

## BACKGROUND

- Global prevalence rates for Irritable Bowel Syndrome (IBS), based on Rome IV criteria, range between 2% and 6%, with USA rates around 5.3%<sup>1</sup>.
- IBS symptoms interfere with daily activities and have been shown to negatively impact quality of life (QOL)<sup>2</sup>.
- Pharmacological management has proven efficacy, but cost and access may be a challenge for some patients<sup>3</sup>.
- An increasing number of adults with IBS symptoms have turned to the use of complementary and alternative solutions, the most frequently used are herbal remedies (43%)<sup>4</sup>.
- Peppermint oil has been shown to be effective in reducing IBS symptoms<sup>5</sup>. A novel form of peppermint oil designed to be delivered in the small intestine (PO-SST) has demonstrated symptom improvement and patient satisfaction<sup>6,7</sup>.

## OBJECTIVE

- The primary objective of this survey was to evaluate the impact of a peppermint oil dietary supplement with site-specific targeting technology (PO-SST) on IBS symptom improvement and QOL measures.

## METHODS

- Adults who purchased a 48-count package of PO-SST (IBgard®, Nestlé HealthCare Nutrition, Bridgewater, NJ) opted in to take a one-time online survey. Post survey, participants received a \$3.00 coupon toward a future purchase of PO-SST.
- The survey consisted of symptoms description and quality of life measures pre and post use of PO-SST.
- Data collection took place from January 15<sup>th</sup> – April 30<sup>th</sup>, 2021.
- Data were summarized using descriptive statistics including counts and percentages for categorical measures and mean, standard deviation and ranges for continuous measures.

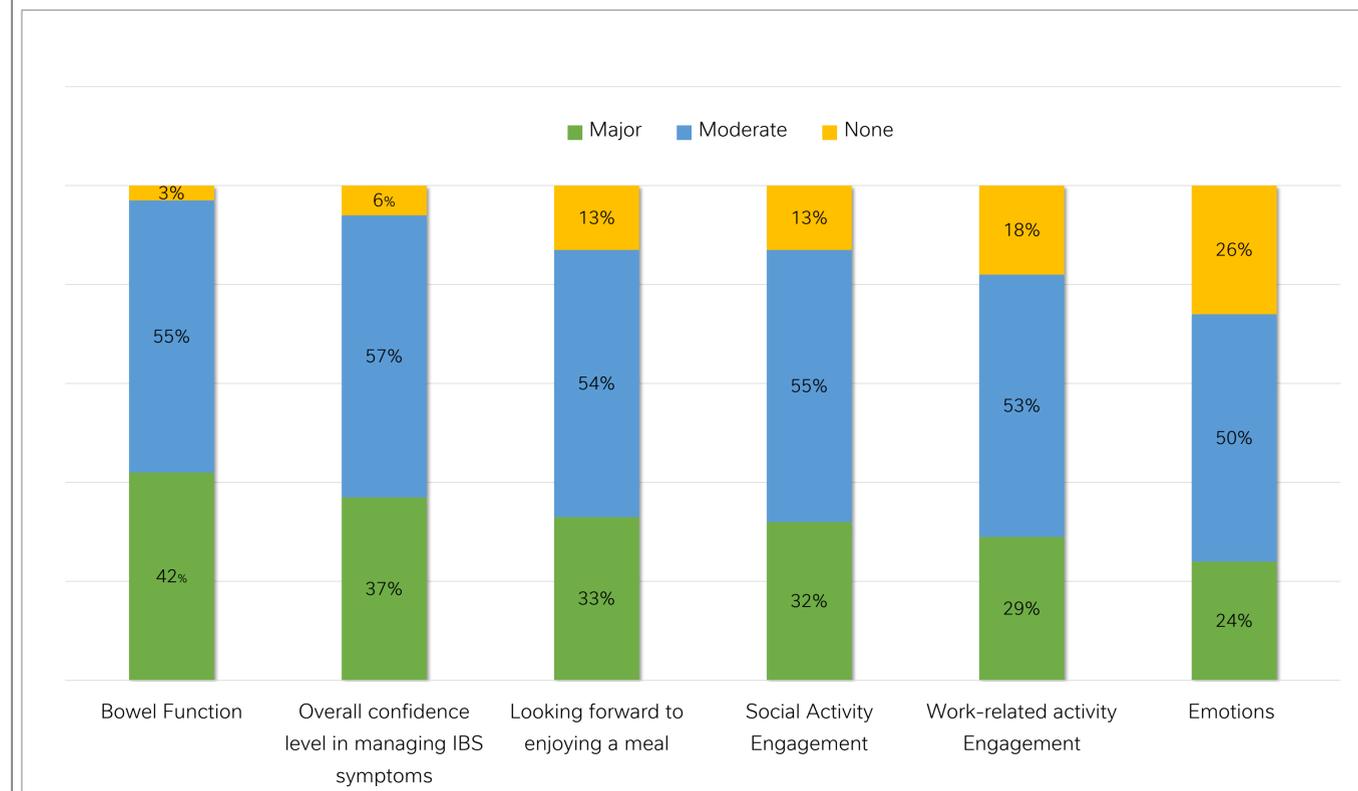
## RESULTS

- 1,110 adults, 91% white, 66% over the age of 50 participated in the survey.
- 9 of 10 (90%) participants reported having seen a health care provider in relation to their symptoms.
- The top 3 remedies tried before use of PO-SST included: over-the-counter medications (55%), dietary/nutrition modification and/or exercise (49%) and prescription medications (46%).
- The worst symptoms most frequently reported were abdominal pain, diarrhea, bloating, bowel movement urgency, constipation and gas (Figure 1); some respondents reported more than 1 symptom as being their worst.
- Unpredictability was reported as the worst part of the symptoms (Figure 2).
- After PO-SST use, a major or moderate improvement in QOL measures were reported in overall bowel function (97%), overall confidence level in managing IBS (94%), looking forward to enjoying a meal (87%), social activity engagement (87%) and work-related activity engagement (82%) and emotions (74%) (Figure 3).
- Severity rating (0-10 with 0 = not severe) of the worst symptom decreased from a mean score of 7.9 before PO-SST to 4.5 after PO-SST (Figure 4).

## REFERENCES

- (1) Sperber AD. *Gastroenterol Clin North Am.* 2021 Sep;50(3):489-503; (2) Buono JL, et al. *Health Qual Life Outcomes.* 2017 Feb 14;15(1):35; (3) Shah ED, et al. *Dig Dis Sci.* 2021 Dec;66(12):4140-4148; (4) Bahrami HR, et al. *Electron Physician.* 2016;8(8):2719-2725; (5) Chumpitazi BP, et al. *Aliment Pharmacol Ther.* 2018 Mar;47(6):738-752; (6) Cash BD, et al. *Dig Dis Sci.* 2016;61(2):560-571; (7) Cash BD, et al. *J Dig Dis.* 2016;2(2).

## Figure 3. Quality of Life (QOL) Improvements in adults with use of peppermint oil supplement with site-specific targeting (PO-SST)



## CONCLUSIONS

- In individuals with IBS symptoms and using PO-SST, bowel function was reported as the most common concern on a weekly basis, with unpredictability reported as the worst part of the symptoms.
- After utilizing a novel form of peppermint oil designed with site-specific targeting to manage symptoms of IBS, 97% of adults reported a major or moderate improvement of QOL measures related to bowel function. At least 74% of surveyed adults reported major or moderate improvements for confidence level in managing symptoms, emotions, social and work activity engagement and looking forward to enjoying a meal.
- The average severity score for worst symptom improved over 40% from before PO-SST to after PO-SST
- These results support the use of PO-SST as an effective therapy for adults seeking an herbal option to manage gastrointestinal symptoms, especially for those concerned about the burden these symptoms impose on daily functioning.

Figure 1. Worst Symptom Reported by Adults with IBS Symptoms Using PO-SST

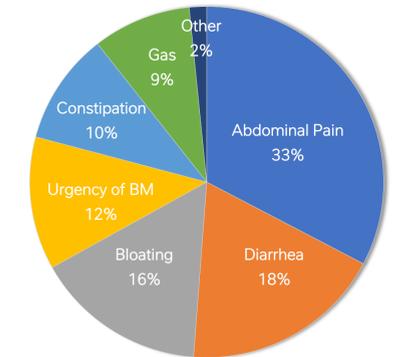


Figure 2. Worst Part of Symptoms Reported by Adults with IBS Symptoms Using PO-SST

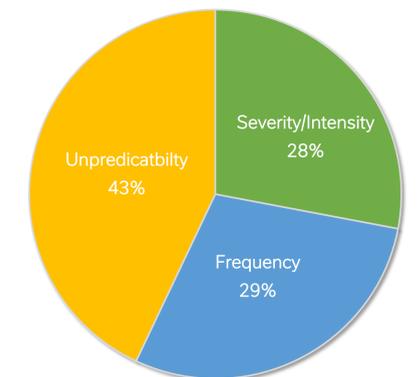


Figure 4. Severity Score Reported by Adults with IBS Symptoms Using PO-SST (N=1,110)

