



Best Digest™ provides natural relief for everyday digestive issues

Irregular gastrointestinal activity results in over 3,000,000 office visits per year.¹ A healthy GI tract is essential not only digesting food and extracting nutrients, but in regulating the immune system. Essential oils have been shown in multiple clinical studies to help regulate GI activity at the hormonal, nervous, muscular and secretory levels.

Aroma MD, the leader in medical aromatherapy, is pleased to present Best Digest™, a comprehensive nutritional supplement formulated to address physical and emotional factors affecting GI health. Best Digest™ supports a healthy mood and GI activity during periods of mild discomfort and dysfunction.* Best Digest™ contains a proprietary blend of essential oils of lavender, peppermint, caraway, chamomile and cinnamon as well as black seed oil, praised in ancient healing systems as a cure for “everything except death.”

CONDITION SPECIFIC SUPPORT AND MODIFICATION:

STOMACH

Functional Dyspepsia:

Clinical studies with ingredients found in Best Digest resulted in significant relief for functional dyspepsia.^{2,3}

Delayed Gastric Emptying:

Peppermint and caraway essential oils were shown in clinical trials to increase gastrointestinal transit time and possess therapeutic equivalence to pharmaceutical pro-motility agents.⁴

Gastritis and Ulceration: Lavender essential oil and black seed oil have been shown in in vivo models to prevent acute gastritis and help heal ulcerated and irritated mucosa.^{5,6}

GALLBLADDER

Biliary Cholestasis:

Peppermint and caraway essential oils, found in Best Digest increase gall bladder contraction.⁷

SMALL INTESTINE

Dysbiosis:

Symptoms of dysbiosis include flatulence, improper digestion, worsening of inflammatory conditions, and recurrent infections. Irritable bowel syndromes (IBS) has been linked to bacterial over-growth and its treatment relieves symptoms of IBS.⁸ Peppermint essential oil has been used to successfully treat dysbiosis due to bacterial overgrowth.⁹

Inflammation:

Intestinal inflammation from dysbiosis and chronic low-grade stress can affect nutrient absorption and distribution throughout the body. Peppermint, chamomile and black seed essential oils in Best Digest™ modulate cellular inflammatory and oxidative activity through interleukin, arachadonic and cyclo-oxygenase pathways.^{10,11,12,13}

SMALL BOWEL AND COLON

Spasm:

Patients suffering from IBS have abnormal small and large intestine muscle activity. Peppermint essential oil has been shown in a randomized double-blind placebo-controlled study of IBS patients to reduce pain, spasm and flatulence.¹⁴ The ingredients in Best Digest show excellent in vitro anti-spasmodic activity, and have been used for millennia throughout the world for these effects.^{15,16}

PANCREAS

Insulin Support:

Excessive insulin secretion contributes to a pro-inflammatory state and weight gain. Cinnamon has been shown in multiple studies to successfully modulate insulin secretion and activity from the pancreas.^{17,18}

Lipid Support:

Black seed oil has been shown in animal studies to promote healthy triglyceride, HDL and LDL levels over a 12 week period.¹⁹

BRAIN-GUT INTERACTION

Studies have established a clear link between the brain-gut axis which contributes to functional GI diseases. Some mechanisms include histamine release from enteric mast cells²⁰ and insufficient GI serotonin levels due to stress and anxiety.²¹ In fact functional GI disorders respond well to low-dose antidepressants.^{22,23}

Lavender essential oil, used in Best Digest™ relieves symptoms of depression,^{24,25,26} down-regulates nervous activity and increases alpha-EEG waves,^{27,28} and reduces mast cell release of histamine. Roman chamomile and lavender have demonstrated GABA-ergic activity,²⁹ similar to benzodiazepines, and may aid long-term relief for those suffering from anxiety or panic disorders.³⁰

Best Digest™



Supports healthy digestion and blood sugar in the normal range*



Aroma MD™

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Medical Quality Essential Oils in Best Digest™

Support and Modification	Black Seed Oil	Lavender	Chamomile	Peppermint	Caraway	Cinnamon
Bloating, Gas		✓	✓	✓	✓	
Cramping		✓	✓	✓	✓	
Digestion of Fats, Sugars	✓	✓	✓	✓	✓	✓
Healthy Blood Sugar	✓					✓
Healthy Cholesterol	✓	✓				
Healthy Gut Flora				✓		
Inflammation	✓	✓	✓	✓		✓
Irritable Bowel	✓	✓	✓	✓	✓	
Peptic Ulcer	✓	✓	✓			

SUGGESTED USAGE

INTERNAL: 12 and older: 7-15 drops up to three times per day as directed with meals.

TOPICAL: May be applied to the belly as needed. For best effect combine with internal use.

BATH: 2 and older, 5-15 drops stirred in bath.

PRECAUTIONS

Use as directed. Consult a healthcare professional before use if changing your current regimen, if you have a liver or kidney condition, or if you are pregnant. Do not use internally if you are being treated for estrogen-sensitive cancer. Best Digest™ should be avoided in patients suffering from gastro-esophageal reflux (GERD), ragweed allergies, hepatic or renal dysfunction. Keep out of the reach of children.



Kamyar Hedayat, MD, FAAP

Aroma MD™ Founder and President, Dr. Hedayat is a Stanford-trained critical care physician, board-certified pediatrician and clinical aromatherapist. His training also includes a preceptorship with Dr. Andrew Weil. Dr. Hedayat is the

Medical Director of Full Spectrum Health Center for Integrative Medicine in San Diego, CA and is available for clinical aromatherapy workshops for health professionals.

For more information on Aroma MD™ products or to order, contact:

Time Laboratories, Distributors

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APPLICATIONS

Indigestion: *Internally:* As directed, at end of meal *Topically:* To abdomen

Cholestasis, fatty food intolerance: *Internally:* As directed, with meals

Healthy Blood Sugar: *Internally:* As directed, with meals

Intestinal Cramping: *Internally:* As directed, with meals

Topically: massaged over abdomen clockwise from umbilicus outward

Irritable Bowel, Ulcerative Colitis: *Internally:* As directed, 30 minutes

before meals twice per day every day for long-term support

Abdominal Cramps or Discomfort:

Bath: Stir into a warm bath and sit for about 15-20 minutes

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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.