

Chios Mastiha

Chios Mastiha is a natural resin of the ***Pistacia Lentiscus var. Chia***, a tree which grows only in the Aegean island of Chios, Greece. It is harvested in South Chios and is characterized from a traditional, labor-intensive way of production.

Chios Mastiha has been granted the status of **Protected Designation of Origin** in the European Union.

[Regulation (EC) No 123/1997]



The know-how of cultivating Chios Mastiha on the island of Chios has been included in **UNESCO's** representative list of the Intangible Cultural Heritage of Humanity.

(Nomination file number 00993, 11/2014)

The unique beneficial and therapeutic properties of **Chios Mastiha** are recognised as early as 2,500 BC. Throughout the years, there are references from Herodotus, Dioscorides, but also by Galen, who in the 2nd century A.D. enthusiastically praises the healing and soothing properties of Chios Mastiha, and recommends it in inflammations of the stomach, the intestine and the liver.

In more recent years, new clinical data emerge concerning the therapeutic effect of Mastiha in the digestive tract, and nowadays, its unique properties are confirmed and clinically documented by the international scientific community.

International Health Claims



The European Medicines Agency (EMA) has as signed Chios Mastiha an EU Herbal Monograph as a **TRADITIONAL HERBAL MEDICINE** used for the symptomatic treatment of minor inflammations of the skin and mild dyspeptic disorders.



The European Food Safety Authority (EFSA) recognizes the following health claims for Chios Mastiha: ...contributes to a healthy gastrointestinal system... and ...has a beneficial effect on oral hygiene.

[Article 13.2, number 1314 & 3082]

PROPERTIES

Antioxidant, Antimicrobial, Anti-inflammatory

BENEFITS

Gastrointestinal system: Helicobacter pylori | Dyspepsia | Crohn's disease | Prevention of Ulcers | Heartburn Relief | Stomach & Digestive Pain Relief | Irritable bowel syndrome

Oral Hygiene: Antimicrobial Action | Gingivitis | Antiplaque Effects | Prevention of Caries | Xerostomia



est. 2017
**MASTIHA
RESEARCH
CENTER**

mastiha var. Chia

CHIOS MASTIHA POWDER for oral solution

15-DAY NATURAL SOLUTION
15 Sachets (15 X 2.7g)

INGREDIENTS: Chios Mastiha 40%,
Maltodextrin, Acacia Gum.
Each sachet contains 1080mg
of Chios mastiha.

Daily consumption:

1 sachet

Suggested use:

consume with water, juice or yogurt,
30 minutes before your meal.

Greek product, Gluten- & Lactose-free

Free from preservatives & artificial colourants and fragrances

Chios mastiha

Chios mastiha contributes to a healthy gastrointestinal system and offers natural care for bowel and stomach disorders or problems. Relieves heartburn, bloating, acid reflux and indigestion. Suitable for the whole family. For use by children or pregnant women, consult your doctor or pharmacist. **Chios mastiha powder for oral solution in sachets, is the natural practical solution for gastrointestinal health.**



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