



GastroEase™



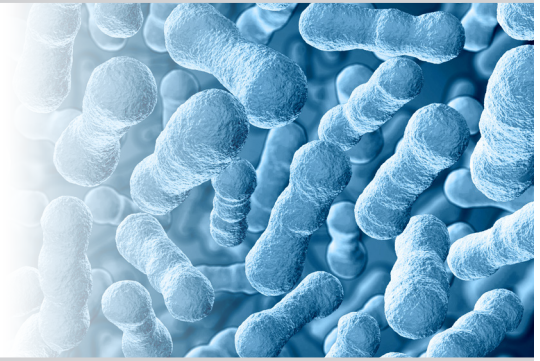
- ▶ *Gastritis*
- ▶ *Peptic Ulcer Disease*
- ▶ *Esophageal reflux (GERD)*
- ▶ *H. Pylori*



Blending the wisdom of traditional herbal medicines together with the knowledge of modern science resulted in the creation of Biomed GastroEase™. This synergistic combination of whole plant extracts (mastic gum, DGL, marshmallow root, chamomile, fennel) has been designed to provide the integrated practitioner with the natural tools to help those patients with H pylori induced peptic ulcer disease, gastritis, and GERD.

Every year approximately half a million individuals in the United States develop peptic ulcer disease.¹ It is assumed that proportionally the same number of Canadians develop this condition. The two most common precipitating factors are excess NSAID use and/or infection with the *Helicobacter pylori* bacteria.


Sweet fennel is traditionally used in herbal medicine to help relieve digestive disturbances including bloating and flatulence.



It is estimated that 70% of all gastric and 90% of all duodenal ulcers are a result of *H. pylori* infection.² While several clinical studies have shown that triple therapy (e.g. Ranitidine bismuth citrate, amoxicillin and clarithromycin) can be highly effective in eliminating the primary infection (90–99%),³ increasing clinicians (and patients) are seeking natural alternatives which do not have the side effects associated with these medications.

Mastic gum

Mastic gum, a resin derived from the tree *Pistacia lentiscus*, is the key ingredient in GastroEase. An in vitro study has shown that mastic gum killed 50% and 90% of the *H. pylori* strains tested at concentrations of 125 microg/ml and 500 microg/ml respectively.⁴



Mastic gum's anti-ulcer activity has also been confirmed in a double-blind controlled trial, where results showed that 1,000 mg of mastic gum daily provided 80% symptomatic relief and healed duodenal ulcer in 70% of the cases compared to placebo ($p < 0.01$).⁵

Marshmallow and DGL (Deglycyrrhizinated licorice)

The anti-ulcer actions of mastic gum are enhanced by the anti-inflammatory actions of DGL (deglycyrrhizinated licorice). Several studies have demonstrated that DGL assists in the healing of both gastric and duodenal ulcers.^{6,7} Marshmallow (*Althea officinalis*) root has been added to the formula as it contains 5 to 10% mucilage polysaccharides. The demulcent, emollient, and vulnerary properties of DGL and Marshmallow root account for their traditional uses in treating inflammation of the gastric mucosa.⁸

Chamomille

Chamomille (*Matricaria chamomilla*), like marshmallow, has known anti-inflammatory, anti-spasmodic, and anti-peptic actions. These actions are likely as result of chamomille's key flavonoid constituents, apigenin. Apigenin has known anti-spasmodic actions that has proven to be three times more potent than the drug papaverine when tested in in vitro models.⁹ In addition to apigenin, the volatile oils alpha bisabolol and chamazulene are responsible for chamomille's anti-inflammatory actions.¹⁰ In another in vitro study bisabolol was shown to reduce the proteolytic activity of pepsin by approximately 50 percent.¹¹ Chamazulene, the agent that gives chamomille tea its bluish tinge, has in experimental in vitro evidence shown to inhibit the production of pro-inflammatory leukotriene B4.¹²

Fennel

Fennel (*Foeniculum vulgare*) has been included in this formula for its carminative and anti-spasmodic actions. A recent controlled human study has confirmed that the administration of fennel seed emulsion is superior to placebo in the treatment of infantile colic.¹³



Medicinal ingredients: Each vegetarian capsule contains:

Mastic gum (*Pistacia lentiscus*) stem bark resin 175 mg
 Deglycyrrhizinated licorice (*Glycyrrhiza glabra*, 4:1 DHE 600 mg, rhizome). 150 mg
 German chamomile (*Matricaria chamomilla*, 4:1 DHE 400 mg, flower) 100 mg
 Marshmallow (*Althaea officinalis*, 4:1 DHE 400 mg, root). 100 mg
 Sweet Fennel (*Foeniculum vulgare* subsp. *Vulgare* var. *dulce*,
 4:1 DHE 200 mg, seed) 50 mg

Non-medicinal ingredients: Silicon dioxide, magnesium stearate, hydroxypropyl methylcellulose (capsule shell).

Recommended dose (adults): Take 2 capsules 3 times per day. Do not take one half to one hour before or after intake of other medicinal products. Take between meals or 20 minutes before meals.

Recommended duration of use: Consult a health care practitioner for use beyond 2 weeks.

Caution/warnings: Hypersensitivity (e.g. allergy) has been known to occur, in which case, discontinue use. Consult a health care practitioner prior to use if you have diabetes mellitus, Crohn's disease; or are taking hypoglycaemic agents or hypolipidemic agents. Do not use if you have a known allergy to members of the Anacardiaceae family, such as pistachio.

Known adverse reactions: Do not use if pregnant or breastfeeding. Do not use in individuals with known or suspected sensitivity to the listed ingredients. Consult a healthcare practitioner if symptoms persist or worsen. Do not use if you are allergic to plant of the Asteraceae/Compositae/Daisy family, or to anethole or plants of the Apiaceae/Carrot family.

NPN 80037983 • 120 Caps



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