

To better understand why you should use Mediterranean Stomach Bitters™ is to first clearly understand how important digestion is to the overall workings of the body. Although most people know that the proper digestion of food is a necessary factor in nourishing the body, few people are aware of the depth that is involved in the taste and smell that stimulates digestion and the multitude of benefits affecting the entire body and mind, and emotions.

Since the advent of cultivating produce to reduce their bitterness, North Americans of all ages have developed an affinity to a “sweet” diet which contributes to an overweight and ill society — both in body and mind as demonstrated by the steady increase of acid diseases/disorders such as cancer, anxiety, fatigue, depression, and many other problems also associated with digestive disturbances.

Such problems as heartburn, upset stomach, yeast/fungal overgrowth, chronic fatigue, overall weakness, anxiety/irritability, adrenal weakness, weight imbalance, hormonal imbalance, and more may be signs of poor digestion. People especially benefit from proper stimulation of digestion by relief from feeling bloated, by increased immune response, and stress relief. Stress disrupts digestion and in turn lowers the body’s immune response. Research has shown that the higher the stress level and the weaker the adrenal glands, the more prone the body is to disease.

From the selection of organic, Mediterranean plants to the careful merging and natural processing of these synergistic bitters, Natura’s Mediterranean Stomach Bitters™ is highly regarded as a superior digestive support supplement.

*"From time to time I'll get acid indigestion that feels just awful, but when I use Mediterranean Stomach Bitters I feel better soon after. I started taking it regularly and as a surprising benefit found that I've been losing weight with this product as well."* B.J., Hampton, GA

*"I had to share that the new stomach bitters is a blessing for my family and cats. Our cat who suffers the most from the pet food poisoning a year ago, throws up every night. Your product arrived 2 days ago, and he has not thrown up in two days... this stuff is magic!"* M.E., Cottage Grove, OR

**Note:** Digestive health improvements vary according to the individual’s proper hydration level and diet/lifestyle. For best results, the elimination of yeast, mold, fungus, gluten, and other disruptive food elements in the diet should also be considered.

Visit [www.NaturaRx.com](http://www.NaturaRx.com) for health articles and other helpful information

- Not intended to be used during pregnancy or breastfeeding unless directed by your nutritionally oriented health care professional.
- As with any food supplement, consult your doctor before using this product.

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.

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Natura

MEDITERRANEAN STOMACH BITTERS™

Occasional Acid Indigestion?  
Sour / Upset Stomach?  
Occasional Heartburn?  
Nausea from Motion?  
Occasional Bloating?



Great Tasting  
Anise Cordial Flavor  
Organic Ingredients

Fast Acting  
No Alcohol  
100% Natural

*The anise cordial flavor of Mediterranean Stomach Bitters™ makes it a great tasting food supplement that is highly nourishing and enjoyable to use without the expected bitter taste.*

Natura Botanical Laboratories  
Division of Natura Health Services, Inc.

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[www.NaturaRx.com](http://www.NaturaRx.com)

**M**editerranean Stomach Bitters™ is a non-alcohol, 100% natural herbal extract made with organic herbs, organic essential oils, and organic resins that work together to align with the various needs of people who wish to effectively support digestive processes while finding relief of occasional digestive upsets, help with weight imbalance, nausea from motion, improvement of overall vitality and more.

### Does Mediterranean Stomach Bitters™ Taste Bitter?

Many of our customers tell us that they especially love taking this product because it tastes unexpectedly good — not bitter. Every product that Natura makes retains strong potency while having a pleasant taste. The pleasant, anise cordial flavor makes it a great tasting food supplement that is highly nourishing and enjoyable to use *without* the expected bitter taste.



### How Does Mediterranean Stomach Bitters™ Work?

Mediterranean Stomach Bitters™ works as a support to proper digestion by activating the taste and smell receptors of the body. As it merges with saliva in the mouth, it is activated to supply the body with a powerful boost of nutritional elements that help to stimulate digestion. By stimulating and stabilizing appetite while working with the body's own enzymatic action, proper digestion is developed. Over time, a balancing effect can occur for the body as a whole, including weight balance.

This product does not increase or decrease appetite; rather, it assists in balancing it. It helps stimulate the body to cleanse out impurities more efficiently while assisting to provide strength and energy. In the Mediterranean where bitters are frequently used, the slender, healthy looking bodies don't go without notice.

### What Are the Benefits of Mediterranean Stomach Bitters™?

Mediterranean Stomach Bitters™ is based on the principles of the benefits of bitters but goes beyond that via the utilization of a natural technology. This technology combines the essentials of bitter principles along with the nourishing factors of nutrient oils, antioxidants, and other potent, interwoven, unaltered nature chemicals from plants found in the Mediterranean area. To more efficiently use this product, drink plenty of pure water to be sure that your body is well hydrated. The next page of this brochure provides at-a-glance details as to the potential benefits of using this product on a daily basis.

### When is it Best to Take Mediterranean Stomach Bitters™ ?

Mediterranean Stomach Bitters™ is best taken before meals to stimulate digestion; however, some people find it useful after or between meals as a soothing aid to occasional bloating/gas. In other words, Mediterranean Stomach Bitters™ contains botanicals that are both bitters to stimulate digestion and carminatives to relieve the overall symptoms of occasional bloating/gas along with other botanical balancing ingredients for efficient digestive support.

**M**editerranean Stomach Bitters™ has been formulated so that the amount taken may be regulated as needed. Since every body is different, it is important to regulate the quantity and frequency as necessary. Gradually increasing the servings as you begin to feel better and the choice of using it before or after, or between meals may need a little experimenting for individual needs.

Once the proper serving amount is determined and taken consistently, you will never want to be without this product. When you experience proper digestion, you feel good all over. The improvement of nutrient digestion and absorption, as well as the elimination of impurities, are benefits that contribute to overall body functioning. Weight balance and improvements to strength, energy, vitality, skin beauty and more, all come with good digestion.

With proper use of this product, you may notice that you will tend toward eating healthier foods. A major reason why people of the Mediterranean often enjoy superior health is because they include bitters with their meals in various forms such as bitter herbs within salads, soups, side dishes, food supplements, and cordials. Such habits help to insure that they have good digestion... the foundation of better health.

### What are Some of the Benefits of Bitters to the Body?

Bitters are not only for the purpose of digestive support; they also act as a balancing mechanism for the entire body. When bitters enter the mouth, taste and smell receptors are placed into action to send signals to various parts of the body. In any cell, organ or system of the body, the body attempts to balance what is imbalanced. The following are a few of the outstanding benefits that bitters provide:

- Bitters help to strengthen digestion so that vitamins, minerals and other important nutrients in food can be assimilated more efficiently providing overall nourishment for increased immunity and overall better health.
- The body reacts to what is consumed. To overload the body with excess food and/or the wrong food often results in digestive disruption. Bitters help relieve occasional acid indigestion, bloating, gas, and other problems of digestion.
- Appetite is stimulated when the taste buds on the tongue sense the bitter principles, which in turn, stimulates the salivary digestive enzymes and the gastric juices / digestive enzymes in the stomach to encourage efficient digestion.
- When bitters are ingested, a release of bile occurs that assists with the digestion of fats. Toxins are stored in body fat if the liver cannot filter the toxins.
- Bitters help activate the liver in a manner that is helpful to filtering blood and improving the body's natural cleansing processes.
- The process of cleansing takes the burden off the skin (the largest eliminative organ) from having to eliminate impurities from the body and therefore, yields more beautiful vibrant skin.

### BENEFITS AT A GLANCE

- Outstanding Digestive Support
- Relieves Occasional Acid Indigestion
- Relieves Sour / Upset Stomach
- Relieves Occasional Heartburn
- Relieves Occasional Bloating
- Relieves Nausea from Motion
- Helps to Balance Body Weight
- Supports Beneficial Intestinal Flora
- High Antioxidant / Nutrient Content
- Pleasant Anise Cordial Flavor