

# Digestive aid

- PROMOTES SPLEEN, LIVER AND KIDNEYS
- ANTI-FUNGAL, ANTI-BACTERIAL



**Fennel** is an aromatic herb used as a condiment and flavoring in cooking. The seeds of this herb have medicinal properties and they have been used for years in natural medicine.

They contain anethole, calcium, camphene, cymene, volatile oils, oleic acid. They have carminative, soothing and stimulating properties.

They are an excellent digestive aid, and are especially effective against intestinal gas. The volatile oils that are found in this herb absorb intestinal gas.

They stimulate digestion promoting the functions of the spleen, liver and kidneys, and the secretion of bile. They normalize gastrointestinal activity maintaining tone in the gastrointestinal tract. They relieve intestinal spasms and bloating due to gas. They are used for heartburn and indigestion. They work both in adults and children, especially to prevent and relieve colic in children.

Recent studies show that fennel has an antifungal, antibacteria and antiyeast activity against many pathogenic organisms. Women that are breast-feeding will find fennel helpful for the baby since this herb will aid the baby to expell gas and to prevent colic. It calms upset stomach and abdominal pain.

**Each vegetable capsule contains:**

Fennel seed ..... 480 mg

Non-medicinal ingredients: Vegetable magnesium stearate and silicon dioxide, in a NON-GMO vegetable capsule composed of vegetable cellulose and purified water.

Contains no: Preservatives, artificial flavour or colour, sugar, milk, starch, wheat, corn, soy or yeast.

**Suggested use:**

Take 1 capsule two or three times daily with meals or as directed by your health care practitioner.

Keep out of reach of children.

*Manufactured under strict GMP (Good Manufacturing Practices)  
New Roots Herbal at 1-800-268-9486 or [www.newrootsherbal.com](http://www.newrootsherbal.com)*