



RELIEF OF DIARRHEA SYMPTOMS

Information for **Health Care Professionals**



INTESTINAL PAIN • NAUSEA • TRAVELER'S DIARRHEA

Each year, an estimated 48 million Americans suffer with acute diarrhea linked to foodborne illnesses. Most cases are caused by infections from viruses or bacteria often associated with travel, food contamination, or comorbidities.¹ Anxiety and stress can also trigger diarrhea, especially in people between the ages of 18 and 34, and it is a common consequence of a high-fat ketogenic diet. Additionally, 25% of women experience diarrhea before or during periods, and it is the second most frequent GI symptom after cramps in premenstrual syndrome.²

Boiron offers **Diaralia®** as a convenient and reliable medicine to relieve diarrhea and related gastrointestinal discomfort. It targets different symptoms often associated with diarrhea: nausea, vomiting, abdominal pain, cramps, weakness, and bloating from gas. These meltaway tablets do not require water or swallowing. Because the medicine is absorbed sublingually, its action is not affected by rehydration.

Diaralia doesn't interfere with other medications, so it can be used as a primary intervention. It will not discolor stools or mask symptoms of a more serious condition. Unlike conventional antidiarrheal medications, Diaralia is not known to interfere with peristalsis or induce drowsiness. Additionally, there is no risk of constipation when taking this medicine.

Diaralia is available over the counter and health care professionals can also purchase direct from Boiron.



BOIRON®
World Leader in
Homeopathic Medicines
BoironUSAhcp.com

RELIEF OF DIARRHEA SYMPTOMS³⁻⁶

HOW IT WORKS

ADVANTAGES

SIDE EFFECTS/ DISADVANTAGES

MEDICINES

Diaralia® Tablets	Provides homeopathic symptom-specific action on symptoms associated with acute diarrhea such as intestinal pain, bloating, and gas.	Relieves vomiting associated with traveler's diarrhea; no known drug interactions; doesn't mask symptoms of more serious conditions.	Very low risk of side effects.
Loperamide	Opiate agonist for the μ receptors in the myenteric plexus of the intestinal wall, resulting in decreased peristaltic activity and secretion.	Efficient at reducing frequency of bowel movements when used appropriately and for short periods of time.	Risks of constipation, dizziness, and nausea. Rare but grave side effects (angioedema, etc.). Contraindicated for bloody stools, in children under 2, and for nursing women. Not recommended during pregnancy.
Bismuth subsalicylate	Antacid, bactericidal, and anti-inflammatory actions.	Also used as antacid and to relieve nausea. Efficient when used appropriately and for short periods of time.	Contraindicated during nursing and in children with influenza or chickenpox (risk of Reye's syndrome); incidence of black tongue or black stools; risk of absorption of bismuth and salicylism in long-term uses.

SUPPLEMENTS

Probiotics (<i>Lactobacillus</i> spp., <i>Bifidobacterium</i> spp., <i>Streptococcus</i> sp., <i>Saccharomyces boulardii</i> , etc.)	Recolonization of intestinal microbiome prevents colonization by pathogenic bacteria; decreases intestinal permeability.	Likely safe when used orally and appropriately.	Very rare and transient side effect; risks are increased in immunocompromised patients or patients with impaired gut integrity.
Guar gum (<i>Cyamopsis tetragonoloba</i>)	Water soluble fibers normalize bowel movements during diarrhea and/or constipation episodes.	Likely safe, especially in children.	Mild digestive effects (bloating, cramps); may reduce the absorption of certain medications.

HERBS

German chamomile (<i>Matricaria recutita</i>)	Decreases peristalsis; spasmolytic effect by inhibition of cAMP and cGMP diesterases.	Generally recognized as safe.	Mild sedative effect; risk of allergic reaction; interacts with some medications.
Sangre de Grado (<i>Croton lechleri</i>)	Crofelemer inhibits two chloride ion channels in the intestine and limits sodium and water loss during episodes of diarrhea.	Likely safe when used orally and appropriately.	Not recommended during pregnancy or breastfeeding.

Dialaria® is produced by Boiron using the highest standards and quality control processes. The product's active ingredients are manufactured according to the *Homeopathic Pharmacopoeia of the United States*.⁷

Indications for homeopathic medicines have been verified by years of empirical use by thousands of physicians. Insight into these traditional indications is gained throughout the years as advances are made in the fields of biochemistry and pharmacology.

This table shows the relationships between the toxico-pharmacological properties of the strain (in blue) and the general indications of its homeopathic dilution (in green).⁷⁻⁸

Dialaria should be used only for its labeled indications.

Arsenic trioxide	Red cinchona (Rubiaceae) <i>Cinchona officinalis</i>	Mayapple (Berberidaceae) <i>Podophyllum peltatum</i>
Acute intoxication symptoms include nausea, vomiting, marked weakening, acute gastroenteritis.	Quinine, quinidine: among other symptoms: acute gastroenteritis, bloating with distended abdomen, painless and exhausting diarrhea.	Podophyllin: watery, painful and exhausting diarrhea, abdominal cramps, abdominal rumbling.
Arsenicum album 9C	Cinchona officinalis 5C	Podophyllum peltatum 9C
Relieves diarrhea with nausea, vomiting, and weakness.	Relieves diarrhea with gas and bloating.	Relieves diarrhea with intestinal rumbling and pain.

+ ADVANTAGES

As a convenient and reliable first choice for acute diarrhea, Dialaria offers many advantages:

- Targeted relief of acute diarrhea symptoms like intestinal pain, nausea, vomiting, bloating, and gas
- No known interaction with other drugs
- Won't cause stool discoloration or mask symptoms of a more serious condition
- Convenient meltaway tablets are absorbed sublingually; no need for water
- Efficacy is not affected by rehydration
- Non-drowsy and no risk of constipation
- Suitable for adults and children 6 years of age and older
- Each box contains three on-the-go sleeves of 20 unflavored tablets

References

1. Barr W, Smith A. Acute diarrhea in adults. *American Family Physician*. 2014;89(3):180-189.
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3. Martindale W, Reynolds JEF. Martindale: *The Extra Pharmacopoeia*. London: Pharmaceutical Press; 1993.
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6. Berardi R. *Handbook of Nonprescription Drugs: An Interactive Approach to Self-Care*. 15th ed. Washington: American Pharmaceutical Association; 2006.
7. *Drug Products Labeled as Homeopathic: Guidance for FDA Staff and Industry (revised draft)*. U.S. Food and Drug Administration. October 2019. Available at: <https://www.fda.gov/regulatory-information/search-fda-guidance-documents/drug-products-labeled-homeopathic-guidance-fda-staff-and-industry>
8. Demarque D, Jouanny J, Poitevin B, Saint-Jean Y. *Pharmacology and Homeopathic Materia Medica*. 3rd ed. Sainte-Foy-lès-Lyon: CEDH; 2007.
9. Guernonprez M, Pinkas M, Torck M. *Matière Médicale Homéopathique*. 2nd ed. Sainte-Foy-lès-Lyon: Boiron; 1997.



Diaralia[®]

60 MELTAWAY TABLETS

Drug Facts

Active ingredients** (in each tablet)

Arsenicum album 9C HPUS (0.8 mg).....	Relieves diarrhea with nausea, vomiting, and weakness (contains less than 10 ⁻¹⁸ mg arsenic)
Cinchona officinalis 5C HPUS (0.8 mg).....	Relieves diarrhea with gas and bloating (contains less than 10 ⁻¹¹ mg alkaloids)
Podophyllum peltatum 9C HPUS (0.8 mg)	Relieves diarrhea with intestinal rumbling and pain (contains less than 10 ⁻¹⁹ mg podophyllotoxin)

The letters "HPUS" indicate that the components in this product are officially monographed in the Homeopathic Pharmacopoeia of the United States.

Purpose*

Uses*

temporarily relieves symptoms of diarrhea such as:

■ traveler's diarrhea ■ intestinal pain ■ bloating ■ gas ■ nausea ■ vomiting

Warnings

Ask a doctor before use if you have ■ fever ■ bloody or black stool ■ mucus in your stool.

Stop use and ask a doctor if symptoms persist for more than 2 days or worsen.

If pregnant or breastfeeding, ask a health professional before use.

Keep out of reach of children. In case of accidental overdose, get medical help or contact a Poison Control Center right away.

Directions

Drink plenty of clear fluids to help prevent dehydration caused by diarrhea.

■ Adults and children 6 years of age and older: At the onset of symptoms, allow 2 tablets to dissolve under the tongue every 4 to 6 hours, up to 2 days maximum. Discontinue use as soon as symptoms disappear.

■ Children under 6 years of age: Ask a doctor.

Other information

■ do not use if glued carton end flaps are open or if the blister seal is broken ■ store below 86°F (30°C)

Inactive ingredients croscarmellose sodium, lactose, magnesium stearate

Questions or comments?

BoironUSA.com | Info@Boiron.com | 1-800-BOIRON-1 (1-800-264-7661)



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