

Powered by Nature ...Perfected by Science™



Daily Gut-Health Gard™



The PreMeal Companion®



Fiber Choice®
...The Smart Choice™



Nightly Sleep Companion®



Works Fast¹

76% of patients reported relief of abdominal pain, discomfort, and/or bloating, within **2 hours**.

Works Strong on IBS Related Abdominal Pain^{2,3}

Decreased abdominal pain intensity in patients with more **severe pain: at 24 hours**, with **continued improvement at 4 weeks**.

Works Broad³

Reduced **all 8 symptoms** of IBS.

Works Long³

Significantly reduced the Total IBS Symptom Score (TISS) at 24 hours: with **continued improvement at 4 weeks**.

Works with Good Tolerability

- Heartburn is recognized as an issue with older, "burst" technology.⁴
- ACG recommends enteric coated peppermint oil that provides **more distal delivery**.⁴
- IBgard® is designed for **more distal delivery**.

Available at:

Walmart, CVS, Walgreens, Rite Aid, Target, IBgard.com, Amazon.com and other fine retailers.



Works Fast⁵

Significantly reduced the symptoms of functional dyspepsia (recurring indigestion), specifically postprandial fullness, early satiety, heaviness, epigastric pain, discomfort and burning, **in as early as 24 hours**.

Works for Patients^{6,7}

In a patient-reported outcomes study of 600 patients taking FDgard®...

- 86%** reported **relief within 2 hours**.⁶
- 95%** reported **relief of overall FD symptoms**.⁶
- 95%** said they were **very likely/likely** to recommend FDgard.⁷

Available at:

CVS, Walgreens, Rite Aid, select Walmart stores, FDgard.com, Amazon.com and other fine retailers.



Tastes Great

Chewable tablets are **delicious** and **sugar free**. Gummies contain gelatin-free pectin and taste great.

Helps Support Regularity^{8*}

Inulin fiber in Fiber Choice® **significantly increased stool frequency** over a 4-week period in patients with chronic constipation.

Works for Patients^{9*}

In a patient-reported outcomes study of patients taking Fiber Choice...

- 71%** rated their regularity **very much improved/improved**.
- 93%** rated the taste as **good to excellent**.
- 88%** said **they would recommend** Fiber Choice.

Available at:

Walmart, CVS, Rite Aid, Target, FiberChoice.com, Amazon.com and other fine retailers.



Works Uniquely^{10*}

The REMfresh® IPP® (Ion Powered Pump®) technology facilitates continuous release and absorption throughout the GI tract.

Works Long^{11*}

The first and only continuous release and absorption melatonin, that delivers up to **7 hours of sleep support**.

Works for Patients^{12*}

In a patient-reported outcomes study of patients taking REMfresh...

- 78%** reported sleeping **6 hours or more**.
- 91%** reported **major/moderate improvement** in sleep onset, sleep maintenance and total sleep quality.

Works Night After Night^{12*}

- 77%** indicated taking REMfresh **nightly**.

Works with Quality*

Pharmaceutical-Quality Manufacturing. The 99% ultrapure melatonin found in REMfresh is part of an FDA Drug Master File.

Available at:

Walgreens, Rite Aid, select CVS stores, REMfresh.com, Amazon.com and other fine retailers.

Usual Adult Dosage:



IBgard[®] — Daily Gut-Health Gard[™]

For daily and proactive gut-health support (homeostasis):

Take two capsules, once a day. Take 30 to 90 minutes before a meal, with water.^{1,2,3††}
Do not exceed eight capsules per day.

When in flare:

Take two capsules, three times a day, for four weeks. Take 30 to 90 minutes before meals, with water.^{2,3††} Do not exceed eight capsules per day.



FDgard[®] — The PreMeal Companion[®]

Take two capsules, two times a day. Take 30 to 60 minutes before meal(s), with water.⁵
Do not exceed six capsules per day.

Many of your physician colleagues are now recommending FDgard for the **daily and proactive** management of meal-triggered indigestion.



Fiber Choice[®] — The Smart Choice[™]

Fiber Choice Assorted Fruit Tablets, Fiber Choice Bone Health Tablets

Chew two tablets, up to three times a day. To minimize potential stomach discomfort, take with meals; start with two tablets daily and gradually increase to six tablets per day. Consider reducing dosage if discomfort occurs. Do not exceed six tablets per day.

Fiber Choice Metabolism & Energy Fruity Bites, Fiber Choice Fruity Bites

Chew two gummies, up to three times a day. To minimize potential stomach discomfort, take with meals; start with two gummies daily and gradually increase to two gummies, three times daily. Do not exceed six gummies per day.



REMfresh[®] — Nightly Sleep Companion[®]

Take one to two caplets 30 to 90 minutes before intended bedtime. For extra support, take up to 10 mg nightly, but do not exceed 10 mg.

Individual results may vary. Medical foods do not require prior approval by the FDA but must comply with regulations. The company will strive to keep information current and consistent but may not be able to do so at any specific time. Generally, the most current information can be found on IBgard.com, FDgard.com, FiberChoice.com, and REMfresh.com.

[†] Among gastroenterologists who recommended peppermint oil for IBS. IQVIA ProVoice survey (June 2019).

^{††} Among gastroenterologists who recommended herbal products for Functional Dyspepsia. IQVIA ProVoice survey (June 2019).

^{†††} Among gastroenterologists who recommended a chewable fiber brand (tablets and gummies). IQVIA ProVoice survey (June 2019).

^{††††} Should be individualized based on a patient's individual situation.

^{†††††} Among primary care physicians with a certification in sleep disorders who recommended a brand of melatonin. IQVIA ProVoice survey (Jan.-Feb.2019).

¹ Cash BD, Epstein MS, Shah SM. Patient satisfaction with IBS symptom relief using a novel peppermint oil delivery system in a randomized clinical trial and in the general population. *Int J Dig. Dis.* 2016;2(2). doi:10.4172/2472-1891.100027.

² Cash BD, Epstein MS, Shah SM. IBgard: a novel small intestine targeted delivery system of peppermint oil results in significant improvement in severe and unbearable IBS symptom intensity. Results from the U.S.-based, 4-week, randomized, placebo-controlled, multi-center IBSREST[™] trial. Poster presented at DDW, May 2015.

³ Cash BD, Epstein MS, Shah SM. A novel delivery system of peppermint oil is an effective therapy for irritable bowel syndrome symptoms. *Dig Dis Sci.* 2016;61(2):560-571.

⁴ Ford AC, Moayyedi P, Chey WD et al. American College of Gastroenterology Monograph on Management of Irritable Bowel Syndrome. *Am J Gastroenterol.* 2018.

⁵ Chey WD, Lacy BE, Cash BD, et al. A novel, duodenal-release formulation of a combination of caraway oil and I-Menthol for the treatment of FD: a RCT. *Clinical and Translational Gastroenterology* 2019;00:e-00021. doi.org/10.14309/ctg.0000000000000021. (FDREST[™], Functional Dyspepsia Response Evaluation and Safety Trial).

⁶ Chey W. Rapid relief of functional dyspepsia symptoms with a novel formulation of caraway oil and L-menthol: outcomes from a self-reported patient outcomes study. Presented at American College of Gastroenterology Annual Conference; 2017; Orlando, FL.

⁷ FFACT[™], Functional Dyspepsia Adherence and Compliance Trial- Data on file, May 2017.

⁸ Micka A, et al. Effect of consumption of chicory inulin on bowel function in healthy subjects with constipation: a randomized, double-blind, placebo-controlled trial. *International Journal of Food Sciences and Nutrition.* Aug 2017 68:1, 82-89.

⁹ Lacy B, Epstein M, Shah S, Corsino P. Improved regularity with a chewable inulin fiber (CIF): results from a Patient Reported Outcomes (PRO) study. In: American College of Gastroenterology Annual Conference - Philadelphia, PA.; 2018.

¹⁰ Shah SM, Brodner DC. A Continuous Release Ion Powered Pump Melatonin Delivery System that Overcomes Challenges of Release and Absorption in the Intestines (Abstract 0385). Poster presented at: SLEEP 2017; June 3-7, 2017; Boston, MA.

¹¹ REM Absorption Kinetics Trial (REMAKT), a pharmacokinetics trial of 5 mg REMfresh, not a sleep study. Results peer-reviewed and published in *Primary Care Companion for CNS Disorders* journal, 2019.

¹² Brodner C, Seiden DJ, Shah SM. Improvement in Sleep Maintenance and Sleep Quality with Ion Powered Pump Continuous Release and Absorption Melatonin: Results from a Self-Reported Patient Outcomes Study (Abstract 0419). Poster presented at: SLEEP 2018, June 2018, Baltimore MD.

For Healthcare Professionals Only

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*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.