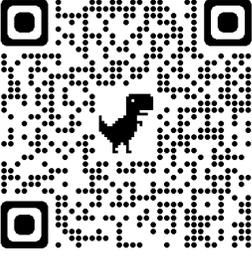
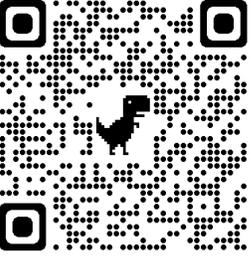
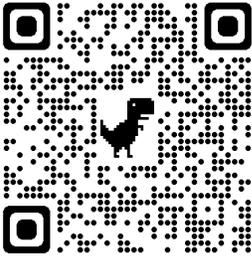


Constipation Evidence

	<p>The effect of ginger (<i>Zingiber officinalis</i>) and artichoke (<i>Cynara cardunculus</i>) extract supplementation on gastric motility: a pilot randomized study in healthy volunteers</p> <p>Conclusions: This pilot study shows that Prodigest®, a standardized extract of ginger and artichoke, significantly promotes gastric emptying in healthy volunteers without being associated with notable adverse effects.</p>
	<p>The Effect of Fiber Supplementation on Chronic Constipation in Adults: An Updated Systematic Review and Meta-Analysis of Randomized Controlled Trials</p>
	<p>Effects of ginger on gastric emptying and motility in healthy humans</p> <p>Conclusion: Ginger accelerates gastric emptying and stimulates antral contractions in healthy volunteers. These effects could potentially be beneficial in symptomatic patient groups.</p>
	<p>The Effect of Ginger (<i>Zingiber officinalis</i>) and Artichoke (<i>Cynara cardunculus</i>) Extract Supplementation on Functional Dyspepsia: A Randomised, Double-Blind, and Placebo-Controlled Clinical Trial</p>