

Meal-triggered indigestion?*

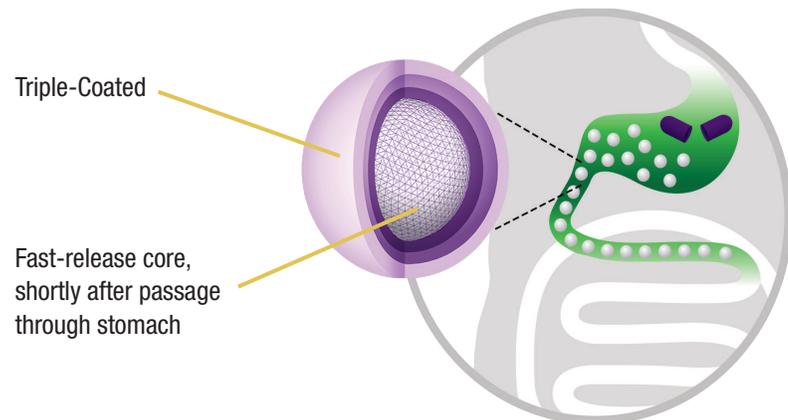
*It could be Functional Dyspepsia (FD)—
more common than GERD¹*



FDgard®

A breakthrough in the dietary management of FD.

Illustration of unique, triple-coated, sustained-release microspheres acting in the upper belly (SST® delivery)

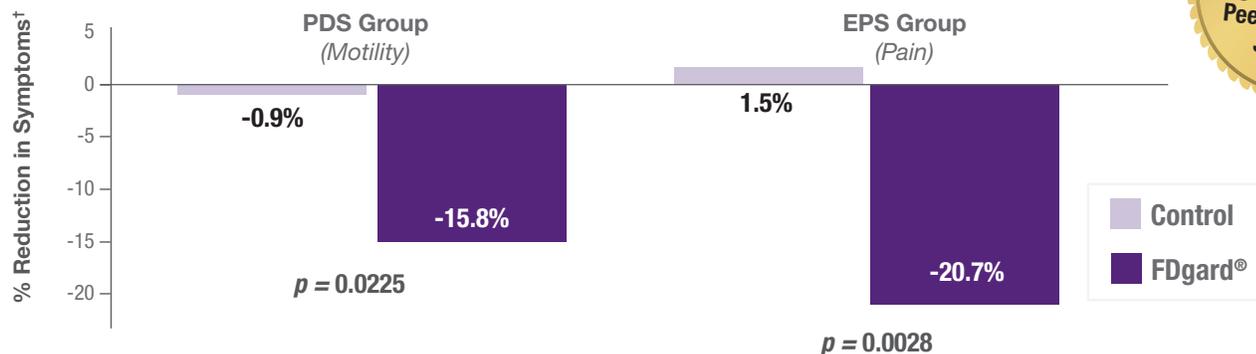


- Meal-triggered indigestion* (Functional Dyspepsia) is defined as any combination of the following four upper GI symptoms:²
 - Postprandial fullness
 - Early satiety
 - Epigastric pain
 - Epigastric burning (that occurs at least three days a week for three months)
- FDgard is a medical food specially formulated with **SST® (Site-Specific Targeting) technology** to deliver a combination of caraway oil and I-Menthol, the primary component of peppermint oil, quickly and reliably where they are needed most in FD—the upper belly.
- Caraway oil and peppermint oil (primary component: I-Menthol) have a history of working in FD. Both have anti-inflammatory,^{3,4} gastroprotective,^{5,6} and synergistic visceral analgesic properties.⁷

FDgard® ...The PreMeal Companion®

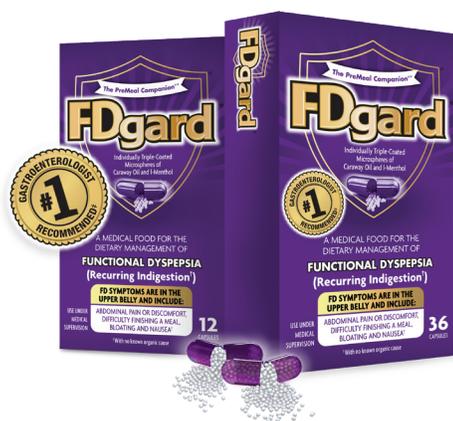
Works Fast⁸ ...

...In as early as 24 hours on motility and pain.



Works for Patients⁹ ...

In a patient-reported outcomes (PRO) study of 600 patients taking FDgard, **86%** reported relief of symptoms within two hours.



Many of your physician colleagues are now recommending FDgard be taken **daily and proactively** before meals.

Usual Adult Dosage: Take two capsules, two times a day. Take 30 to 60 minutes before meal(s), with water.⁸

Do not exceed six capsules per day. Swallow capsules whole or open capsules and mix contents with applesauce. Do not chew.

¹ Camilleri M, et al. Prevalence and socioeconomic impact of gastrointestinal disorders in the United States: results of the U.S. upper gastrointestinal study. *Clin Gastro Hep.* 2005;3:543-552.
² Futagami S, Yamawaki H, Agawa S, et al. New classification Rome IV functional dyspepsia and subtypes. *Transl Gastroenterol Hepatol.* 2018; 3:70 doi: 10.21037/tgh.2018.09.12.
³ Juergens UR, Stober M, Vetter, H. The anti-inflammatory activity of I-Menthol compared to mint oil in human monocytes in vitro: A novel perspective for its therapeutic use in inflammatory diseases. *Eur J Med Res.* 1998; 3 (12): 539-45.
⁴ Keshavarz A, Minaiyan M, Ghannadi A, Mahzouni P. Effects of Carum carvi L. (Caraway) extract and essential oil on TNBS-induced colitis in rats. *Research in Pharmaceutical Sciences.* 2013;8(1):1-8.
⁵ Baananou S, Bagdonaitė E, Marongiu B, et al. Extraction of the volatile oil from carum carvi of Tunisia and Lithuania by supercritical carbon dioxide: Chemical composition and antitumor activity. *Nat Prod Res.* 2013; 27 (22): 2132-36. doi:10.1080/14786419.2013.771350.
⁶ Rozza A, de Faria FM, Brito ARS, Pellizzon CH. The gastroprotective effect of menthol: Involvement of anti-apoptotic, antioxidant and anti-inflammatory activities. *PLoS ONE.* 2014; 9 (1): 1-6. doi:10.1371/journal.pone.0086686.
⁷ Adam B, Liebrechts T, Best J, et al. A combination of peppermint oil and caraway oil attenuates the post-inflammatory visceral hyperalgesia in a rat model. *Scand J Gastroenterol.* 2006; 41 (2): 155-60. doi:10.1080/00365520500206442.
⁸ 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.000000000000021 (FDREST™, Functional Dyspepsia Response Evaluation and Safety Trial).
⁹ Chey W. Rapid relief of functional dyspepsia symptoms with a novel formulation of caraway oil and I-Menthol: outcomes from a self-reported patient outcomes study. Presented at American College of Gastroenterology Annual Conference 2017; Orlando, FL.
^{*} With no known organic cause.
[†] As measured by the Global Overall Symptom (GOS) scale.
[‡] Among gastroenterologists who recommended herbal products for FD. IQVIA ProVoice survey (June 2019).

Individual results may vary. Use under medical supervision. Medical foods do not require prior approval by the FDA but must comply with regulations. The company will try 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 FDgard.com.