

GAS RELIEF

Information for **Health Care Professionals**



BLOATING • PRESSURE • PAIN • DISCOMFORT

Stress, periods of physical inactivity, constipation, and an individual's diet are all known to cause slow digestion. Slowly digesting foods ferment, which causes pockets of gas. Certain foods, especially legumes, dairy products, and beverages that contain fruit juice or carbonation, are also known to produce excessive gas. As gas stretches the digestive tract, pain and cramps can occur. **Gasalia®** addresses these main symptoms associated with flatulence.

Gasalia is indicated for temporary relief of pain and pressure due to gas in the digestive tract. Its plant-based active ingredients target both the upper and lower digestive system. It is unlikely to interfere with the absorption of other drugs or micronutrients and can be taken before a meal or as soon as symptoms occur.

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

GAS RELIEF¹⁻³

HOW IT WORKS

ADVANTAGES

SIDE EFFECTS/ DISADVANTAGES

MEDICINES

Gasalia® Tablets	Homeopathic action on pain, bloating, pressure and discomfort associated with gastric or intestinal flatulence.	No known drug interactions; unlikely to interfere with the absorption of micronutrients or other medicines; may be taken on a full or empty stomach.	Very low risk of side effects; expulsion of gas may cause regurgitation of acidic food.
Antacids	May reduce symptoms of flatulence by adsorbing gas.	Safe when used orally short-term.	Decreases the absorption of many drugs when administered at the same time.
Simethicone	Decreases the surface tension of gas bubbles and allows larger bubbles to be formed and passed more easily.	Not absorbed in the bloodstream; considered safe when used as directed.	May cause mild diarrhea, regurgitation, or nausea.

SUPPLEMENTS

Alpha galactosidase enzyme	Breaks down complex polysaccharides into simple sugars that are more easily digested, decreasing fermentation in the large intestine.	Safe when used as directed.	Contraindicated in galactosemia.
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Gasalia® 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**.⁴

Indications for homeopathic medicines have been determined experimentally and 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).^{5, 6}

Gasalia should be used only for its labeled indications.

Activated charcoal	Wolf's-foot club moss (Lycopodiaceae) <i>Lycopodium clavatum</i>
Experiments on homeopathic dilutions of activated charcoal have shown its action on indigestion accompanied with flatulence and intolerance to fats.	Alpha-onocerin and ly clavato have demonstrated in-vitro anticholinesterase-inhibiting action.
Carbo vegetabilis 6C	Lycopodium clavatum 6C
Relieves stomach bloating with gas.	Relieves bloated lower abdomen.

Nutmeg (Myristicaceae) <i>Myristica fragrans</i>	Black radish (Brassicaceae) <i>Raphanus sativus niger</i>
Nutmeg oil has anticholinergic properties causing a decrease of bowel movements and flatulence from fermentation of food.	Large amounts of radish may cause irritation of the gastrointestinal mucous membrane.
Nux moschata 6C	Raphanus sativus 6C
Relieves abdominal bloating accompanied by constipation.	Relieves abdominal pain and bloating with difficulty passing gas.

+ ADVANTAGES

As a convenient and reliable first choice for gas relief, Gasalia offers many advantages:

- Active on upper and lower digestive tract, and flatulence triggered by slow digestion
- No known interaction with other drugs
- Unlikely to interfere with the absorption of other drugs or micronutrients
- Convenient meltaway tablets absorb sublingually and can be taken on a full or empty stomach
- Each box contains three sleeves of 20 unflavored meltaway tablets

References

1. Martindale W, Reynolds JEF. Martindale: *The Extra Pharmacopoeia*. London: Pharmaceutical Press; 1993.
2. *PDR for Herbal Medicines*. 4th ed. Montvale, NJ: Thomson PDR; 2007.
3. Natural Medicines Comprehensive Database. <https://naturalmedicines.therapeuticresearch.com>. Accessed 2020.
4. *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>
5. Demarque D, Jouanny J, Poitevin B, Saint-Jean Y. *Pharmacology and Homeopathic Materia Medica*. 3rd ed. Sainte-Foy-lès-Lyon: CEDH; 2007.
6. Guernonprez M, Pinkas M, Torck M. *Matière Médicale Homéopathique*. 2nd ed. Sainte-Foy-lès-Lyon: Boiron; 1997.



Gasalia®

60 MELTAWAY TABLETS

Drug Facts

Active ingredients** (in each tablet)

Carbo vegetabilis 6C HPUS (0.6 mg)	Relieves stomach bloating with gas
Lycopodium clavatum 6C HPUS (0.6 mg)	Relieves bloated lower abdomen
Nux moschata 6C HPUS (0.6 mg)	Relieves abdominal bloating accompanied by constipation
Raphanus sativus 6C HPUS (0.6 mg)	Relieves abdominal pain and bloating with difficulty passing gas

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 bloating, pressure, discomfort, and pain commonly referred to as gas

Warnings

Stop use and ask a doctor if symptoms persist for more than 7 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

- Adults and children 6 years of age and older: At the onset of symptoms, dissolve 2 tablets under the tongue every 15 minutes for 1 hour. Then, if necessary, dissolve 2 tablets under the tongue 15 minutes before meals.
- 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?

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