

## Facts about DGL

The root of the licorice plant contains 10 triterpenes and 22 flavonoids, which are the constituents believed to be responsible for its beneficial properties. Flavonoids, in general, are known to inhibit both acid secretion and the growth of harmful intestinal bacteria. The flavonoid component *isoliquiritigen* found in licorice has been shown to protect gastric mucosal cells. The proposed mechanism for DGL's action is that it stimulates the stomach's protective factors, particularly the growth and activity of mucosal cells. One reason for this beneficial effect may be that DGL increases blood flow to these tissues.

Several clinical trials have shown DGL to be extremely effective in providing relief for severe stomach discomfort. In one trial, 40 people with over twelve years' history of severe stomach discomfort were given DGL in amounts of either 3 g or 4.5 g daily. All 40 patients showed substantial improvement, usually within 5 to 7 days. Another double-blind, placebo-controlled trial reported that 16 people with significant stomach discomfort showed an average improvement of 78% when given 360 mg of DGL thrice daily, compared to 34% in the placebo group.

Subsequent trials have compared DGL's effectiveness to that of prescription drugs such as cimetidine. Results have shown that DGL is equally, if not more effective than prescription drugs and antacid tablets. In one such study, 100 people with gastric discomfort received either 760 mg DGL three times daily, or cimetidine. The two groups were equally improved at 6 and 12 weeks, yet scientists monitoring this study reported that DGL provided relief without the side effects associated with prescription drugs. The largest of these trials involved a group of 874 individuals with long histories of severe stomach discomfort<sup>9</sup> Once again, DGL was compared to cimetidine, as well as common antacids. Results showed that 91% of all subjects experienced total relief within 12 weeks. Return of symptoms in the DGL group was less than that reported in the cimetidine and antacid groups; 8.2%, 12.9% and 16.4%, respectively.

Taking aspirin or non-steroidal anti-inflammatory drugs (NSAIDs) can cause significant stomach discomfort. Alcohol, smoking, and caffeine are also known contributors to stomach discomfort. DGL has been shown to reduce gastric discomfort caused by aspirin. It is therefore strongly recommended for bringing relief to individuals requiring long-term treatment with aspirin, NSAIDs and/or corticosteroids.