

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.

Madisch A, Holtmann G, Mayr G, Vinson B, Hotz J. Treatment of functional dyspepsia with a herbal preparation. A double-blind, randomized, placebo-controlled, multicenter trial. Digestion. 2004;69(1):45-52.

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

Melzer J, Rosch W, Reichling J, Brignoli R, Saller R. Meta-analysis: phytotherapy of functional dyspepsia with the herbal drug preparation STW 5 (Iberogast). Aliment Pharmacol Ther. 2004;20(11-12):1279-87.

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.

Date created: June 2009