



IB Care[®]

Peppermint, Oregano, and Caraway Oils

- 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

Code: 9228 **NPN:** 80052526
Size: 60 Enteric-Coated Softgels
Actual Size: 11.48 mm x 7.28 mm



PRODUCT SUMMARY

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

Clinically, enterically coated preparations of these oils have demonstrated benefits in a number of clinical trials. A meta-analysis of twelve randomized trials with a total of 835 irritable bowel syndrome (IBS) patients compared the effects of peppermint oil to placebo. Compared to the placebo group, patients taking peppermint oil had significant improvements in both global symptoms and abdominal pain. 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 patients with significant epigastric pain. Additionally, enteric-coated peppermint oil demonstrated clinical efficacy in a number of trials for IBS, showing improvement in the majority of participants, and in both children and adults.



IB CARE®
PEPPERMINT, OREGANO, AND CARAWAY OILS

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).

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 ensures proper release in the intestine, not in the stomach.

Caution: 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 individuals on diabetes medication.

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.

References available at bioclinicnaturals.com



· GUARANTEED ·

Bioclinic Naturals® products are guaranteed to meet or exceed Good Manufacturing Practices (GMP) of the U.S. Food and Drug Administration (FDA), Health Canada, and the Therapeutic Goods Administration (TGA) of Australia.



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Bioclinic Naturals® Canada
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FOR PROFESSIONAL USE ONLY. This product is not intended to diagnose, treat, cure or prevent any disease.

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