

GAS & BLOATING

A proven formula that synergistically combines vegetable charcoal with essential oil rich plants that work quickly to help balance gastrointestinal function and reduce gas and bloating.*

DIRECTIONS

Adults take two capsules as needed for occasional use, or as directed by a qualified health care professional.

DESCRIPTION OF FORMULA

Gas & Bloating goes to work quickly to help reduce bloating, gas and the feeling of heaviness that can occur after meals. Pure natural Vegetable Charcoal and Fennel Whole Phytocomplex Concentrates promote the absorption and elimination of gastrointestinal gas. Completing this formula is a proprietary blend of different herbs that provides beneficial effects for the gastrointestinal system. Star Anise, Caraway and Cumin are used to help improve digestive function, and the soothing properties of Chamomile and Lemon Balm freeze-dried extracts, naturally processed to ensure the best concentration and absorption, provide natural relief to the intestine.*

Vegetable charcoal has a long history of use and is known for its ability to readily adsorb gases and liquids in the intestines. It also supports healthy intestinal bacteria that promote good digestion. Vegetable charcoal is also used to absorb toxins from gastrointestinal mucosa while at the same time facilitating healthy elimination. Vegetable charcoal is widely used for flatulence, diarrhea, and other dyspeptic disturbances.*

Fennel fruits (also called seeds) are rich in essential oils and have been prized for their calming abilities. In scientific experiments, fennel essential oil has been reported to have anti-spasmodic effects on the intestinal smooth muscle of animals. Fennel is used to prevent the formation of intestinal gas and the use of Fennel has been approved by the Commission E of Germany for the treatment of dyspeptic discomforts to support gastrointestinal tract health, and to alleviate feelings of fullness and flatulence.*

Cumin is an essential oil rich plant that in traditional medicine has been used to prevent the formation of intestinal gas and for stomach discomforts. Cumin fruits are a major flavor component in food products, including baked goods, condiments, and relishes.*

The active ingredients in Chamomile flowers exert actions that are protective and soothing to the mucous membranes in the stomach and intestines. European monographs recommend it for symptomatic treatment of minor gastrointestinal disturbances

Supplement Facts

Serving size: 2

Servings per container: 25

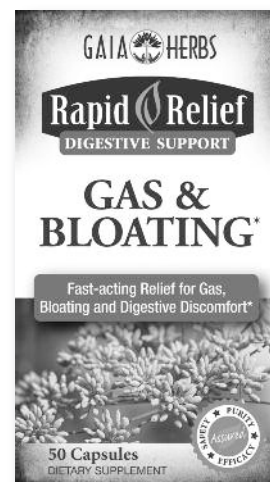
	Amount Per Serving	%Daily Value
Vegetable Charcoal	242 mg	†
Fennel (<i>Foeniculum vulgare</i>) seed - WPC**	162 mg	†
Proprietary Blend	404 mg	†

Cumin (*Cuminum cyminum*) seed; Organic Chamomile (*Matricaria recutita*) flower freeze-dried extract; Star anise (*Illicium verum*) seed; Organic Lemon Balm (*Melissa officinalis*) leaf freeze-dried extract; Caraway (*Carum carvi*) seed; Fennel (*Foeniculum vulgare*) seed essential oil; Peppermint (*Mentha piperita*) leaf essential oil; Marjoram (*Origanum majorana*) leaf essential oil.

† Daily Value not established

** W.P.C.: Whole Phytocomplex Concentrate

Other ingredients: Vegetable cellulose (capsule)



including minor spasms, distention, flatulence and eructation.*

Anise fruits (also known as seeds) are rich in essential oils and are approved by the Commission E of Germany for treating digestive discomforts, flatulent colic and other dyspeptic disorders due to its anti-spasmodic and stomach calming properties. Its flavorful aroma also allows Anise to be used extensively as a spice and as a flavor component in many food products.*

Lemon Balm leaves have been traditionally used for nervous stomach and lower abdominal health, especially when associated with tension and irritability. Lemon Balm is approved by the Commission E of Germany for the support of a healthy nervous system and to support restful sleep.*

Caraway fruits are generally considered to have calming and stomachic properties. Caraway is widely used as a domestic spice; it is also extensively used in commercial food products, particularly baked goods. Traditionally, it was used as a stomachic and to prevent the formation of intestinal gas. The German Commission E monographs have approved Caraway for the treatment of dyspeptic disturbances, as well as for gastrointestinal health, flatulence, feelings of fullness and nervous stomach.*

Patented Process for Purity & Efficacy

Using a proprietary technology called Whole Phytocomplex Concentrate (W.P.C.), this product contains our exclusive combination of Fennel freeze-dried extract mixed with the micronized powder from the same plant, assuring an optimal concentration of active components, maximum absorption, and the full spectrum of plant constituents without chemicals.

SAFETY EVALUATION

It is normal for vegetable charcoal to turn feces black. Vegetable charcoal may interfere with the absorption of co-administered drugs/supplements. It is recommended to take this product two hours before or after taking herbs or dietary supplements. Not to be used during pregnancy or lactation. If you have a medical condition or take pharmaceutical drugs,

FOR INFORMATION ON OTHER GAIA PRODUCTS PLEASE VISIT OUR WEBSITE

www.gaiaherbs.com

please consult with your doctor before using this product.*

COMPLEMENTARY HERBS AND USEFUL ADVICE:

Sweetish Bitters Elixir, Ginger, Chamomile Liquid Extracts all support the digestive processes.

Serenity Liquid Phyto-Caps™ can also be useful when gas and bloating may be the result of a stressful situation.*

Always try to remember to eat slowly, chew food completely, avoid ingesting large quantities of air or water with any meal, and do not lie down after eating.*

Overeating foods high in carbohydrates, foods with high fat and lactose content (fries, butter sauces, fat cheeses, milk, whipped cream, etc.) and some vegetables such as cabbage, broccoli, onion, beans, etc., or carbonated beverages, may increase gas production.*

REFERENCES

Adverse Effects of herbal Drugs, Springer-Verlag, 1992; 1:243-8.

Blumenthal N. The Complete German Commission E Monographs. American Botanical Council, Austin, Texas, Integrative Medicine Communications, Boston, Massachusetts, 1998.

Brunton LL. Agents Affecting Gastrointestinal Water Flux and Motility, Digestants and Bile Acids. In: The Pharmacological Basis of Therapeutics. Gilman AG, Ral TW, Nies AS, Taylor P (eds), Pergamon Press, New York,

1990, pag. 914-931.

Chandy T, Sharma CP. Activated Charcoal Microcapsules and Their Applications. J Biomater Appl 1998; 13:128-157.

ESCOP Monographs. European Scientific Cooperative on Phytotherapy; Second Edition, 2003

Friedman LS, Isselbacher KJ. Nausea, Vomiting, and Indigestion. In: Fauci AS et al. eds. Harrison's Principles of Internal Medicine, 14th ed. McGraw-Hill, New York, 1998.

Fume JK, Levitt MD. Factors Influencing Frequency of Flatus Emission by Healthy Subjects. Dig Dis Sci. 1996;41:1631.

Leung AY, Foster S. Encyclopedia of Common Natural Ingredients Used in Food, Drugs and Cosmetics.

John Wiley & Sons Inc, New York, 1996. Mills S, Bone K., Principles and Practice, Ed. Churchill-Livingstone, 2000.

Newall CA, Anderson LA, Phillipson JD. Herbal Medicines: A Guide for Healthcare Professionals. London, The Pharmaceutical Press, 1996.

Nikolaev VG. Peroral Application of Synthetic Activated Charcoal in USSR. Biomater Artif Cells Artif Organs 1990; 18:555-68.

Suarez F, et al. Insights into Human Colonic Physiology Obtained from the Study of Flatus Composition. Am J Physiol. 1997;272:G1028.

U.S. Physicians' Desk Reference for Herbal Medicine, 2000. WHO Monographs on Selected Medicinal Plants, World Health Organization, Geneva 1999.

*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION.
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.