

# IB Care™

## Relieves Abdominal Pain and Discomfort Associated with IBS

### Product Summary

IB Care contains enterically coated peppermint, oregano, and caraway oils, all shown to have benefit for diverse gastrointestinal disturbances. Peppermint oil is known to influence gastric motility, accelerating early gastric emptying with an antispasmodic effect on the stomach.<sup>1</sup> It also increases the relaxation time of the pyloric valve, decreases the resting pressure of the lower esophageal sphincter, and has synergistic benefit when combined with caraway oil, producing smooth muscle relaxation in the stomach and duodenum.<sup>2,3</sup> Oregano oil has demonstrated antimicrobial effects against *H. pylori*, the primary cause of peptic ulcer disease and dyspepsia, as well as other GI pathogens.<sup>4,5</sup>

Clinically, enterically coated preparations of these oils have demonstrated benefits in a number of clinical trials. Improvement has been shown for dyspepsia and symptoms such as pain, heaviness, and abdominal pressure in controlled trials, regardless of *H. pylori* status and even in those with significant epigastric pain.<sup>6,7,8</sup> Additionally, enteric coated peppermint oil demonstrated clinical efficacy in a number of trials for irritable bowel syndrome, showing improvement in the majority of participants, and in both children and adults.<sup>9,10</sup>

### Unique Features

- Provides clinically effective amounts of peppermint, caraway, and oregano oils at proven dosages
- Potent amounts of active components: 50% menthol (peppermint), 60% phenol (oregano), and 50% carvone (caraway)
- Enteric coating improves efficacy, allowing for antispasmodic effect in gastric and upper intestinal tissues
- Research confirms that peppermint oil is more effective and better tolerated when protected from stomach acid
- Enteric coating also reduces adverse effects and peppermint taste<sup>11</sup>

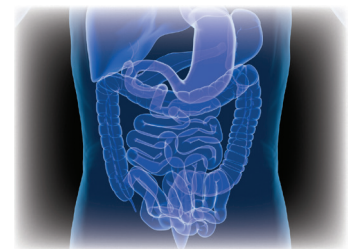
### IB Care™

Relieves Abdominal Pain and Discomfort Associated with IBS

60 Enteric Coated Softgels

Code: 9228

NPN: 80052526



**Actual size:** 11.48 mm x 7.28 mm  
**Feature:** Enteric coating improves efficacy

## Supplement Facts

Serving Size: 1 Enteric Coated Softgel

Servings per Container: 60

### Each Softgel Contains:

Peppermint Oil ( <i>Mentha x piperita</i> ) (aerial) .....	100 mg (110 mcl)
(50% Menthol) .....	50 mg
Oregano Oil ( <i>Thymus capitatus</i> ) (aerial) (60% Carvacrol) .....	70 mg
(60% Phenol) .....	42 mg
Caraway Oil ( <i>Carum carvi</i> ) (seed) .....	30 mg (33.3 mcl)
(50% Carvone) .....	15 mg

**Non-medicinal Ingredients:** Softgel (gelatin, glycerin, purified water), enteric coating (purified water, ethylcellulose, medium chain triglycerides, oleic acid, sodium alginate, stearic acid).

**Contains no artificial colours, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, salt, tree nuts, or GMOs.** Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

**Recommended Adult Dose:** 1 enteric coated softgel, 3 times per day, 15–30 minutes before a meal, or as directed by a health care practitioner. Take a few hours before or after taking supplements containing iron, zinc, calcium or copper. Use in 3-week cycles, with an interruption of at least one week between the cycles.

**Recommended Use:** Helps relieve abdominal pain and discomfort associated with Irritable Bowel Syndrome (IBS). Enteric coated to ensure proper release in the intestine, not in the stomach.

**Contraindications:** Do not use if you are pregnant or breastfeeding or if you have hypersensitivity or are allergic to herbs in the *Lamiaceae/Apiaceae/Carrot* family. Consult a health care practitioner if symptoms persist or worsen. Consult a health care practitioner prior to use if you have gallstones, anemia, hiatus hernia, gastroesophageal reflux or if you are experiencing acute abdominal pain. Hypersensitivity has been known to occur, in which case discontinue use. Discontinue use if you experience gastrointestinal upset. Keep out of reach of children.

**Drug Interactions:** There are no known drug interactions. Theoretically, caraway may reduce blood sugar levels, which should be monitored in those on diabetes medication.<sup>12</sup>

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