



Code: 9228

Size: 60 Enteric Coated Softgels

Actual Size: 11.48 mm x 7.28 mm



IB Care™

Soothing Gastrointestinal Comfort*

- Provides clinically studied 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 helpful and better tolerated when protected from stomach acid
- Enteric coating also reduces adverse effects and peppermint taste¹

PRODUCT SUMMARY

IB Care includes enterically coated peppermint, oregano, and caraway oils that have shown supportive effects for gastrointestinal health.* Peppermint oil is known to support normal gastric motility, maintain healthy gastric emptying, and support normal muscle relaxation in the stomach.*¹ It also supports healthy relaxation time of the pyloric valve, helps maintain normal resting pressure of the lower esophageal sphincter, and when combined with caraway oil, supports normal smooth muscle relaxation in the stomach and duodenum.*²⁻⁴ Oregano oil may help maintain healthy tissue and gastric comfort.*

Clinically, enterically coated preparations of these oils have been studied in a number of clinical trials. A meta-analysis of 12 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, participants using peppermint oil had significant improvements in both global and abdominal comfort.*⁵ These oils have been shown to maintain healthy digestion and support soothing epigastric comfort in controlled trials.*⁶⁻¹¹



Supplement Facts

Serving Size 2 Softgels
Servings Per Container 30

	Amount Per Serving
Peppermint Oil (<i>Mentha piperita</i>) (aerial)	200 mg**
(50% Menthol)	100 mg**
Oregano Oil (<i>Thymus capitatus</i>) (aerial)	140 mg**
(60% Phenol)	84 mg**
Caraway Seed Oil (<i>Carum carvi</i>) (fruit)	60 mg**
(50% Carvone)	30 mg**

** Daily Value not established.

Other ingredients: Softgel (gelatin, glycerin, purified water), enteric coating (purified water, ethylcellulose, medium chain triglycerides [coconut], oleic acid, sodium alginate, stearic acid).

Serving Size: 1–2 Softgels

Servings Per Container: 60

Suggested Usage: 1–2 softgels 20 minutes before meals, 3 times per day, or as directed by a health care professional.

Caution: Consult your health care professional prior to use if you are pregnant, trying to become pregnant, breastfeeding, taking medication, have a medical condition, or anticipate surgery. Keep out of reach of children.

Contraindications: Do not use if you are pregnant or breastfeeding or if you have hypersensitivity or are allergic to herbs in the *Lamiaceae* or *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, hiatal hernia, or 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.

Drug Interactions: There are no known drug interactions. Consult a health care practitioner for theoretical interactions.

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

References

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