Supplement Sampler

Iberogast (Proprietary Blend)

- Clown’s Mustard plant (iberis amara)
- German Chamomile flower (matricaria recutita)
- Angelica root and rhizome (angelica archangelica)
- Caraway fruit (carum carvi)
- Milk Thistle fruit (silybum marianum)
- Lemon Balm leaf (melissa officinalis)
- Celandine aerial part (chelidonium majus)
- Licorice root (glycyrrhiza glabra)
- Peppermint leaf (mentha x piperita).

Best Indications
Gastro-Esophageal Reflux and Dyspepsia

Mechanism of Action
The botanicals used in this blend have anti-spasmodic, anti-inflammatory, anti-gas, anesthetic and prokinetic properties. Clown’s mustard is from the cruciferous family (i.e., Broccoli, Cauliflower, Brussels’s Sprouts, Cabbage) includes the chemical, sulforaphane that inhibits the growth of H. Pylori. Small amounts of many plants result in low doses of each which may interact synergistically while keeping side effects to a minimum.

Best Studies
120 pts with functional dyspepsia, treated with Iberogast (Then called STW 5) vs. placebo. After 8 weeks 43.3% had complete relief of symptoms with active treatment vs. 3.3% with placebo.


Meta-analysis of 6 randomized trials showing Iberogast to be more effective than placebo without a significant difference in side effect profile.


Dose
1 ml three times daily

Side Effects
This product has been sold in Germany for over 40 years with proven safety record. Side effects include allergic reactions.
Iberogast

Cost
100 ml bottle (one month’s supply) is $29.38 at Amazon.com http://www.amazon.com/Iberogast-LARGE-SIZE-100ml-Dyspepsia/dp/B001B3UUAA

Disclaimer
The health benefits from multi-colored whole food eaten with a smile with family and friends significantly trumps any product found in a bottle, be it a supplement or drug!

Brought to you by your colleagues in the UW-Madison Department of Family Medicine Integrative Medicine Program.

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