



Category 1  
Liquid Special Formulas  
(E=Extract T=Tincture)



**GOODFORYOU**

GOOD FOR LIFE

**GASNIX PLUS (E)**  
(Carminative, digestive) #11150  
100 ml

**Description:** **GASNIX** is very effective in relieving flatulence or gas from the digestive tract, and relieving an upset stomach. A good digestive aid, and is pleasant tasting. Excellent for car sickness, cold and flu therapy especially with children.

Contents / Ingredients	Traditional Therapeutic Action
<b>Chamomile</b> ( <i>Matricaria chamomilla</i> )	<ul style="list-style-type: none"> <li>• aids in digestion, helps with flatulent colic, morning sickness and stress induced dyspepsia</li> <li>• brings a flow of blood to the surface thus inducing perspiration</li> <li>• soothing and relaxing to the nerves</li> <li>• has sedative properties that act mainly on the digestive system</li> </ul>
<b>Ginger</b> ( <i>Zingiberis offic.</i> )	<ul style="list-style-type: none"> <li>• has a cleansing effect on the kidneys and bowels</li> <li>• excellent for bringing heat into the system and stimulating digestion</li> <li>• stimulates circulatory system</li> <li>• clears up flatulent colic</li> </ul>
<b>Peppermint</b> ( <i>Mentha piperita</i> )	<ul style="list-style-type: none"> <li>• helps with flatulent colic and difficult digestion</li> <li>• expels stomach and colon gas</li> </ul>
<b>Lemon Balm</b> ( <i>Melissa offic.</i> )	<ul style="list-style-type: none"> <li>• relieves spasms and flatulence</li> <li>• very good for excitability with digestive upset in children</li> <li>• works well for indigestion associated with nervous tensions</li> </ul>
<b>Elderflower</b> ( <i>Sambucus nigra</i> )	<ul style="list-style-type: none"> <li>• for influenza, colds, excess mucus, sinusitis, and feverish illness</li> <li>• sore eyes, irritated or inflamed skin, mouth ulcers and minor injuries</li> </ul>
<b>Angelica</b> ( <i>Angelica sylvestris</i> )	<ul style="list-style-type: none"> <li>• acts well as a synergist in uterine tonics; helps hormone balancing due to phytoestrogen content</li> </ul>
<b>Fennel</b> ( <i>Foeniculum vulgare</i> )	<ul style="list-style-type: none"> <li>• its essential oil helps suppress gaseous expulsions</li> <li>• stimulates the intestinal system, reduces spasms</li> </ul>
<b>Blessed Thistle</b> ( <i>Cnicus Benedictus</i> )	<ul style="list-style-type: none"> <li>• brings circulation to every part of the body</li> <li>• gastro-intestinal tonic</li> <li>• has the ability to improve digestion</li> <li>• gastrointestinal tonic</li> </ul>

**SUGGESTED DOSAGE:** One teaspoon 2 or 3 times a day as needed. Excellent if taken warm as a tea, especially for mumps, very pleasant tasting.

Please note: This information is compiled from traditional and modern herb books, articles, and research. This information is summarized for its educational value and should not be used for the diagnosis, treatment, or prevention of disease. It should not be used to replace the services of a qualified practitioner. This information has not been evaluated by the FDA or Health Canada.