

# Mastica

## Chios Gum Mastic

Mastic gum is a resinous extract from the *Pistacia lentiscus* tree, indigenous to the Mediterranean islands. The mastic tree thrives especially well in the southern part of the island of Chios, due to the mild climate and characteristics of the soil. Mastic trees found elsewhere, even in other parts of Chios, do not produce mastic gum. The plant itself is known for its lemony balsam-like smell, which can permeate the air of the 'Mastichochoia', the villages on Chios that produce mastic gum. Interestingly, the ancient Egyptians used mastic gum, imported from Chios, in the incense they burned as a tonic for exhaustion and to restore mental clarity.\*



#73660  
120 vegetarian capsules

### Key Features

- May contribute to gastrointestinal health, particularly for unfriendly bacteria that reside in the stomach \*
- May support gum and mouth health\*



Mastic gum was used by the ancient Greeks, Babylonians and Egyptians in many products, from chewing gum to healing formulas.\* In the 2nd century B.C., Galenus wrote about mastic gum's use for the health of the blood and lungs.\* Christopher Columbus wrote of its potential value for microbial balance.\* Thomas Fuller's Pharmacopoeia extemporanea, which was published in 1710, lists many ancient formulas that include mastica.\*

Traditionally, mastic has been used for digestive tract health, to support gum and mouth health, and as a food preservative.\* Mastic gum is used in ointment, toothpaste, mouthwash, and as a component in dental fillings. Pharmaceutical companies use it in the production of pills and capsules, in self-absorbing surgical threads, and doctors use it for sticking a septic bandage on a surgical wound. This wide range of application points to mastic gum's toxicological safety.

Modern researchers have confirmed some of the traditional uses of mastic gum, including its roles in oral health and healthy digestive functioning.\* Researchers at the University of Nottingham used mastic gum in clinical trials to show mastic gum's contribution to gastrointestinal health, and particularly for unfriendly bacteria that reside in the stomach.\* These results were published in the New England Journal of Medicine. Researchers at Aristotle University in Greece studied topical mastic gum and found potential benefit for the health of the mouth.\* Other European researchers confirm that mastic gum may help support the strength of the gums and teeth.\*

Mastic gum is well tolerated and has no serious side effects when consumed at the recommended dietary supplement dose of 1-2 grams per day.

## Supplement Facts

Serving Size	2 Capsules
Servings Per Container	60
<b>Amount Per Serving</b>	
<b>% Daily Value</b>	
<i>Pistacia lentiscus</i> (Resin)	1000 mg *

\* Daily Value not established.

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, magnesium stearate, silicon dioxide.

**Suggested Use:** As a dietary supplement, 1 or 2 capsules two times daily between meals, or as directed by a healthcare practitioner.

### References:

- Al-Habbal MJ, et al. Iraq Med J 1982;29:25.  
 Al-Habbal MJ, et al. J Clin Exp Pharm Physiol 1984;11:541-4.  
 Coelho LG, Passos MC, Martins GM, Bueno ML, Gomes BS, Lopes LG, Castro LP. Am J Gastroenterol 2000 Mar;95(3):832-3.  
 Al-Said MS, Ageel AM, Parmar NS, Tariq M. J Ethnopharmacol 1986 Mar;15(3):271-8  
 Huwez FU, Al-Habbal MJ. Gastroenterol Japon 1986;21:273-4.  
 Huwez FU, et al. N Engl J Med 1998;339:194-6.  
 Huwez FU, Thirlwell D, Cockayne A, Ala'Aldeen DA. N Engl J Med 1998 Dec 24;339(26):1946.  
 Iauk L, et al. J Chemother. Jun1996;8(3):207-9.  
 Marone P, Bono L, Leone E, Bona S, Carretto E, Perversi L. J Chemother 2001 Dec;13(6):611-4  
 Milov DE, Andres JM, Erhart NA, Bailey DJ. Pediatrics 1998 Aug;102(2):e22  
 Miyabayashi H, Furihata K, Shimizu T, Ueno I  
 Akamatsu T. Helicobacter 2000 Mar;5(1):30-7. Papageorgiou VP, Bakola-Christianopoulou MN, Apazidou KK, Psarros EE. J Chromatogr 1997;769:263-73.  
 Parsonnet J, Shmueli H, Haggerty T. JAMA 1999 Dec 15;282(23):2240-5.  
 Santamaria MJ, Varea Calderon V, Munoz Almagro MC. Ann Esp Pediatr 1999 Mar;50(3):244-6. Simsek H, Kadayifci A, Tatar G. Am J Gastroenterol 1996 May;91(5):1062  
 Tassou CC, Nychas GJE. Int Biodeterior Biodegrad 1995;36:411-20.  
 Teare L, Peters T, Saverymutter S, Owen R, Tiwari I. Lancet 1999 Jan 16;353(9148):242  
 Topitsoglou-Themeli V, Dagalis P, Lambrou D. Hell Stomatol Chron 1984 Jul-Sep;28(3):166-70. Uygun A, Kadayifci A, Kilinc R, Dagalp K. Am J Gastroenterol 1999 Oct;94(10):3073-4.