

## Belly Be Good

### *Contents*

Man Vine

Guineo

John Charles

### *Properties*

- Smooth muscle relaxant, nervine, anti- anxiety
- Increase digestive juices by warming, relaxing the diaphragm & stomach muscles to improve production of digestive enzymes from the stomach, liver, pancreas, gall bladder, etc.

### *Indications*

Temporary or chronic indigestion, gastritis, constipation, lack of appetite, sour burps, intestinal gas, colitis, acid reflux, irritable bowel syndrome (IBS), heartburn, nervous stomach, stomach cramps, intermittent diarrhea and constipation

### *Dose*

Colicky babies: 1 drop per ounce of water in a bottle or allow infant to suck liquid from sterile cotton

1- 5 years old: 5 drops in half glass of tepid water three times daily

5- 10 years old: 10 drops in half glass of tepid water three times daily

Young Adults: 1 dropperful in half glass of tepid water three times daily

Adult: 1 dropperful in half glass of tepid water three times daily

Chest/breastfeeding: Same as adult dosage; observe any reaction in infant such as skin condition or change in either stool or urine

Pregnancy: Same as adult dosage above

### *Side Effects and Contraindications*

None Known

### *Special Note*

- If Chest/breastfeeding, observe infants' response i.e. (rash, nausea, vomiting, diarrhea) Discontinue if present!
- May be used to taper off digestive enzymes and medications. There are no known drug herb interactions if taken 2-3 hours apart from one another. If you're already taking drugs such as Prilosec, Nexium they may take this formula but should not be taken at the same time as your medications.

### *Another Special Note*

1 dropperful means tincture bottle top, the glass piece, is full. If you're unable to get the glass piece full in one measure (which is common), allow glass piece to suck up as much liquid as possible then put contents in your cup of water and refill the glass piece of tincture to appropriate dose needed to equal 1 dropperful.

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If at any time you've questions or concerns, please contact me via call, text or email.

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If there's an *Emergency*, please call 911

*Rusty Moon Botanicals*  
*Return to the Earth*