



# SI Complex

## Supports small intestine health

SI Complex features peppermint oil to relieve symptoms of medically diagnosed irritable bowel syndrome, including abdominal pain and abdominal bloating. Peppermint oil is also traditionally used in western herbal medicine (WHM) to decrease flatulence, relieve abdominal discomfort and relieve symptoms of dyspepsia. Barberry is included for its use in traditional WHM to help enhance healthy digestive system function and phellodendron is used in traditional Chinese medicine (TCM) to relieve diarrhoea.

### Key features and benefits

- In traditional western herbal medicine (WHM), peppermint oil is used to decrease flatulence and relieve abdominal discomfort. It is also traditionally used in WHM to relieve symptoms of dyspepsia.
- In traditional WHM, thyme oil is used as a carminative.
- Peppermint oil is used to maintain healthy digestion in traditional WHM.
- In traditional WHM, barberry helps enhance healthy digestive system function and is used to relieve abdominal bloating.
- In traditional Chinese medicine (TCM), phellodendron relieves diarrhoea.
- Traditionally in WHM, peppermint oil and berberine relieve diarrhoea.
- Peppermint oil relieves symptoms of medically diagnosed irritable bowel syndrome, including abdominal bloating and abdominal pain.
- Vegan friendly formula.



# SI Complex

## ACTIVE INGREDIENTS

### Each tablet contains:

#### Herbal extracts dry concentrate standardised:

<i>Phellodendron amurense</i> (phellodendron) stem bark	153.09 mg
min. equiv. to dry	3 g
std. to berberine	72.75 mg
<i>Coptis chinensis</i> (Chinese goldthread) root	62.5 mg
min. equiv. to dry	250 mg
std. to berberine	6.25 mg
<i>Berberis vulgaris</i> (barberry) root	25 mg
min. equiv. to dry	250 mg
std. to berberine	1 mg
<i>Allium sativum</i> (garlic) bulb	13 mg
min. equiv. to fresh	650 mg
std. to allicins	130 micrograms

#### Essential oils:

Peppermint oil	112.5 mg
equiv. to menthol	61.88 mg
<i>Origanum vulgare</i> (oregano) leaf	75 mg
Thyme oil	10 mg

#### SIZE:

60 tablets

#### DOSE:

**Adults:** Take 2 tablets three times a day, or as professionally prescribed.

#### WARNINGS:

- Do not use during pregnancy or breastfeeding.
- Adults only.
- If diarrhoea persists for more than 48 hours in adults, seek medical advice.
- If symptoms persist, talk to your health professional.
- Contains benzoates.

## Education

### Small intestinal bacterial overgrowth (SIBO)

SIBO is an abnormal colonisation within the small intestine by bacteria normally found in the colon, mouth or pharynx.<sup>1</sup> Poor movement of intestinal contents leads to excessive growth of normal intestinal bacteria, causing diarrhoea and nutrient malabsorption. The most frequent symptoms are abdominal discomfort, diarrhoea, bloating and excess flatulence.<sup>2</sup>

### Essential oils – thyme and peppermint

*Thymus vulgaris* (thyme) essential oil has been shown to exert antispasmodic effects on intestinal smooth muscle. The active constituents of thyme oil include the phenols, carvacrol and thymol.<sup>3-5</sup> Thyme oil is used in traditional WHM as a carminative. *Mentha x piperita* (peppermint) essential oil consists predominantly of menthol, a monoterpene that is well studied for its relaxant effect on gut smooth muscle,

achieved through the binding of calcium permeable transient receptor potential (TRP) channels.<sup>6-8</sup> With antispasmodic and carminative activity, peppermint oil is used in traditional WHM to maintain healthy digestion, decrease flatulence, relieve diarrhoea and relieve symptoms of dyspepsia. There are also multiple meta-analyses showing that it can help relieve symptoms of medically diagnosed IBS symptoms.<sup>8-9</sup>

### Berberine containing herbs

Berberine is an isoquinolone alkaloid found in various herbs used in Chinese and Ayurvedic medicine for centuries, including *Phellodendron amurense* (phellodendron), *Coptis chinensis* (Chinese goldthread) and *Berberis vulgaris* (barberry).<sup>10</sup> Traditional uses of all these three berberine-rich herbs include phellodendron being used in TCM for the relief of diarrhoea. Barberry is used in WHM to enhance healthy digestive system function and to relieve abdominal bloating and diarrhoea.<sup>9</sup>

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