfeeding Foundation. In addition, Blessed thistle is known to help balance women's fluctuating hormone levels, thereby helping to alleviate many hormonally-based symptoms such as dysmenorrhea (abdominal pain, cramping and others), breast tenderness and swelling, as well as general PMS and menopausal symptoms.

● Respiratory allergies

Blessed thistle contains bitter compounds that decrease the thickness, while increasing the production of mucosal fluids - particularly those of the digestive and respiratory tracts. The plant also contains powerful astringent compounds that are highly antiseptic, aid in the dilation of peripheral blood vessels, and help shrink inflamed tissue which results from respiratory allergies, making the plant a potent and incredibly valuable addition to any complex approach to managing allergies.

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OUR MANUFACTURING METHODS

If all wines are not born equal, the same goes for phytotherapy products. Thus, BIO-Vega products are distinguished by:

- The **care** with which raw materials are selected.
- The **wide variety of plants and natural substances** used in the compositions.
- The **extraction methods** are inspired by both traditional methods and spagyric methods based on alchemical principles in order to extract the full therapeutic potential of plants. In fact, the substances extracted from the plants are first separated, treated and then combined again to provide an essence containing all the curative elements of the plant, including the trace elements while preserving the whole life force of the plant.

But above all, the great distinction of BIO-Vega products lies in **the exclusivity of its recipes** strongly influenced by the ancient traditions of Chinese as well as Oriental medicine, and in the variety and finesse of the methods of extraction of the active elements of plants and natural substances.

OUR MISSION

BIO-Vega is a Canadian (Quebec) Natural Health Products company whose mission is to offer high quality natural health products to help you heal yourself and stay naturally healthy.

REGU-DIGEST PLANT

● Blessed thistle

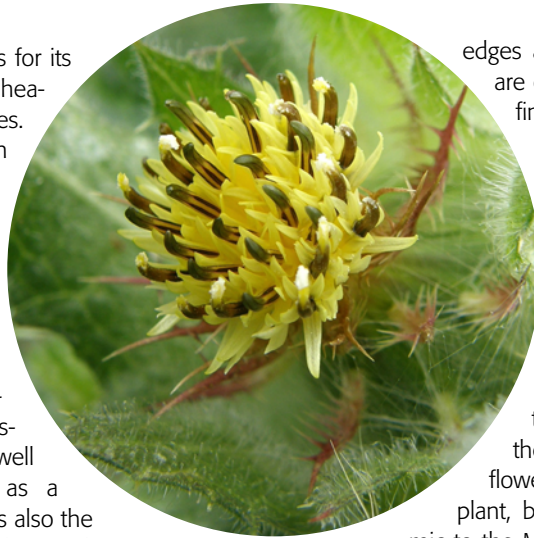
Blessed thistle boasts a colourful and varied legacy of folk history, medicinal uses and modern day applications. A mainstay of traditional medicine, blessed thistle has in fact been revered throughout Europe since

the Middle Ages for its considerable healing properties. Though given its distinctive name due to its reputation as a cure-all, blessed thistle was originally used primarily to treat stomach and digestive issues, as well as consumed as a vegetable. It was also the treatment of choice during times of epidemic infectious diseases such as the bubonic plague, in the Middle Ages.

Today, traditional herbalists rely heavily on blessed thistle to address female complaints such as dysmenorrhea and amenorrhea, and more generally, to help protect women during the various hormonal shifts throughout their lifetime, including menstruation and menopause. Blessed thistle is also a very valuable herb to support lactation in nursing mothers (though it is not to be used during pregnancy). Further, the herb is approved by the German Commission E as an orexigenic, due to its clinically validated ability to stimulate appetite and support the digestive process.

One of the few herbs that has gained fairly wide-spread acceptance within the conventional medical community, blessed thistle is approved as a food additive in the United States where the leaves, stems and blossoms of this aromatic herb are used as a flavoring agent in such things as bitter tonics and alcoholic beverages like Benedictine.

Morphologically speaking, the blessed thistle plant has a branchy pentagonal stalk, and the leaves are lanceolate with spiny



edges and white veins which are entirely covered in soft, fine hair. It yields pretty yellow flowers with prickly green heads that look quite similar to those of other artichokes (*Cynara cardunculus var. scolymus*), and milk thistle (*Silybum marianum*) - all three being a part of the Asteraceae or sunflower family. An annual plant, blessed thistle is endemic to the Mediterranean countries and Southeast Asia but today can be found growing both wild and cultivated in Central Europe, the southern United States and parts of Central and South America.

Blessed thistle is rich in lignans, essential oils and tannins and is an excellent herbal source of the minerals calcium, potassium, iron, magnesium and manganese. The main bitter substance in blessed thistle is cynin and is present in a concentration of 0.2 to 0.7%. Scientific studies have shown that various chemical compounds in blessed thistle, most notably cynin and polyacetylene, have demonstrated considerable antibacterial and antimicrobial activity against several types of bacteria. ●

CONCOMITANT PRODUCTS

Dong quai and wild yam, along with any other estrogenic plants can be used in combination with blessed thistle to treat menstrual difficulties and other conditions where a woman's hormones require to be brought back into balance. Fenugreek also combines exceedingly well with blessed thistle to help stimulate and support the production and flow of breast milk. To help tone and support the entire digestive system, milk thistle, which is hepatoprotective and has strong antioxidant and anti-inflammatory properties, as well as stimulates bile production, is considered very beneficial when combined with blessed thistle. Blessed thistle in fact, combines extremely well with most other plants that support the gastrointestinal tract.