Bitters

What are they?

Bitters are bitter tasting herbs that help to stimulate digestion. They do this by stimulating sensory responses in the tongue which help to increase gastric acid and prime the digestive tract to do its job. They can stimulate your body’s own digestive enzymes thereby helping symptoms of bloating, gas, sluggish stools, and fullness after eating. The herbs used can include, but are not limited to artichoke leaf, turmeric, ginger, dandelion, and chamomile.

How do I take them?

Bitters are most effective when taken 20 minutes before meals, especially heavy ones. You could also take them after meals if you need symptomatic relief.

Are they safe?

Bitters are felt to be safe. Moderate to severe heartburn or GERD may be worsened by bitters, so it is best to control your heartburn first. Also, some products, for example, one called Swedish Bitters, may have alcohol or harsh laxatives and should be avoided. The Gallexier product in our pharmacy does not have these ingredients.

As always, if you have further questions, concerns, or more complicated medical problems, please consult your provider or the Pharmacist. We are dedicated to your health and well being!