

# NATURAL HEALTH GUIDE

## Improve your Digestion

Feel better, increase your energy  
and overall wellbeing!



**DOWNLOAD YOUR FREE GUIDE NOW!**

20+ pages of recommended foods, healthy recipes, mind/body tips,  
easy exercises and herbal remedies to enhance your digestion now.

A.Vogel helps  
– since 1923



Welcome to our Guide on Natural Ways to improve your Digestion! Founded in 1923, our goal is to support your personal quest for optimal health so that you can enjoy life to the fullest. Research shows that a properly functioning digestive system is essential for optimal health, maintaining your energy and helping you focus on what's most important to you.

This guide provides simple lifestyle tips and natural ways to improve your digestion including:

- Recommended foods to aid in reducing bloating, flatulence, heartburn, acid reflux, nausea, and feelings of sluggish or abnormal digestion
- Tips on how to combat overeating
- Healthy recipes to support digestive function
- Introduction to mind-body connection and gentle exercises to support digestion
- Clinical research on A.Vogel's Bold-O-Cynara herbal digestive complex

In today's hectic world it can be challenging to balance optimal nutrition and lifestyle to maintain good digestive health function. And for some of us, we may indulge from time to time and need a little support to make us feel better.

A.Vogel has developed a powerful herbal remedy called Bold-O-Cynara that incorporates the most effective herbs to aid digestion like artichoke, milk thistle, boldo and dandelion. You can read more about the research behind it in this guide and decide if it's right for you.

Enjoy!

A.Vogel Team

# ABOUT A.VOGEL



Born in 1902 in Aesch, near Basel, Switzerland, Alfred Vogel was introduced to the world of medicinal plants at an early age. His interest in medicinal plants took him to many countries, where he learned about traditional treatment methods.

It was in the Swiss canton of Appenzell that he collected plants and obtained his first extracts from fresh medicinal plants. He had in fact discovered that extracts from fresh plants were more effective than those obtained from dried ones.

Unsatisfied with the quality of available remedies, he began producing his own in 1948. To maintain total control over the process, the plants he used were grown from seed in fields. To this day, we honour Alfred Vogel's philosophy.

Thanks to transparent controls and intensive research, we guarantee the consistent quality of all A.Vogel products. In fact, each and every one of them undergoes over 100 quality tests before being put on store shelves. This guarantees ongoing monitoring from seed to finished product.

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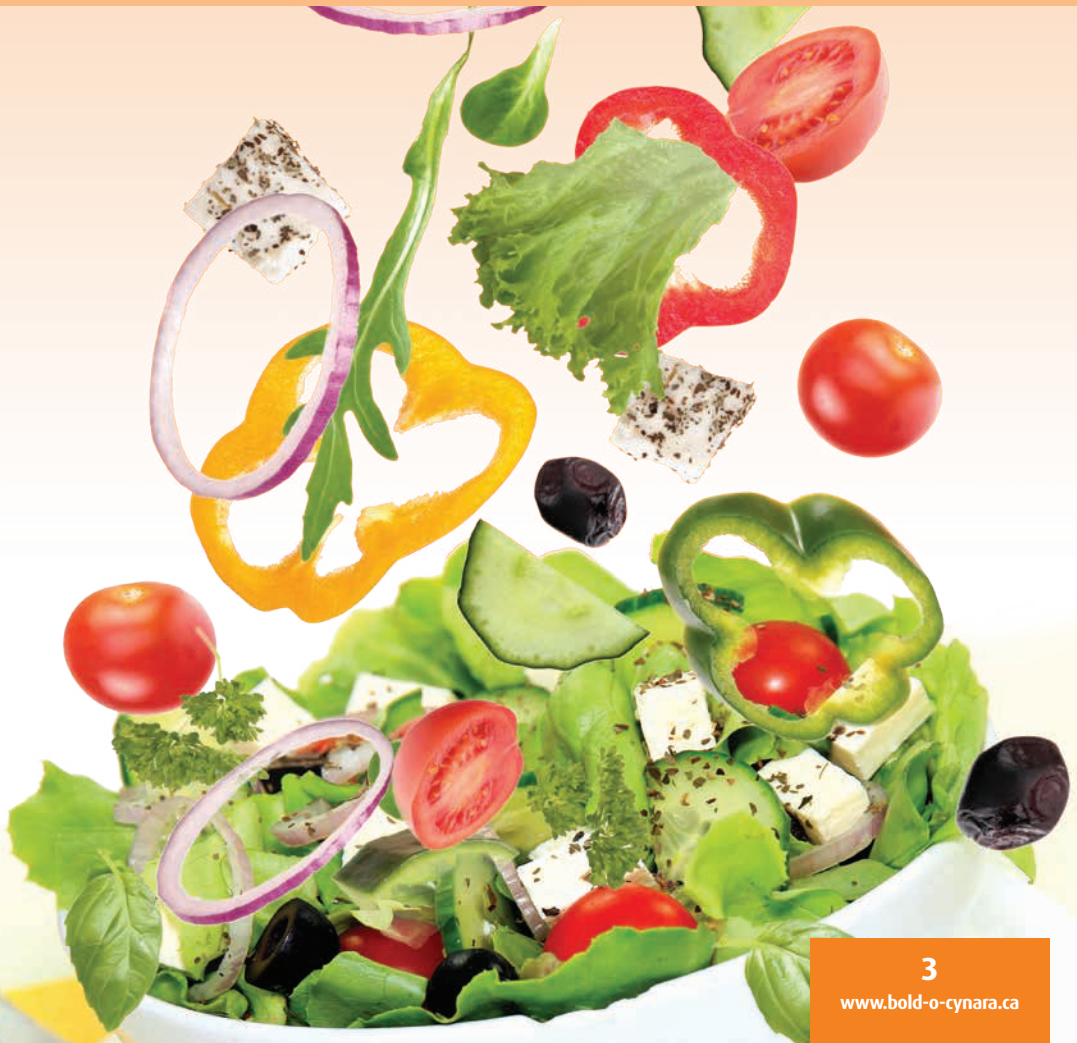
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# FOOD



# DID YOU KNOW?

## As the Chinese say: “The stomach has no teeth”


If your food isn't chewed in your mouth, it won't be chewed anywhere else. Chewing signals to your stomach that food is on its way, which sets off the secretion of gastric acid and digestive enzymes.

Most of the nutrients in your food are absorbed through the intestines. If your food hasn't been chewed enough, it will be only partially digested and will ferment, which will in turn cause bloating, cramps and pain.

Above all, because your food will be poorly absorbed, you won't get all the nutrients you need, so you'll be undernourished even if you've eaten well!

Strange, but true. In fact, you'll feel hungry because your body is still looking for the nutrients it lacks.

And that doesn't even take into account the fatigue that follows, because all your energy is being mobilized to digest partially chewed food.



**Simply put, chewing properly and choosing the right foods can help reduce cravings, stomach pain, indigestion, flatulence, bloating and abdominal cramps!**

# HEARTBURN – ACID REFLUX

Acid reflux occurs when the valve that separates the stomach from the esophagus functions poorly. As a result, the esophagus is irritated by the acidic gastric juices.

## Tips:

- Avoid big meals: the more food you load into your stomach, the greater the odds of gastric juices getting pushed into the esophagus.
- Avoid having an empty stomach: it's best to have several small meals throughout the day.
- Take enough time to eat and if possible avoid drinking during your meal.
- Make sure to eat at least three hours before going to bed. When you lie down, gastric juices tend to move up into the stomach.

## Recommended Foods

### More of these

Water – 1.5 litres a day  
Pears, pumpkin, bananas  
Potatoes, cabbage and cabbage juice  
Carrot or pear juice  
Fibre contained in whole-grain cereals  
(wheat, oat bran, etc.)  
Plain yogurt

### A little less of these

Fried and other fatty foods  
Chocolate  
Mint  
Coffee, tea, soft drinks, milk  
Alcohol  
Tomatoes  
Pickles  
Spicy foods

# BLOATING – FLATULENCE

A range of foods cause flatulence in some people but not in others. This depends not only whether the large intestine hosts the right bacteria for the right food, but also on whether there is enough of that bacteria to digest that particular food properly.

Suddenly adding a lot of fibre to your diet can cause diarrhea, constipation and even gas and bloating. It is therefore best to increase your fibre intake gradually to allow your body to adjust to the change successfully.

## Recommended Foods

### More of this

Water – 1.5 litres a day  
Yogurt, kefir and other fermented milk products described as “probiotics”  
Carrots, beets, artichokes, lettuce, asparagus, green vegetables  
Spices and fresh herbs, including cumin, thyme, fennel, cardamom, cinnamon, parsley and ginger

### A little less of this

Soft drinks, beer  
Excessive alcohol  
Chewing gum  
Sweets, sweetened foods  
Starches: wheat (white bread and pasta), oats, potatoes, corn, rice  
Some medications  
High-fibre foods: pulses, cabbage, celery and other fibrous vegetables



# FEELING OF SLUGGISH OR ABNORMAL DIGESTION

Sluggish digestion usually leads you to feel as though your stomach is full (like when you've just finished your meal), a feeling that lasts for hours after the meal.

It is often accompanied by bloating and burping.

## Recommended Foods

### More of these

Water – 1.5 litres a day  
Artichoke  
Endives  
Extra virgin olive oil  
Orange and yellow fruits  
Dark green, orange and yellow vegetables  
Vegetable juices: beet, carrot, Biotta® Breuss

### A little less of these

Dishes with sauce  
Fried foods  
Fatty meats  
Refined sugar  
Pastries  
Foods containing additives  
Alcohol

# OVERINDULGENCE

One of the reasons you might not feel well after drinking and eating a big meal is that your liver is working hard managing the toxins resulting from the metabolism of alcohol and high-fat or sugary foods.

## Recommended Foods

### More of these

Water – 1.5 litres a day – to avoid becoming dehydrated after consuming alcohol

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Fish

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Whole grains

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Green vegetables

---

Nuts and avocados

---

Fresh fruits and berries

---

Green leafy vegetables, parsley, watercress

---

Green tea

### A little less of these

Dishes with sauce

---

Fried foods

---

Fatty meats

---

Refined sugar

---

Pastries

---

Foods containing additives

---

Alcohol

Go easy when eating and when drinking alcohol. Excessive consumption of alcohol or food overloads the digestive system and can cause nausea.

Nausea isn't always the result of digestive upsets. It can also be caused by other things: migraines, motion sickness, upset stomach, poorly controlled diabetes, appendicitis, irritable bowel syndrome, stress, etc.

## Recommended Foods

### More of these

- Water or lukewarm water with lemon
- Green tea
- Dry cookies
- Mashed banana
- Unsweetened fruit compote
- Ginger
- Vegetable or chicken broth

### A little less of these

- Alcohol
- Juices and sweetened drinks
- Sweets
- Red meat
- Fried foods
- Milk and other dairy products

# FOOD COMBINATIONS

## TO ENHANCE DIGESTION

### Consider the time at or order in which you eat certain foods.



Observational data indicates that it is possible to reduce the incidence of digestive problems such as bloating and flatulence by choosing foods according to the speed at which they are digested by the stomach. It's a question of simple chemistry: to maintain your stomach's pH balance, start with foods that are broken down the fastest, and then have those that take longer to break down.

#### 1. Avoid fruits after meals.

Fruits contain simple sugars, which take very little time to break down. When eaten at the end of a meal, fruits can ferment in the stomach while the rest of your meal is still there.



**Suggestion:** Save your fruits for snack time and wait between 30 and 45 minutes before having a meal.

#### 2. Avoid having protein and starch in the same meal

According to the theory, protein and starches neutralize one another, as one needs an acidic environment to break down and the other, an alkaline environment.



**Suggestion:** To avoid digestive problems, wait two hours between eating starches and proteins, and three hours between eating proteins and starches.





# FOOD COMBINATIONS TO ENHANCE DIGESTION

## 3. Enjoy vegetables with proteins or starches, but not at the same time as fruits

Green leafy vegetables can be eaten alone or combined with protein or starch. Whole fresh vegetables promote digestion by whisking heavier foods through the digestive tract and adding fibre to the stools. Fruits break down more quickly than vegetables, so it is best not to have them together.



**Suggestion:** Try combining vegetables containing little or no starch with grains.

## 4. Eat melon on its own at a snack time

As far as fruits go, melon has one of the highest concentrations of sugar and the most water. As a result, it breaks down very quickly once eaten.



**Suggestion:** To aid the digestive process, eat the melon on its own and wait at least 30 minutes before your next snack or meal.

## 5. Opt for whole, unprocessed foods

To improve energy levels and overall health, not to mention lose weight, a number of studies recommend emphasizing whole foods containing carbohydrates, protein and good, unprocessed fats.

An individualized approach is essential to determining which foods your body does or doesn't tolerate. Food preferences vary from one person to another, as does the ability to digest certain foods easily. If you're among those with a more sensitive digestive system, food combinations are worth considering.

# SMOOTHIE RECIPE

Smoothies are a really easy way to slip a lot of good nutrients into your diet while keeping your intestines happy. A good smoothie is packed with essential protein, good fats, vitamins, fibre, antioxidants and minerals. It's the perfect fuel for getting your day off to a running start, stimulating digestion and boosting your immune system.

## Pineapple Smoothie

### Ingredients

1/4 fresh pineapple
Ginger peeled & cubed, to taste
250 ml carrot juice
Juice of half a lemon
1 avocado, stone removed
Handful fresh basil leaves
1 tbsp Molkosan® Berry

### Preparation

1. Peel pineapple and cut into small pieces. Peel the ginger and slice or grate into small pieces. Remove stone from avocado and cut into pieces. Mix the pineapple, ginger, carrot juice, avocado, basil and Molkosan® Berry together and blend, using either a hand blender or blending machine.

💡 Hot water with lemon juice stimulates digestion, while providing a dose of vitamin C. What's more, it also helps you digest fat and boosts your energy levels.

Mint is known for relieving flatulence and intestinal discomfort, so it's no surprise that mint tea is often served after meals. Note that people who suffer from acid reflux should avoid drinking it. That's because some of the plant's compounds help relax the esophageal sphincter, causing the contents of the stomach to flow up into the esophagus.



# BITTER SALAD RECIPE

## Bitter salad?



Bitter flavours stimulate the production of digestive enzymes in the stomach, liver and pancreas. These secretions have a positive effect on the large intestine. In fact, everything works better: foods are broken down more effectively, you feel satiated and your body gets all the nutrients it needs.

The next time you make salad, add arugula, lamb's lettuce, watercress, endives, chicory or radicchio along with a few radishes or cucumbers and toss it with a light olive-oil dressing. It's a perfect appetizer before the main course!



# CAULIFLOWER CURRY RECIPE

## cauliflower Curry

### Ingredients

- 3 tbsp olive oil
- 1 tsp mustard seeds
- 2 shallots, chopped
- 1 clove of garlic, crushed
- 600 g cauliflower florets
- 1 tsp turmeric
- 1 tbsp curry powder
- ½ tsp ground ginger
- 250 g tomato puree
- 30 ml water
- 2 tbsp Natur® tamari sauce
- 150 g natural yoghurt
- 1 tsp flour
- 1 tbsp coriander, finely chopped
- 50 g almonds
- Herbamare® Original seasoning salt

### Preparation

1. Heat the oil in a frying pan and fry the mustard seeds for 1 minute. Add shallots and garlic and fry for another minute.
2. Allow the cauliflower to simmer for 3-4 minutes. Drain, transfer into the frying pan and add the turmeric, curry powder, ginger, tomato puree, water and Natur® tamari sauce. Mix and simmer for about 20 minutes.
3. Mix the flour and yoghurt together, then stir into the curry. Season with Herbamare® and garnish with coriander and almonds.



Served with brown rice, it's nutritious, easy to make and easy to adapt.

Simply seeing or smelling the foods going into a given recipe will get the gastric juices and digestive enzymes flowing to prepare your body for digestion. That's just one more good reason to cook at home!

Some spices and plant aromatics (herbs) are easy to use in recipes and can even give your digestive system a boost.

Examples include turmeric and fennel, which are known to ease digestion and prevent flatulence. There's also anise (fruit) and caraway, which help relieve stomach cramps, and coriander seeds, which help ease sluggish digestion, a bloated stomach and flatulence.





# LACTO-FERMENTATION

## Biotta® juices

The benefits of lactofermentation are also contained in Biotta® organic vegetable juices. They give sluggish digestive systems a boost and make up for a lack of vegetables in your diet. They're a practical, hassle-free option for anyone looking to reap the benefits of healthy foods rich in vitamins and minerals.



## Pickled Cucumber

**Want to make your own lactofermented foods?  
It's easy as pie.**

### Ingredients

- 500 g small garden cucumbers
- 1 sprig of fresh dill
- 2 cloves of garlic (optional)
- Peppercorns
- 500 ml boiled water
- 15 g Herbamare® Original
- 30 ml Molkosan® Original

### Preparation

1. Layer the solid ingredients in a jar (roughly 4/5 full), press down firmly and weight it down (e.g. with a clean, sterilised stone).
2. Combine the water, sea salt and Molkosan®, and pour over the cucumbers. The surface of the brine should stand a good 2 cm above the cucumbers.
3. Cover with a piece of cheesecloth or a loosely fitting lid, making sure that the carbon dioxide produced during the fermentation process can be released.
4. Leave to stand in a warm place for 5 to 7 days. Then move to a cool, dark place (around 16 °C) to ferment further. When bubbles have stopped forming, seal the jars and keep them in a cool place. Pickled vegetables last roughly 6 months.

Instead of cucumbers, you could also use other bite-sized or finely chopped raw vegetables with suitable spices or herbs.

For more recipe ideas, visit our Recipes page at [avogel.ca](http://avogel.ca).

## Molkosan® creates a healthy environment

The high L+ lactic acid content in Molkosan lactofermented whey concentrate provides optimum conditions for the fermentation of fruits and vegetables. Just 1 to 2 tablespoons per half-litre of brine is enough.



# LACTO-FERMENTATION

## AND DIGESTION



### **Fermentation makes foods more digestible by boosting the intestinal flora**

—they're microorganisms that colonize the digestive tract or foster the proliferation of the good bacteria already present—to facilitate the absorption of carbohydrates and proteins.

### **What exactly is fermentation?**

Fermentation is a chemical reaction initiated by certain yeasts or bacteria which, in the absence of oxygen, convert the carbohydrates contained in food. The environment gradually becomes acidic, which prevents other microorganisms from proliferating.

Health-conscious food lovers are increasingly turning toward this age-old preservation method to capture all the flavour of fresh vegetables, for example cabbage, so as to enjoy them for a long time.

In fact, lactic bacteria make it possible to preserve cucumbers, cabbage, onions and even fruits for extended periods. During the process, they become richer in vitamins and are easy to digest. Preserving vegetables and fruits in jars also allows us to benefit from countless plant enzymes and metabolites during the winter months.

Preserved vegetables develop unique flavours and have a positive effect on the intestinal flora (known as microbiota) and consequently, on the immune system.

### **What happens during lactofermentation?**

Lactofermentation is a special type of fermentation. Once vegetables (cut as fine as possible) are completely covered in brine, natural lactic bacteria multiply and convert starch and sugar into lactic acid. Harmful bacteria therefore have little chance of developing because of the brine's low pH, and these vegetables are preserved for a long time.

# MIND & BODY



# MIND-BODY CONNECTION

Your body mobilizes all its resources to get you moving. If you don't take the time to eat properly, you're always on the go and your digestive system won't work at full capacity.

Stress is almost invariably a factor in most digestive upsets. When your body is running on adrenaline, your digestive system shuts down. When eating, relax and take the time to appreciate the flavours, textures and joy of eating. Sometimes, dining by candlelight is enough to calm and promote digestion.

## Tips:

- Eat seated upright at a table
- Take 2-3 deep breaths before your meal
- Candlelight is a great way to enjoy a meal and unwind at end of the day
- Avoid multi-tasking and eating on the go

**Why doesn't our digestive system function well even with a balanced diet?**

"Your state of mind can boost or cut your appetite. Anger inhibits digestive secretions and cuts the appetite. People who are always happy and in a good mood digest better than those who are gloomy and annoyed. Bringing your problems and irritations to the table and talking about them is bad for digestion."

*A. Vogel*



A woman with dark hair in a ponytail, wearing a white tank top, black shorts, and red sneakers, is running on a rocky trail. She is wearing a black watch on her left wrist and a red headband. The background shows a hazy mountain range under a blue sky with some clouds.

# SIMPLE EXERCISES TO IMPROVE DIGESTION

## How to get things moving

If you already exercise and do yoga, you're giving your digestive system a boost without even knowing it!

Here are some beginner to advanced exercises to promote good digestion. The key to success is exercising regularly: as soon as you do, you'll begin to see improvements!

## A brisk walk

Walking at a good clip for 15 minutes after a meal is a great way to get your digestion going. Walking in itself can help reduce bloating and feelings of fatigue or heaviness that often follow meals.

## Deep breathing

Sitting straight, breathe in through your nose while counting to 10, then exhale slowly, counting to 10 again. Let your stomach expand while you inhale and suck it in while exhaling. Repeat 5 to 10 times, especially after eating, to help you relax and promote digestion.

# EXERCISES

## And stretch!

Lie down on your back and bring your knees up toward your chest, hugging them with your arms. Do the deep-breathing exercise and let your legs rest on your chest for 3 to 5 minutes. This exercise is most effective first thing in the morning and right before bed.

## Yoga position – Cat cow

- Begin on all fours, aligning your knees under your hips and your wrists under your shoulders.
- Breathe in while lowering your back, and allow your head to follow the movement of your downward-curving spine.
- Breathe out while contracting your abs and arching your back like a cat.
- Repeat the movement for 1 to 3 minutes, breathing in when your back is flexed and out when it's arched.



## Yoga pose – Seated spinal twist

- Sit down with your legs stretched out in front of you.
- Place your right foot flat on the floor on the outside of your left knee. Keep your left leg fully stretched out. Your back should be straight and relaxed.
- Bring your left elbow to the outside of your right knee. Turn your chest as far as you can toward the right, place your right arm on the floor in line with your back and look over your right shoulder.
- Hold this pose for a few minutes, breathing normally and relaxing your entire body.
- Slowly return to your starting position. Repeat the exercise on the other side. Allow 3 to 5 minutes for this pose.



# EXERCISES

## Yoga pose – Downward-Facing Dog

- Begin on all fours, aligning your knees underneath your hips and your wrists underneath your shoulders (table pose).
- Push the palms of your hands toward the floor, fingers spread out and back extended.
- Exhale and push your hands down to raise your hips.
- Breathe deeply. As your hands push forward, try to touch the floor with your heels and push your hips upward.
- Open up your chest by pulling your shoulder blades together.
- Release the pose while exhaling and bending your knees to return to the table pose.
- Sit back on your heels. Close your eyes and feel your energy flow.  
Allow 1 to 2 minutes for this pose.





## “I Love You” (ILU) self-massage

This massage is often used to relieve colic in newborns, but it works just as well with adults!

This self-massage is used to relieve abdominal pains caused by constipation or soft stools. It also helps increase the motility (movement) of food in your intestines. The different movements follow the path taken by food as it passes through your large intestine.

Stomach massages are always done from right to left. You can do it in the shower using soap or lying on your back using skin cream or massage oil.


1. Trace the letter “I” applying moderate pressure under your left rib cage downward toward your left hip – do 10 repetitions.
2. Trace the letter “L” by applying moderate pressure under your right rib cage and moving toward just underneath the left side of your rib cage, then continue downward toward your left hip – do 10 repetitions.
3. Trace the letter “U” by applying moderate pressure over your right hip bone and moving toward the spot just under the right side of your rib cage; continue moving toward the spot just below your left side of your rib cage, and end just above your left hip – do 10 repetitions.
4. Finish off with a clockwise circular massage, 5 to 10 cm around the navel, to stimulate the small intestine.

Duration of the massage: 1 to 2 minutes, once or twice a day.



# HERBAL REMEDIES



A photograph of an elderly man with white hair and a mustache, wearing a white shirt and a striped tie, leaning over a field of artichokes. He is pointing at a plant with his right hand. A young girl with blonde hair, wearing a red shirt, is looking at the plant. The background shows a line of trees under a blue sky.

Alfred Vogel  
showing a young girl  
what an artichoke  
plant looks like.

"since our present-day diet is so rich in fat, it is good to take a herb that acts as artichoke does on the gallbladder and liver."

A. Vogel

Knowing that most people don't put artichokes on the shopping list every week, Alfred Vogel created Bold-O-Cynara, a product that can be taken either as a remedy or for long-term maintenance.



# BOLD-O-CYNARA

SUPER COMBO

The powerful combination of artichoke, milk thistle, boldo and dandelion creates an effective natural remedy that reduces digestive disturbances so you can enjoy life to the fullest!

**Bold-O-Cynara is used in herbal medicine to help relieve minor digestive problems, such as:**

- Feeling of slow or sluggish digestion
- Effects of overindulgence
- Heartburn
- Acid reflux
- Bloating
- Nausea

NPN 80051914



# 300\$ rebate

On the Purchase of A.Vogel  
**Molkosan®**,  
**Molkosan® Berry**,  
**Bolocynara®** or  
**Artichoke • Milk Thistle**  
**Boldocynara® Complex**

**TO THE CONSUMER:** This coupon is redeemable **only in store, in Canada. Limit one coupon per product.** Please be advised that the retailer is in its right to refuse this internet coupon. Find out before you go to the checkout. Any multiple reproduction of this internet coupon is strictly prohibited. This coupon has no cash value.

**TO THE RETAILER:** Bioforce Canada Inc. will reimburse the face value of this internet coupon plus the established handling fee provided you accept it from your customer on purchase of the item specified. Other applications may constitute fraud. Failure to send in, upon request, evidence that sufficient stock was purchased (in the previous 45 days) to cover the coupons presented will void coupons. A reduction in any applicable taxes payable is included in the coupon face value. Any multiple reproduction of this internet coupon is strictly prohibited. This coupon has no other value and may not be joined to other offers. Offer valid in Canada only.

For retailer redemption, this coupon must be sent to:

REDEMCO INC., C.P. 128,  
Longueuil, Quebec, J4B 4B2.

INTERNET COUPON



\*160064\*





Boldo (*Boldus peumus*)



Milk thistle (*Silybum marianum*)

## BOLD-O-CYNARA

### INGREDIENTS

#### **Boldo – leaf extract:**

Boldo is a South American plant used to relieve intestinal cramps, gallbladder problems and dyspepsia. It acts as a diuretic, antispasmodic, bile stimulant and antiseptic.

#### **Milk thistle – fruit extract:**

Milk thistle is very possibly the most powerful medicinal plant and is known for its ability to protect and detoxify the liver. Studies have shown that milk thistle relieves dyspepsia, whose main symptoms are heartburn, acid reflux, repeated burping, abdominal bloating, nausea, a feeling of sluggish or abnormal digestion, and early satiety (feeling full too quickly).

# BOLD-O-CYNARA

## INGREDIENTS

### **Artichoke – fresh, organic leaf extract:**

Artichoke facilitates digestion, especially when it comes to fatty foods. It also promotes bowel movements, reducing the incidence of constipation. It relieves symptoms such as abdominal bloating and cramps.



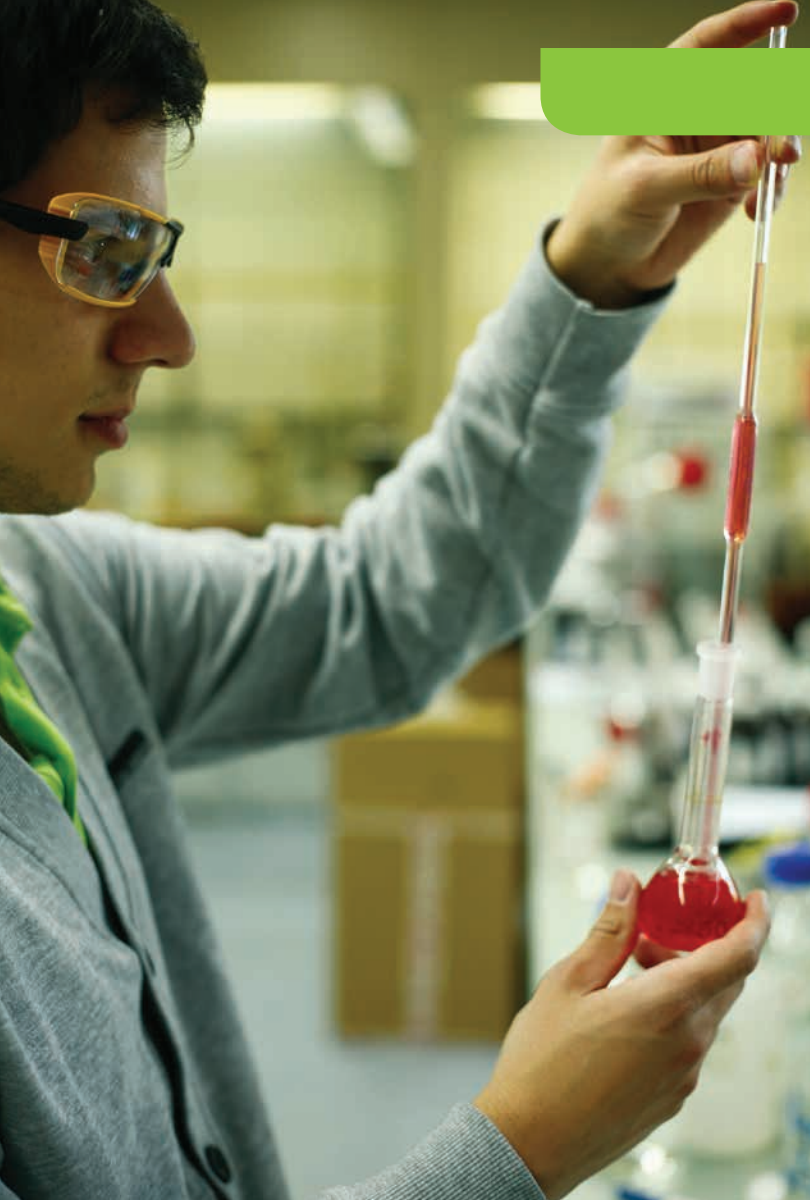
*Artichoke (Cynara scolymus)*

### **Dandelion – fresh, organic leaf and root extract:**

Dandelion offers significant benefits for the digestive system. Its root helps eliminate bile and cleanses the liver. Its bitter compounds have a positive effect on sluggish digestion. The plant's leaf is known as one of the best plant-based diuretics and is a good source of potassium and carotenes. The entire plant is used for loss of appetite, dyspepsia, flatulence and feelings of heaviness after meals.



*Dandelion (Taraxacum officinalis)*



# RESEARCH

All our research is based on the ideology of Alfred Vogel. Nature and respect for nature are at the core of what we do.

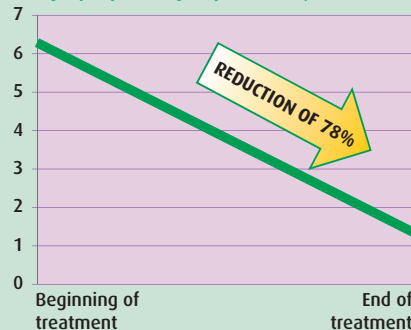
A six-week, open, multi-centre clinical trial was conducted at five general medicine practices in Switzerland to assess the effectiveness and safety of Bold-O-Cynara.

Study involving 75 patients with digestive upsets, 18-70 years of age, one tablet twice a day.

# RESEARCH

**A 78% DECREASE IN THE FREQUENCY OF DIGESTIVE UPSETS**  
after six weeks of treatment

Sumscore of frequency of dyspeptic symptoms (SF-LDQ)



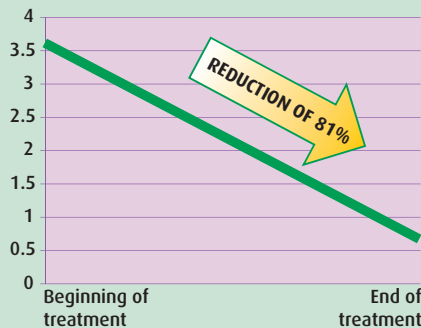
(Scale 0-16,  $p < 0.05$ )

## MORE ENERGY AND LESS DISCOMFORT THANKS TO IMPROVED DIGESTION.

Tolerability was rated as good or very good by 89% of doctors and 91% of patients.  
75% of patients stated that they would be willing to take Bold-O-Cynara tablets again.

Furthermore, patients noted  
**AN 81% DROP IN THEIR DIGESTIVE  
DISORDER'S NEGATIVE EFFECTS ON THEIR  
DAILY ACTIVITIES**

Sumscore of impact of dyspeptic symptoms (SF-LDQ)



(Scale 0-16,  $p < 0.05$ )

Bommer S, Klein P, Suter A. A multicentre open clinical trial to assess the tolerability and efficacy of Boldocynara®, a traditional herbal preparation for functional digestive disorders. *Planta Med* 2013; 79 - PB11



# DIGESTION JOURNAL

## Find out how Bold-O-Cynara relieves your digestive problems.

By completing this journal, you can track the frequency of your symptoms and see, thanks to the actions you'll take over six weeks, how your digestive system improves.

Week_____	Example	Sun	Mon	Tue	Wed	Thu	Fri	Sat
One Bold-O-Cynara tablet taken in the morning	X							
Note	Deep breathing							
One Bold-O-Cynara tablet taken at lunchtime	X							
Symptoms								
Heartburn								
Acid reflux								
Bloating	+							
Nausea								
Feeling of sluggish or abnormal digestion	+++							
Effects of overeating								

# DID YOU KNOW?

**It's best to avoid drinking too much before, during and after eating** to avoid diluting your gastric juices. Ideally, don't drink for 20 minutes before or after eating.

**Digestive problems can cause disorders** in other parts of the body, such as the head, back, chest and legs.

**Always go to the bathroom when your body tells you to.**

If you wait or fight the urge, your intestine will weaken and your body will hold onto all the toxins. Not to mention stomach aches, bloating and flatulence...

**Make sure you're sitting properly when you eat...**

**shoulders back, not hunched over your plate.** This position makes it easier for your stomach to mix food with the different digestive juices and helps prevent stomach cramps.

**Take a break of at least five minutes** once you've finished your meal; don't rush to do something else. This will help you digest more effectively and with less discomfort.

**If you've enjoyed a good meal and washed it down with some good wine, beer or spirits,** and you worry about having a rough morning the following day, take two Bold-O-Cynara tablets before bed with a tall glass of water. It's a simple trick you'll be glad you know!

**Check out [www.bold-o-cynara.ca](http://www.bold-o-cynara.ca)**

for more information on digestive health.





For more information or tips  
on digestive health, visit:  
**[www.bold-o-cynara.ca](http://www.bold-o-cynara.ca)**

A.Vogel Bold-O-Cynara products  
are available in natural food stores  
and some pharmacies, or online at

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