



Lora's Digest Tummy Settler



All natural, human grade powders! Get them in Kraft eco bag, vintage glass or PET recyclable plastic options!

A simple but effective herbal food supplement body and skin boost, stomach aid and anti inflammatory available in

- pre mixed powder
- liquid infusion 50ml
- liquid infusion 100ml

LORA'S DIGEST works on tummies, even for dogs prone to seizures or general anxiety (choose the 'add chamomile' option to help with (pain related) stress), and for general tummy upsets or loose poo due to eating something new or something they shouldn't. **LORA'S DIGEST** can help with the immune system within the stomach and issues of gut and soft tissue inflammation too. But above all **LORA'S DIGEST** acts like an antacid, a gentle and safe way to help your dog (or you!) relax as their tummy relaxes and they get some proper sleep, for good psychological health.

You can either make **LORA'S DIGEST** yourself with the herb mix and easy guide like a pot of tea with leaves, or buy liquid pre made. Our liquid version is infused using filtered tap water and delivered

cold (lasts for 3-4 days in gather fridge) so if buying for humans we recommend the powder.

Ingredients (all organic)

Marshmallow root- helps with coughs and sore throats common with digestive problems and linked to aiding conditions like bronchitis and angina, and it heals on the inside and the outside! It kill bacteria and soothes the gut, but it can improve wound healing better than antibiotics, and help eczema and damage from sunburn.



**Parsley freshens breath
and
Chamomile relieves pain**

Plantain leaf- high in vitamin C, fantastic for their immune and digestive system helping and healing properties. They are also a source of potassium and magnesium.

Licorice root (DGL)- improves gut balance with its powerful antioxidant and anti-inflammatory properties. DGL licorice does not react with most medicines but always consult your vet.

Fuller's earth- Eliminates internal parasites, fluids, gases, toxins and heavy metals and support a strong immune system by balancing pH levels; it detoxifies gently and safely.

For extra breath fresh freshening, often a symptom of a dodgy tum (or rotten teeth so check your dog's mouth regularly), add **parsley** in equal ratio! **LORA'S DIGEST** is suitable for dogs over 12 weeks old who have had their first vaccines and boosters. Not recommended for humans under 12 years old.

Dosages

HUMANS

Powder: = *(adults) from 2 flat teaspoons to 3 heaped teaspoons (adjust for need/ taste) per teapot or cafetiere of 1000 ml/ one litre, infuse with boiling water for at least 30 minutes- 1 hour drink as a hot herbal tea, effect should be felt after 100 ml. Add sugar, agave syrup or honey to taste.

Powder: (children over 12) halve the herbs above but not the water

DOGS

Powder: (dogs) make as per children under 12 add 10ml to 20ml (1-2 flat teaspoons) per 10kg of dog to meals once or twice a day maximum. (You can change strength as needed.)

Liquid: 10ml-20ml made as per the child dose per 10kg to relax, help get a break from tummy grumbles and easing of any swelling.

LORA'S DIGEST is not a daily supplement, it's meant to treat specific minor tummy pain, swelling and irritation. If symptoms continue or worsen after 48-72 hours, take your pup to the vet. If their tummy is **hard anywhere** with lots of **swelling** and/or **hot spots** could be **bloat which is lethal** so the first hour is vital to get on top of it so call the vet immediately.

Sweetening the tea- some do find the taste of **LORA'S DIGEST** bitter.

Humans are safe to add sugar, agave syrup, stevia or honey to sweeten depending on any health issues they may have or

doctor's dietary orders. **Use honey only for a sweeter flavoured supplement, never refined sugar or agave syrup** when giving it to a **dog**. Too much **stevia or fibre** (also present in plantain or non DGL licorice) given to a dog can cause diarrhoea.