

DGL Licorice

Instead of Reaching for the "Tums"

Stomach Discomfort

Overindulgence in our favorite foods can create discomfort and sleepless nights. Over-the-counter antacid tablets may seem to help, but recent research reveals some concerns for those who consume them on a regular basis. Most prescription medications used to treat stomach discomfort do so by inhibiting or blocking acid secretion. Though temporarily effective, these medications also come with unpleasant side effects. DGL Licorice offers a safe, effective way to relieve stomach discomfort naturally.

Features & Benefits of DGL Licorice:

- * Licorice flavonoids help inhibit acid secretion*
- * Increases blood flow to gastric mucosal cells*
- * Promotes secretion of the protective mucosal layer
- * Promotes the growth of new mucosal cells*
- * Licorice extract is de-glycyrrhizinized to avoid side effects
- * Delicious sugar-free tablets

How Does Licorice Work?

Licorice, or Glycyrrhiza glabra, has been used for over 3,000 years, making it one of the most widely used medicinal herbs in history.* Licorice naturally contains 10 triterpenes and 22 different flavonoids, which are believed to be responsible for its benefits.*1

Licorice has been used as a highly effective alternative to antacids and acid-blocking drugs. By comparison, licorice works not by inhibiting acid production, but rather through supporting and stimulating the stomach's natural protective mechanisms.*2 Stomach discomfort is usually attributed to an imbalance between acid secretion and the stomach's ability to protect itself against the irritation caused by acid. The presence of harmful bacteria can also be a factor. The stomach's primary defense against corrosive gastric acid is a fine layer of mucin, secreted by millions of mucosal cells that line the stomach wall. Licorice has been shown to stimulate both the secretion of mucin and the formation of new mucosal cells, probably through its ability to increase blood flow to mucosal tissue.*2

In addition to supporting a normal chemical balance, licorice has also been shown to help inhibit the growth of potentially harmful intestinal bacteria, such as

Helicobacter pylori, which is associated with ulcers.*3

A double-blind, placebo-controlled trial reported that 16 people with significant stomach discomfort showed an average improvement of 78% when given 360 mg of DGL thrice daily, compared to 34% in the placebo group.*4 Other trials have compared DGL to prescription drugs showing that 760 mg DGL 3 times daily is as effective as the popular prescription drug cimetidine.*5

What Does 'DGL' Mean?

DGL stands for De-Glycyrrhizinized Licorice. Licorice contains a naturally occurring substance known as glycyrrhizin. When consumed, glycyrrhizin has been shown to increase blood pressure and water retention.*6 Since the glycyrrhizin is removed, Chewable DGL tablets do not cause these potentially harmful side effects.

Should I Take Them Like Regular Antacids?

DGL works best when chewed and swallowed twenty minutes before each meal, and before bedtime. Though the serving size is one tablet, some may wish to chew two for increased benefit. NOTE: In order to be effective DGL must be mixed with saliva; therefore, it is important that the tablets are chewed thoroughly before swallowing.*

References

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3. Beil W, Birkholz C, Sewing KF. Effects of flavonoids on parietal cell acid secretion, gastric mucosal prostaglandin production and Helicobacter pylori growth. Arzneim Forsch 1995;45:697-700.
4. Turpie AGG, Runcie J, Thomson TJ. Clinical trials of deglycyrrhizinized licorice in gastric ulcer. Gut 1969;10:299-302.
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6. Stormer FC, Reistad R, Alexander J. Glycyrrhizic acid in licorice- evaluation of a health hazard. Fd Chem Toxic 1993;31:303-12.

Troubled by IBS, stomach upset, hyperacidity, ulcers?

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