

NATURAL DIGESTIVE RELIEF

 **indena**[®]
INDUSTRIA
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NATURALI

HEALTH - FOOD

PRODIGEST[®]

ARTICHOKE LEAF & GINGER EXTRACTS

PRO*digest*[®]

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WHAT IS PRODIGEST®?

PRODIGEST® is a **combination of 2 standardized ingredients**: a **lipophilic CO₂ extract of ginger roots** (*Zingiber officinale* Rosc.) and a **unique extract of artichoke leaves** (*Cynara cardunculus* L.) that has **shown benefits for improved digestion**.

RECOMMENDED DOSE

320 mg (delivering 120 mg of the botanical extracts) **once or twice a day**

SPECIFICATIONS OF THE BOTANICAL EXTRACTS

ARTICHOKE LEAVES EXTRACT (100 mg):

≥20% Caffeoylquinic acids;

≥5% Flavonoids;

≥5% Cynaropicrin

GINGER EXTRACT (20 mg):

25%-30% Gingeroids (Gingerols and

Shogaols)

SCIENTIFIC EVIDENCE

Two human studies with **PRODIGEST®** have shown **reduced gastric motility symptoms related to digestive discomforts**.^{1,2}

REFERENCES

¹ Giacosa A. *et al.*, Evidence Based-Complementary And Alternative Medicine, Volume 2015, Article ID 915087.

² Lazzini S., *et al.*, Eur. Rev. Med. Pharmacol. Sci. 2016; 20: 146-149

*Contact Indena directly for the latest available studies

WHAT MAKES PRODIGEST® UNIQUE?

PRODIGEST® is a standardized combination of artichoke leaves and ginger roots extracts.

This original synergy has been proven **effective in managing digestive discomforts and gastric motility**.

Two human studies demonstrated the **significant benefits of this combination**:

- **PRODIGEST®** is effective after short-term treatment in **optimizing, by 34% over placebo, symptoms related to digestive discomforts** like epigastric fullness, bloating, early satiety. Overall, **86% of the participants reported a marked discomfort amelioration**.¹
- **PRODIGEST®** significantly **supports gastric emptying by 24% over placebo**, without being associated with notable adverse effects.²