



## DIGESTIVE AID \*

Heartburn occurs intermittently in more than 30% of otherwise healthy individuals and is almost always associated with acidic gastro-esophageal reflux. Numerous studies have demonstrated that antacids probably relieve heartburn pain by neutralizing acid directly within the esophageal lumen and not necessarily within the gastric lumen.<sup>1</sup> Therefore, even small doses of chewed antacids provide more effective esophageal pH control than quite large doses of swallowed antacids.<sup>2</sup> Chewed calcium carbonate (CaCO<sub>3</sub>) rapidly increases and sustains the elevated intra-esophageal pH and palliates heart burn.<sup>2</sup>

### DIGESTIVE AID \*

- Palliates reflux and heart burn<sup>1</sup>
- Helps digestion<sup>3</sup>
- Prevents constipation<sup>4</sup>
- Minimizes bloating<sup>5</sup>

#### Precautions:

In pregnancy, breast feeding or patients taking prescription and non-prescription medications.

#### Dosage:

One chewable tablet before or after a meal

#### Packaging:

Bottles containing 30 or 60 chewable tablets

## Helps to palliate reflux and heart burn\*

### CaCO<sub>3</sub>

Chewed calcium carbonate (CaCO<sub>3</sub>) rapidly increases and sustains the elevated intra-esophageal pH and palliates heart burn.<sup>2</sup>

### FOS

Through the metabolic pathway, sc-FOS (Short Chain Fructooligosaccharides) improves gastrointestinal (GI) conditions such as relief from constipation, formation of preferable intestinal microflora and intestinal immunomodulation which are known as prebiotics' function. Besides improvement of GI condition, dietary sc-FOS influences on calcium and magnesium absorption in the colon.<sup>4</sup>

### Digestive Enzymes

Digestive enzymes are high energy protein molecules that are essential for the digestion and absorption of food in the digestive tract.<sup>3</sup> Enzyme supplementation plays an integral role in the management of digestion<sup>3</sup> and reduces bloating<sup>5</sup>.



#### References:

- <sup>1</sup>Rodriguez-Stanley S, Ahmed T, Zubaidi S, Riley S, Akbarali HI, Mellow MH, Miner PB. Calcium carbonate antacids alter esophageal motility in heartburn sufferers. *Dig Dis Sci.* 2004 Nov-Dec;49(11-12):1862-7.
- <sup>2</sup>M. Robinson, S. Rodriguez-Stanley, P. B. Miner, A. J. McGuire, K. Fung & A. A. Ciociola. Effects of antacid formulation on postprandial oesophageal acidity in patients with a history of episodic heartburn. *Aliment Pharmacol Ther* 2002; 16: 435-443.
- <sup>3</sup>Roxas M. The role of enzyme supplementation in digestive disorders. *Altern Med Rev.* 2008 Dec;13(4):307-14.
- <sup>4</sup>Tokunaga T. Novel physiological function of fructooligosaccharides. *Biofactors.* 2004;21(1-4):89-94.
- <sup>5</sup>Ciacci C, Franceschi F, Purchiaroni F, Capone P, Buccellotti F, Iacomini P, Ranaudo A, Andreozzi P, Tondi P, Gentiloni Silveri N, Gasbarrini A, Gasbarrini G. Effect of beta-glucan, inositol and digestive enzymes in GI symptoms of patients with IBS. *Eur Rev Med Pharmacol Sci.* 2011 Jun;15(6):637-43.