



Heartburn? Fullness? Stomach Pains? Nausea?  
Gas? Cramping? Bloating? Constipation?

# Iberogast

## What is Iberogast?

Iberogast is a clinically proven prokinetic medicine containing 9 herbal extracts - each act in a synergistic and complimentary way to reduce heartburn, bloating, gas, cramping, nausea, constipation and abdominal pain. Iberogast is also used for the management of Irritable Bowel Syndrome (IBS) and Functional Dyspepsia (FD). The name Iberogast is derived from its main component, Iberis amara, which has a tone-promoting and anti-inflammatory effect. Iberogast has an excellent safety and efficacy profile based on over 40 years of use in Europe.

## How does Iberogast work?

Iberogast works in four different ways:

- Accelerates gastric emptying
- Reduces pain and cramping
- Alleviates heartburn
- Relieves bloating and induces expulsion of gas from the intestines



## Iberogast Dosage

Unless otherwise prescribed, Iberogast should be taken orally three times a day before or with meals. It may be mixed with warm water or your favourite drink.

- Adults: 20 drops
- 12 to 18 years: 20 drops
- 6 to 12 years: 15 drops
- 3 to 6 years: 10 drops

## Side Effects

For the vast majority of consumers, there are no known side effects of Iberogast and this is based on 40 years of post-surveillance data in Europe. Over 20 million people have been treated with Iberogast and it has been shown to be effective for common use with no safety concerns

## Allergic Reactions

People who are allergic to **ragweed** need to take particular caution in taking Iberogast because it contains chamomile. This can bring about common allergic reactions such as swelling of the throat or itching of the skin. Another rare set of side effects has been found in consumers of the supplement who experience adverse reactions to **licorice root**. A prominent ingredient in Iberogast, licorice root has been reported to bring about fatigue, headaches and high blood pressure in those most sensitive to it.

aliento