



# Digestisan

oral drops



## Information

### Important things you need to know

- This product is for relieving indigestion and feelings of fullness and flatulence associated with over-indulgence in food or drink or both.
- This product is suitable for adults over 18 years.
- **Don't take** this product if you are allergic to any of the ingredients: see section 6.
- **Before you take this product:** read section 2.
- **Dosage instructions:** see section 3.
- **Talk to your doctor** if your symptoms worsen or you do not feel any benefit from this product within 2 weeks.
- Side effects are minor: see section 4.

**Now read the rest of this leaflet carefully.** Keep this leaflet. You may need to read it again.

## 1. What this product is for

**Digestisan is a traditional herbal medicinal product used to relieve:**

- Indigestion
- Feelings of fullness and flatulence associated with over-indulgence in food or drink or both

This is based on traditional use only.



## Do's & Don'ts

### 2. Before you use this product

#### Do not take this product:

- If you are under 18 years of age.
- If you are **allergic** to:
  - Any of the ingredients in this product (see section 6)
  - Plants of the daisy (Asteraceae/Compositae) family. Artichoke and Dandelion are members of the daisy family.
  - Menthol
- If you **suffer** from:
  - Blockage of the bile duct
  - Blockage of the intestine
  - Inflammation of the bile ducts (cholangitis)
  - Gallstones
  - Biliary disorders
  - Liver disease
  - Kidney failure
  - Diabetes
  - Heart failure
- If you are taking another medicine which is affected by alcohol.
- If you are pregnant or breast-feeding.
- If you suffer from heartburn the peppermint in this product may make it worse.

### You should also know

- This medicinal product contains 60 vol % ethanol (alcohol), i.e. up to 255 mg per 20 drop dose, equivalent to 6.4 ml beer (less than a tablespoon) or 2.7 ml wine (less than a teaspoon) per dose.
- If you suffer from alcoholism the alcohol content of this product may be harmful.
- If you are in a high-risk group (patients with liver disease or epilepsy) you should consider the alcohol content before taking this product.



## Using

### 3. How to use this product

**Adults and the elderly:** Take 15-20 drops in a little water three times daily.

Don't take more than the recommended dose.

Not for use in children or those under 18.

#### If you take too much

- If you take too much and feel ill, talk to your doctor. Taking too much is unlikely to be harmful.
- Overdose of this product may result in alcohol intoxication and should be treated accordingly (see section 2 'You should also know').

#### If you forget to take this product

- Don't worry about the missed dose. Take the next dose as usual.

#### If you feel this product isn't working

- See your doctor if your symptoms worsen or do not improve within 2 weeks.

#### Driving and using machines

- This product contains alcohol (see section 2 'You should also know' for alcohol content).



## Side effects

### 4. Possible side effects

Like all medicines, this product can cause side effects, although not everybody gets them.

#### Minor side effects

The following minor side effects can occur when using this product.

#### Digestive symptoms

- Stomach pain
- Digestive upset
- Excessive acid
- Worsening of gastric reflux and heartburn

These are often short-lived and should go away by themselves. However if they are troubling you, talk to your doctor or pharmacist.

#### Other

- Allergic reactions

Stop taking the product if these occur.

If you are concerned about any side effect or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.



## Information

### 5. How to store this product

- Keep out of the reach and sight of children.
- Do not use this product after the expiry date on the packaging. The expiry date refers to the last day of that month.
- This medicinal product does not require any special storage conditions.
- Do not use this product if you notice a change in colour. It should be a clear liquid that is brown in colour.

### 6. Further Information

#### What this product contains

1 ml of oral liquid contains the tinctures of:

**Fresh Artichoke leaves** 414 mg

(*Cynara scolymus* L.) (1:30-31)

Extraction solvent: ethanol 65% v/v

**Fresh Dandelion root & herb** 414 mg

(*Taraxacum officinalis* WEB.) (1:17-18)

Extraction solvent: ethanol 51% v/v

**Boldo leaves** 64 mg

(*Peumus boldus* MOLINA.) (1:10-11)

Extraction solvent: ethanol 70% v/v

**Fresh Peppermint herb** 28 mg

(*Mentha x piperita* L.) (1:18-19)

Extraction solvent: ethanol 65% v/v

1 ml of Digestisan oral drops is equivalent to 38 drops.

The other ingredients used for the liquid are ethanol and water.

### What this product looks like and the contents of the pack

Digestisan is a clear liquid that is brown in colour. Digestisan is available in 15 ml, 30 ml, 50 ml and 100 ml bottles. Not all pack sizes may be marketed.

#### Traditional Herbal Registration Holder and Manufacturer

#### Traditional Herbal Registration Holder and Batch Release:

Bioforce (UK) Ltd,  
2 Brewster Place,  
Irvine, Ayrshire, UK  
KA11 5DD

#### Manufacturer:

Bioforce AG, CH-9325, Roggwil Switzerland

THR No. 13668/0018



Certification Mark

This leaflet was approved on 08/2011

### About the ingredients of Digestisan

- Artichoke and Dandelion are flowering plants which have been used as food throughout the world for many years.
- Boldo is an evergreen shrub which is native to South America. The extract of the leaves is used to make Digestisan.
- Peppermint is a herb native to Europe which has been consumed as a food and medicine for many years.

### You should also know

Bioforce runs a helpline by phone and email which can provide you with further information.

Email: [enquiries@avogel.co.uk](mailto:enquiries@avogel.co.uk)

Phone: 0845 608 5858

You can help to make medicines safer by reporting any side effects to the Yellow Card Scheme at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard). Alternatively you can get a paper Yellow Card form from your doctor's surgery or pharmacy, or call freephone 0808 100 3352 (available 10am-2pm Monday-Friday).

You can get a larger print or audio version of this leaflet.

Call this number:  
0845 608 5858.