

Effects Of Basic Gripe Water Ingredients On The Digestion



Fennel

Improves digestion in babies by increasing gastrointestinal muscle function.



Chamomile

Its antioxidant properties help ease nausea, colic, and diarrhea.

Ginger

Helps treat nausea and stimulates saliva and bile production for better digestion.



Cinnamon

Provides antioxidant, antimicrobial, and anti-inflammatory benefits.

Lemon balm

Detoxifies the liver, increases immunity, and promotes healthy sleep.



Dill

Provides the baby relief from flatulence.

References:

1. Functional foods with digestion-enhancing properties; International Journal of Food Sciences and Nutrition
2. A review of the gastroprotective effects of ginger (*Zingiber officinale* Roscoe); National Library of Medicine
3. *Melissa officinalis* L: A Review Study With an Antioxidant Prospective; National Library of Medicine
4. *Anethum graveolens*: An Indian traditional medicinal herb and spice; National Library of Medicine