



DigestZen® DigestTab® | Chewable Tablets

100 Tablets

60214446

Complementary Products

DigestZen® Digestive Blend

PB Assist®

GX Assist®

dōTERRA Lifelong Vitality Pack®

Primary Benefits

- + Provides a healthy, gentle formula specifically designed for individuals with sensitive stomachs*
- + Combines the digestive benefits of calcium carbonate with pure essential oils from plants traditionally known for providing soothing support to the gastrointestinal tract*
- + Relieves occasional heartburn and indigestion, while promoting the overall health of the gastrointestinal tract*
- + Provides relief from occasional upset or sour stomach*
- + Soothes the uncomfortable burning of occasional acid indigestion and helps reduce unwanted burping and bloating*

Description

The effective dōTERRA digestive blend DigestZen® is combined with the power of calcium carbonate in a tablet, DigestZen DigestTab. This chewable tab contains CPTG Certified Pure Tested Grade® Peppermint, Coriander, Ginger, Caraway, Cardamom, Fennel, and Anise essential oils to aid in digestion, soothe occasional stomach upset, and maintain a healthy digestive system.* The calcium carbonate in DigestZen DigestTab helps to reduce burning sensations due to its acid-neutralizing effects and may also provide soothing digestive relief.*

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, Star Anise, Cardamom, 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.*

Directions

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.

*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.

FAQ

Is DigestZen® DigestTab® safe to take every day?

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

Can I take more than the recommended dosage?

Although DigestZen 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.

How quickly can I expect to feel the benefits?

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

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

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

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

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

Is DigestZen DigestTab vegetarian friendly?

Yes, DigestZen DigestTab is considered vegetarian friendly.

How many drops of DigestZen Digestive Blend are in each tablet?

Half of one drop.

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.
- 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	
Peppermint (<i>Mentha piperita</i>) Aerial parts (Leaf/Stem) Oil		**
Coriander (<i>Coriandrum sativum</i>) Seed Oil		**
Ginger (<i>Zingiber officinale</i>) Root Oil		**
Caraway (<i>Carum carvi</i>) Seed Oil		**
Cardamom (<i>Elettaria cardamomum</i>) seed oil		**
Fennel (<i>Foeniculum vulgare</i>) Seed Oil		**
Star Anise (<i>Illicium verum</i>) Fruit/Seed Oil		**

**Daily Value not established.

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