

DigestTab®

Dietary Supplement

Digestive Support Essential Oil Blend with Calcium Carbonate

PRODUCT DESCRIPTION

DigestZen is one of dōTERRA's most popular blends due to its ability to aid in digestion, soothe occasional stomach upset, and maintain overall digestive health.* Now this incredibly effective blend is available in a convenient chewable tablet. DigestTab combines the acid-neutralizing benefits of calcium carbonate with the digestive health-supporting benefits of peppermint, caraway, ginger, coriander, and fennel CPTG Certified Pure Tested Grade™ essential oils.

CONCEPT

Calcium Carbonate

Calcium carbonate, which comes from natural mineral sources, helps maintain stomach acid balance by neutralizing excess acid in the stomach.* This helps relieve the discomfort caused by occasional acidity such as heartburn, indigestion, and flatulence.* This specially designed calcium carbonate is less chalky than many similar products on the market and much easier to chew and swallow.

DigestZen Essential Oil Blend

This unique blend contains Ginger, Fennel, and Coriander to help ease occasional stomach discomfort and indigestion, while Peppermint, Tarragon, Star Anise, and Caraway aid with digestion and help maintain a healthy gastrointestinal tract.* DigestZen is a healthy, natural, and gentle way to soothe an occasional upset stomach or maintain a healthy digestive system.*

PRIMARY BENEFITS

- Specifically designed for individuals with sensitive stomachs.
- Combines the unique digestive benefits of calcium carbonate along with pure essential oils from plants traditionally known for providing soothing support to the gastrointestinal tract, including Ginger, Peppermint, Caraway, Coriander, and Star Anise.*
- A unique and powerful synergistic blend of natural ingredients designed to relieve occasional heartburn and indigestion, while promoting the overall health of the gastrointestinal tract.*
- Use with or between meals as needed, for relief from occasional stomach upset, indigestion, and heartburn.*
- Helps relieve occasional sour stomach.*
- Provides relief from the uncomfortable burning of occasional acid indigestion and helps reduce unwanted belching and bloating.*



CPTG Certified Pure Tested Grade™

*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.

DIRECTIONS FOR USE

Chew one tablet as needed up to six times daily.

CAUTIONS

Keep out of reach of children. Do not use with other acid reducers. Ask a doctor or pharmacist before use if you are taking a prescription drug.

FAQS

Q: Is DigestTab® safe to take every day?

A: Yes, DigestTab is safe to take every day and there should be no safety concerns as long as the suggested use is followed.

Q: Can I take more than the recommended dosage?

A: Although DigestTab is safe and effective for soothing occasional heartburn and indigestion, we always recommend that you follow the suggested use on our labels. Consult with your qualified healthcare provider if you want to take more than the suggested use, or if you have any questions regarding your individual condition.

Q: How quickly can I expect to feel the benefits?

A: Typically, the benefits of DigestTab will be experienced within 30 minutes after consumption, although each individual is different and results may vary.

Q: Can I take DigestTab with other DigestZen® products such as Zendocrine® or DigestZen Softgels?

A: Yes, there should be no problem taking DigestTab with other DigestZen products.

Q: Can this product be considered GMO-free and gluten-free?

A: DigestTab is free of genetically modified material and does not contain gluten.

Q: Is DigestTab vegetarian-friendly?

A: Yes, DigestTab is considered vegetarian-friendly.

Q: How many drops of DigestZen oil blend are in each tablet?

A: Half of one drop.

COMPLEMENTARY PRODUCTS

- DigestZen Digestive Blend
- PB Assist+®
- GX Assist®
- dōTERRA Lifelong Vitality Pack®

KEY STUDIES

P. N. Maton and M. E. Burton, "Antacids revisited: a review of their clinical pharmacology and recommended therapeutic use," *Drugs*, vol. 57, no. 6, pp. 855–870, Jun. 1999.

S. K. Lam, "Antacids: the past, the present, and the future," *Baillieres Clin. Gastroenterol.*, vol. 2, no. 3, pp. 641–654, Jul. 1988.

M. Robinson, S. Rodriguez-Stanley, P. B. Miner, A. J. McGuire, K. Fung, and A. A. Ciociola, "Effects of antacid formulation on postprandial oesophageal acidity in patients with a history of episodic heartburn," *Aliment. Pharmacol. Ther.*, vol. 16, no. 3, pp. 435–443, Mar. 2002.

M. Valussi, "Functional foods with digestion-enhancing properties," *Int J Food Sci Nutr*, vol. 63 Suppl 1, pp. 82–89, Mar. 2012.

"Herbal remedies for dyspepsia: peppermint seems effective," *Prescrire Int*, vol. 17, no. 95, pp. 121–123, Jun. 2008.

J. Freise and S. Köhler, "[Peppermint oil-caraway oil fixed combination in non-ulcer dyspepsia—comparison of the effects of enteric preparations]," *Pharmazie*, vol. 54, no. 3, pp. 210–215, Mar. 1999.

Supplement Facts

Serving Size 1 Tablet

Servings Per Container 100

Amount Per Serving		% Daily Value
Calcium (as Calcium Carbonate)	200 mg	15%
DigestZen® Digestive Blend	30 mg	
Star Anise (<i>Illicium verum</i>) Fruit/Seed Oil		**
Peppermint (<i>Mentha piperita</i>) Plant Oil		**
Ginger (<i>Zingiber officinale</i>) Root Oil		**
Caraway (<i>Carum carvi</i>) Seed Oil		**
Coriander (<i>Coriandrum sativum</i>) Seed Oil		**
Tarragon (<i>Artemisia dracunculus</i>) Plant Oil		**
Fennel (<i>Foeniculum vulgare</i>) Seed Oil		**

**Daily Value not established.

Other Ingredients: Xylitol, Isomalt, Acacia gum, Silica, Magnesium stearate, Stevia leaf extract.

DIGESTTAB®

100 TABLETS

Part Number: 34380001

Wholesale: \$14.00

Retail: \$18.67

PV: 10

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