



# Heartburn Essentials

Introduced 2007

## What Is It?

Heartburn Essentials regulates gastric secretion, enhances digestion and soothes the digestive tract, offering potential relief for occasional heartburn and indigestion.\*

## Uses For Heartburn Essentials

**Stimulate Digestion:** For years, gamma oryzanol has been associated with maintaining healthy gastric secretion, even under everyday stress conditions. It is likely that gamma oryzanol does this by influencing the autonomic nervous system. Artichoke helps to stimulate the digestive process and has been shown to relieve occurrences of occasional heartburn while turmeric may offer relief of occasional gas and indigestion. Plant enzymes further promote digestive function for overall comfort and relief of occasional gas, bloating and heartburn.\*

**Soothe and Promote G.I. Integrity:** DGL, marshmallow and slippery elm provide traditional support for soothing the gastrointestinal tract and promoting the integrity of the mucosal lining. These ingredients support the body's natural defense mechanisms by stimulating the mass, quality and production of mucous, a major component of the stomach's protective lining.\*

## What Is The Source?

Gamma oryzanol is derived from rice bran. Deglycyrrhizinated licorice extract is derived from *Glycyrrhiza glabra* root. Marshmallow root extract is derived from *Althaea officinalis*. Slippery elm extract is derived from *Ulmus fulva* bark. Artichoke extract is derived from *Cynara scolymus* leaves and standardized to contain 5% cynarins typically. Turmeric extract is derived from *Curcuma longa* root and standardized to contain 95% curcuminoids. Amylase, lipase and cellulase are derived from fermentation. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil. Dextrin is derived from tapioca.

## Recommendations

Pure Encapsulations recommends 1 capsule at the start of each meal, or as directed by a health professional.

## Are There Any Potential Side Effects Or Precautions?

In rare cases, curcumin may cause gastrointestinal upset. Artichoke should be avoided by individuals with allergies to members of the aster (*Compositae/Asteraceae*) family, daisies, artichoke, kiwi or thistle. Artichoke and curcumin should be used with caution in individuals with bile duct obstruction. If pregnant or lactating, consult your physician before taking this product.

## Are There Any Potential Drug Interactions?

Not to be taken by pregnant or lactating women. Curcumin may be contraindicated with blood thinning medications. Consult your physician for more information.

## Heartburn Essentials

each vegetarian capsules contain  v 00	
gamma oryzanol (from rice bran).....	125 mg
deglycyrrhizinated licorice (glycyrrhiza glabra) extract (root) .....	100 mg
marshmallow (althaea officinalis) extract (root) .....	100 mg
slippery elm (ulmus fulva) extract (bark) .....	100 mg
artichoke (Cynara scolymus) extract (leaf) .....	75 mg
turmeric (Curcuma longa) extract (root) .....	50 mg
(standardized to contain 95% curcuminoids)	
Proprietary enzyme blend .....	61 mg
providing:	
amylase .....	6,000 DU
lipase .....	81 FIP
cellulase .....	22 CU
other ingredients: ascorbyl palmitate, tapioca dextrin, vegetarian capsule (cellulose, water)	

*Not to be taken by pregnant or lactating women. Consult a health professional before taking this or any other product.*

1 capsule at the start of each meal, or as directed by a health professional.

‡These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.