

# Balsam for the stomach

Stress, an unhealthy diet, alcohol – the human stomach is easily irritated by excess. And once its smooth operation is interrupted, many different complaints can develop. Relief is on hand in the shape of a prescription-free drug product that combines nine medicinal plants: Iberogast™ – administered in liquid form – restores balance to the stomach in individuals suffering from complex gastric disorders.

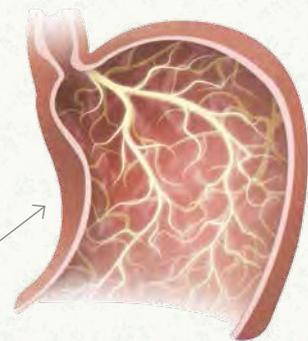
## Taming the gastric gatekeeper

Food passes into the stomach via the lower esophageal sphincter. If this muscle is too weak, gastric acid rises into the esophagus where it irritates the mucous membranes and causes heartburn. Plant extracts have a toning effect on this gatekeeper.



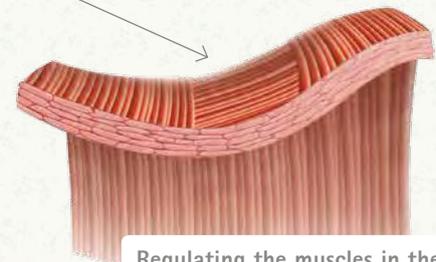
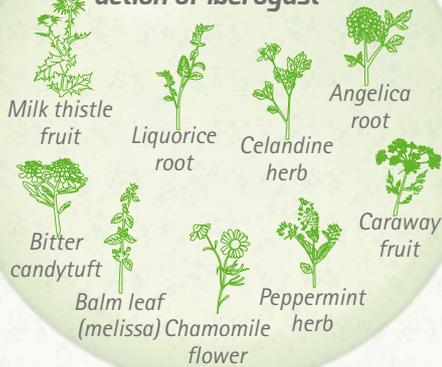
## Calming the nerves in our stomach

The enteric nervous system regulates the process of digestion. This mesh of nerves regulates muscle motion and acid production and reacts to external influences such as stress with cramps or nausea. Plant extracts such as bitter candytuft and liquorice have a calming effect.



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different medicinal plants are responsible for the action of Iberogast™



## Regulating the muscles in the stomach

To make sure that the stomach has enough capacity and motility to process the chyme, its muscles have to be kept in balance. Celandine and bitter candytuft stimulate these muscles, for example, while angelica root and peppermint help them to relax.

## Regulating acid production

Excess gastric acid irritates the walls of the stomach and the mucous membranes – but too little inhibits digestion. Plant extracts – in particular chamomile and caraway fruit – make sure that there is the right amount of gastric acid and also protect the gastric mucosa.

