



NATURAL DIGESTIVE RELIEF

 **indena**<sup>®</sup>  
INDUSTRIA  
DERIVATI  
NATURALI

NUTRACEUTICAL

# PRODIGEST<sup>®</sup>

ARTICHOKE LEAF & GINGER EXTRACTS

**PRO***digest*<sup>®</sup>

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## WHAT IS PRODIGEST®?

PRODIGEST® is a combination of 2 standardized ingredients: a lipophilic CO<sub>2</sub> 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

#### ARTICHOKE LEAVES EXTRACT:

≥28.1% ≤34.4% by HPLC

#### GINGER EXTRACT:

≥6.2% ≤7.6% by HPLC

#### REFERENCES

<sup>1</sup>Giacosa A. et al., Evidence Based-Complementary and Alternative Medicine, Volume 2015, Article ID 915087.

<sup>2</sup>Lazzini S., et al., Eur. Rev. Med. Pharmacol. Sci.; 20: 146-9 (2016).

<sup>3</sup>Drobnic F., et al., Minerva Gastroenterol Dietol 28 (2020).

## 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 supplementation in optimizing, by 34% over placebo, symptoms related to digestive discomforts like epigastric fullness, nausea, bloating, early satiety;
- Overall, 86% of the participants reported a marked discomfort amelioration;<sup>1</sup>

A single dose of PRODIGEST® is proven to significantly speed up gastric emptying by 24% over placebo, without being associated with notable adverse effects, thus confirming a quick onset of action.<sup>2</sup>

Finally, a pilot study on endurance athletes showed that PRODIGEST®, as add-on to standard adjuvant, provided relief from upper and lower gastrointestinal tracts discomforts occurring after intense sport training such as heartburn, bloating, nausea, meteorism, intestinal malaise.<sup>3</sup>



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