



Could Your Angry Gut Be Caused by Irritable Bowel Syndrome?

(NAPSA)—The one in six Americans who experience irritable bowel syndrome (IBS) may be relieved to learn about a new way to manage their symptoms.

A Potentially Debilitating Condition

IBS is a frustrating, underdiagnosed, and undertreated condition characterized by abdominal pain associated with abnormal bowel habits. It can be severe—even unbearable—for some patients. Bloating is another very common symptom.

In a survey conducted by the International Foundation for Functional Gastrointestinal Disorders (IFFGD), a registered nonprofit education and research organization, IBS respondents reported abdominal pain as their dominant symptom, with 78 percent reporting having continuous or frequently recurring abdominal pain during the last six months. Of those who experience pain, one-fourth describe the pain as constant. Additionally, respondents reported restricting their usual activities due to their health an average of more than 73 days a year—20 percent of the calendar year.¹

Doctors are not sure what causes IBS but it's likely that there are numerous causes. There is no cure and existing management options are limited.

IBS Impacts Health Care Costs and Productivity

A study published in *The American Journal of Gastroenterology* reported that the annual cost of IBS in the United States has been estimated at \$30 billion, excluding prescription and over-the-counter drug costs.² Another study from *The American Journal of Managed Care* noted, "The financial burden attributable to the direct (use of healthcare resources) and indirect (missed days from work [absenteeism] and loss of productivity while at work [presenteeism]) costs of IBS is similar to that of other common long-term medical disorders, such as asthma, migraine, hypertension, and congestive heart failure."³



IBgard® is the ONLY peppermint oil formulated into tiny microspheres to help deliver product quickly and reliably to the lower gut, minimizing the potential for side effects. Peppermint oil has been shown to be effective for irritable bowel syndrome (IBS).

New Clinical Study Demonstrates Symptom Reduction in 24 Hours

Fortunately, however, in a clinical study highlighted at the world's premier gastroenterology meeting of the American Gastroenterological Association, a new, clinically studied, nonprescription product for IBS was shown to offer relief for many sufferers.

It significantly reduced the total symptoms of IBS at four weeks, with a substantial proportion of patients noting improvement within 24 hours. In the study, the medical food was effective and well tolerated in a group of patients with the two most prevalent types of IBS (mixed diarrhea and constipation and diarrhea predominant). These people also reported a high level of satisfaction with the product.

Called IBgard®, it contains L-menthol, the principal component in peppermint oil that has been specially formulated for the dietary management of IBS. Peppermint oil has been shown in clinical studies to be effective for managing IBS symptoms. This is the only peppermint oil formulated into tiny microspheres to help deliver product quickly and reliably to the lower gut, minimizing the potential for side effects. Because it's a medical food, not a drug or dietary supplement, it does not require a

prescription, but like all medical foods, it must be used under medical supervision.

Doctor's Advice

Brooks D. Cash, M.D., Professor of Medicine at the University of South Alabama and lead author on the study, noted, "Patients taking IBgard® are telling me they appreciate its effectiveness in managing their IBS symptoms, the relative low out-of-pocket cost and freedom from insurance filings, as well as the high-tolerability profile."

Spreading the Word

For a look at how well it can work, consider the case of Arielle Toth. After years of battling constipation, diarrhea, bloating, gas and abdominal pain, she was diagnosed with IBS at the age of 15.

Determined to get her symptoms under better control, she spent years of trial and error, hard work, reading about the latest research, and taking care of herself through proper nutrition and diet and stress management techniques. Toth takes an occasional prescription medication, and has tried multivitamin and natural supplements. After trying IBgard®, she said, "IBgard® worked very well to ease the symptoms of my IBS and I was quite surprised with the results. The pain and bloating disappeared. Whenever I feel a flare-up coming on, I take a capsule and feel better within 10 minutes."

Today, Toth shares her experiences with fellow IBS sufferers through her social media health and wellness site and related blog, *The Happy Tummy*, where she gladly offers support and advice from her own experiences over 10 years on topics such as recipes, dining out and related support groups. "IBgard® is great for when you are on the go because it works fast so you don't have to deal with embarrassing IBS symptoms."

Learn More

For further information, see your doctor and visit www.ibgard.com. The product is available in the digestive aisle at CVS/pharmacy and Walgreens stores.

1 Copyright © 2015 International Foundation for Functional Gastrointestinal Disorders (IFFGD). All rights reserved. IBS Patients: Their Illness Experience & Unmet Needs Survey Report.

2 Longstreth, G.F., Wilson, A., Knight, K., Wong, J., Chiun-Fang, C., Barghout, V., et al. (2003). Irritable Bowel Syndrome, Health Care Use, and Costs: A U.S. Managed Care Perspective. *The American Journal of Gastroenterology*, 98, 600-607.

3 Cash, B., Sullivan, S., & Barghout, V. (2005). Total Costs of IBS: Employer and Managed Care Perspective. *The American Journal of Managed Care*, 11 (1 Suppl):S7-16.