

# Among Peppermint Oils, IBgard® Stands Alone



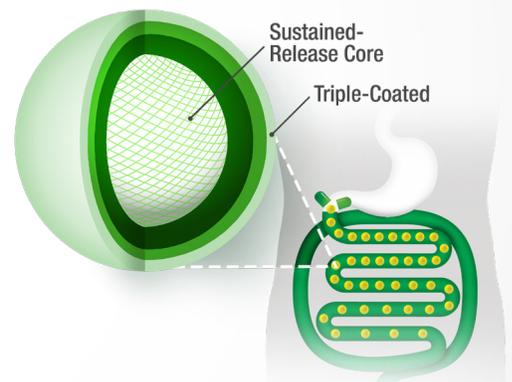
In the ACG (American College of Gastroenterology) IBS 2018 Monograph, **heartburn** was recognized as an issue with older technology.<sup>1</sup>

ACG recommended enteric-coated peppermint oil that provides **more distal delivery**.<sup>1</sup>

Unlike “burst release” peppermint oil capsules, IBgard®, with its solid-state, triple-coated, sustained-release microspheres, is designed to provide **more distal delivery** by moving rapidly through the stomach (thereby avoiding heartburn) and then releasing over 4 hours in the **entire small intestine**.<sup>2-4</sup>

Irritable Bowel Syndrome Safety Update at 36 Months (IBSSU36) confirms the excellent safety and tolerability profile of IBgard.<sup>5</sup> No pattern of heartburn was seen with IBgard, which clearly separates it from conventional peppermint oil products.<sup>1</sup>

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



# IBgard

First Thought... First Try... Recommend IBgard... *By Name.*

# For all Your Patients with IBS, Recommend IBgard for *Daily and Proactive* Gut-Health Support



## IBgard Works Fast and Strong on Abdominal Pain<sup>2,4</sup>

- 76% of patients reported relief of abdominal pain, discomfort, and/or bloating within **2 hours**.
- Clinically proven to decrease abdominal pain intensity in patients with severe pain at **24 hours**, **with continued improvement at 4 weeks**.<sup>2</sup>

### Usual Adult Dosage

#### When in Flare

Two capsules, three times a day, for four weeks. Take 30 to 90 minutes before meals, with water.<sup>2</sup>

#### Daily and Proactive Gut-Health Support

Two capsules once a day. Take 30 to 90 minutes before a meal, with water.<sup>2,4</sup>

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



<sup>1</sup> Ford AC, Moayyedi P, Chey WD, et al. American College of Gastroenterology Monograph on the Management of Irritable Bowel Syndrome. *Am J Gastroenterol*. 2018 June 27. doi:10.1038/s41395-018-0084-x.

<sup>2</sup> 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; 61:560-571 doi:10.1007/s10620-015-3858-7.

<sup>3</sup> Cash BD, Epstein MS, Shah SM. Peppermint oil with site specific targeting is an effective therapy for irritable bowel syndrome with mixed bowel habits. *Internal Medicine Review*. 2017; doi:10.18103/imr.v3i9.565.

<sup>4</sup> 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.

<sup>5</sup> First-Ever, 36-Month Real-World, Post-Marketing Surveillance Study Confirms the Excellent Safety and Tolerability Profile of IBgard®, a Nonprescription Product for Irritable Bowel Syndrome (IBS); 2019. Available at: <https://ibgard.com/ibssu36/>. Accessed August 19, 2019.

<sup>†</sup> Among gastroenterologists who recommended peppermint oil for IBS. IQVIA ProVoice survey (June 2019).

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](http://IBgard.com).