

# CLINICALLY PROVEN DIGESTIVE RELIEF<sup>1,\*</sup> POWERED BY NATURE.



## ROOTED IN SCIENCE.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# IBEROGAST™, A DAILY DIGESTIVE RELIEF SUPPLEMENT WITH A PROPRIETARY 6-HERB BLEND<sup>2,3,\*</sup>



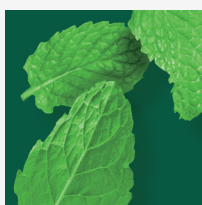
**Iberogast™, backed by science and made by Bayer,** has a proprietary 6-herb blend to help relieve occasional stomach upsets† by helping restore digestive function.\*

**Iberogast™ has a proprietary blend of 6 herbs harvested from nature<sup>2</sup> under high quality control standards<sup>4</sup>**



#### **IBERIS AMARA**

Can help your digestive system move normally\*



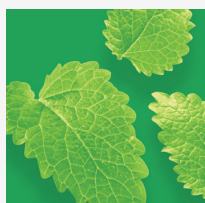
#### **PEPPERMINT**

Helps support abdominal comfort\*



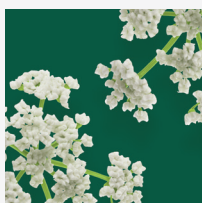
#### **GERMAN CHAMOMILE**

Helps reduce stomach acidity\*



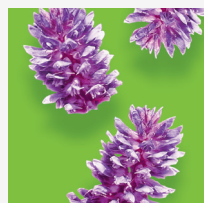
#### **LEMON BALM**

Helps regulate gut muscles\*



#### **CARAWAY**

Can help relax intestinal muscles\*



#### **LICORICE**

Helps support gut lining\*



**NATURAL SCIENCE CENTER**

For over 60 years, the dedicated team at the **Natural Science Center at Bayer** has been committed to making it easier to take good care of yourself with the power of plants.<sup>3,\*</sup>









# IBEROGAST™ HELPS RELIEVE OCCASIONAL STOMACH UPSETS SUCH AS:<sup>1,2,\*</sup>

- ✓ Indigestion
- ✓ Bloating
- ✓ Abdominal Discomfort + Constipation/Diarrhea
- ✓ Heartburn
- ✓ Nausea
- ✓ Gas

## CLINICALLY PROVEN DIGESTIVE RELIEF\*

Iberogast™ is supported by a growing body of clinical evidence spanning decades:

- 2024**  **ANDRESEN**  
Meta-analysis showed that Iberogast™ decreases key symptoms with a favorable safety profile compared with placebo<sup>1</sup>
- 2024**  **VINSON**  
Higher responder rate after 8 weeks of use with Iberogast™ compared with placebo<sup>5</sup>
- 2004**  **MADISCH**  
Decrease in GI symptoms after 4 and 8 weeks in crossover with Iberogast™<sup>6</sup>
- 2004**  **MADISCH**  
Reduced abdominal discomfort at 4 weeks compared with placebo<sup>7</sup>
- 2002**  **RÖSCH**  
Iberogast™ proven efficacious at decreasing key GI symptoms<sup>8</sup>
- 1994**  **BUCHERT**<sup>†</sup>  
Decrease in GI symptoms after 4 weeks with Iberogast™<sup>9</sup>

GI, gastrointestinal.

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<sup>†</sup>Helps relieve occasional: Indigestion, Bloating, Heartburn, Nausea, Gas, Abdominal Discomfort + Constipation/Diarrhea.\*

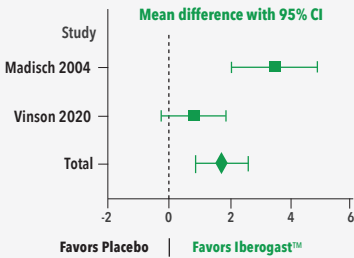
<sup>†</sup>This trial was published as an abstract and is not available online.

# IBEROGAST™ PROVIDES CLINICALLY PROVEN DIGESTIVE RELIEF\* HELPS RELIEVE OCCASIONAL STOMACH UPSETS†,\*

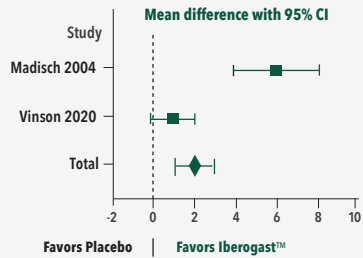
Clinically proven to deliver a statistically significant improvement in overall symptoms after 28 and 56 days of use\*

## Subject data-based meta-analysis applying the latest guidelines

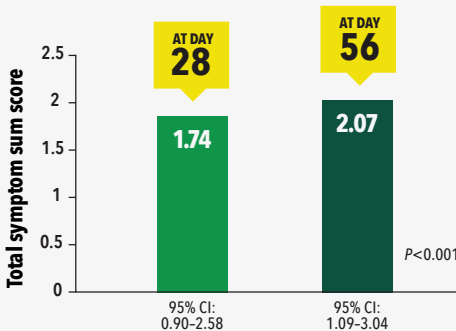
Improvement in overall symptoms at **day 28** vs baseline



Improvement in overall symptoms at **day 56** vs baseline



### Improvement in overall symptoms vs baseline



### Study design

Meta-analysis of randomized, controlled, clinical studies testing IBEROGAST™, including data from patients with at least 1 of the following key symptoms at baseline: fullness, early satiety, or epigastric discomfort. Four randomized, controlled trials (including 613 patients) were identified, with 2 eligible for efficacy analysis: Madisch 2004 and Vinson 2020.



# DEMONSTRATED TO BE SAFE AND WELL TOLERATED

- ✓ The tolerability and safety of Iberogast™ have been shown in multiple randomized, placebo-controlled clinical studies<sup>1,5,6,9</sup>
- ✓ The safety profile of Iberogast™ is comparable to placebo<sup>1</sup>

	Incidence rates <sup>1</sup>		Odds ratio	95% CI
	Iberogast™	Placebo		
All AEs	<b>10.1%</b>	<b>13.9%</b>	0.68	0.42-1.12
GI AEs	<b>2.3%</b>	<b>3.6%</b>	0.78	0.32-1.92
Product-related AEs	<b>2.5%</b>	<b>1.9%</b>	0.69	0.22-2.17
Product-related GI AEs	<b>0.8%</b>	<b>0.8%</b>	0.66	0.11-3.81

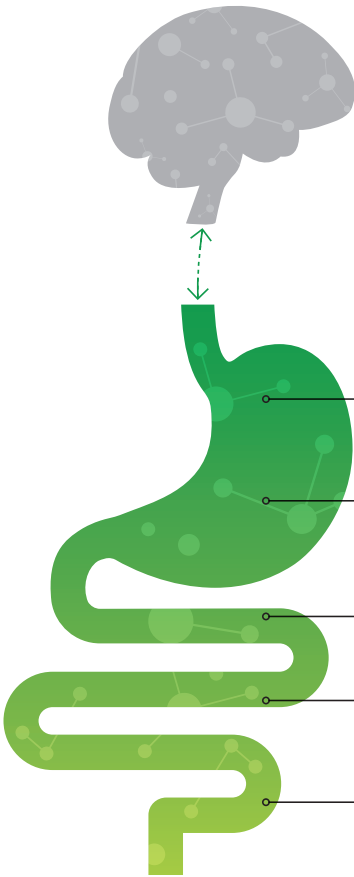


AE, adverse event; CI, confidence interval; GI, gastrointestinal.

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<sup>1</sup>Helps relieve occasional: Indigestion, Bloating, Heartburn, Nausea, Gas, Abdominal Discomfort + Constipation/Diarrhea.\*

# IBEROGAST™ HAS MULTIPLE MECHANISMS OF ACTION INCLUDING SUPPORT ACROSS THE GUT-BRAIN AXIS\*



## HELPS REDUCE STOMACH ACID\*

Iberogast™ helps increase mucus production in the stomach, while reducing acid secretion.<sup>10,\*</sup>

## HELPS REGULATE STOMACH MUSCLES\*

Iberogast™ has been shown to support motility. It acts by targeting smooth muscle cells within the stomach, relaxing the fundus and increasing contractility of the antrum.<sup>11,12,\*</sup>

## HELPS CALM GUT NERVES\*

Iberogast™ soothes gut nerves to support the gut-brain interaction.<sup>13,14,\*</sup>

## HELPS SUPPORT GUT LINING\*

Iberogast™ supports the normal function of tight junctions.<sup>15,\*</sup>

## HELPS SUPPORT GUT MICROBIOME\*<sup>†</sup>

Iberogast™ causes no drastic shifts in duodenal microbiota and helps promote beneficial bacteria and fermentation products (short-chain fatty acids) in the gut.<sup>16,17,\*</sup>

**References:** **1.** Andresen V, Shah A, Fink C, Rabini S, Wargenau M, Holtmann G. *Digestion*. 2024;105(3):166-174. doi:10.1159/000535672 **2.** Iberogast Liquid. Supplement Facts. Bayer; 2023. Accessed July 2, 2024. <https://www.iberogast.com/sites/g/files/vrxlpx48566/files/2023-11/WEB%20SF%20-%20Iberogast%20Liquid%203.6.2023.pdf> **3.** Data on file, Bayer HealthCare. **4.** Kroll U, Cordes C. *Phytomedicine*. 2006;13 (Suppl 5):12-19. doi:10.1016/j.phymed.2006.03.016 **5.** Vinson B, Fink C, Wargenau M, Talley NJ, Holtmann G. *JGH Open*. 2024;8(5):e13054. doi:10.1002/jgh3.13054 **6.** Madisch A, Holtmann G, Mayr G, Vinson B, Hotz J. *Digestion*. 2004;69(1):45-52. doi:10.1159/000076546 **7.** Madisch A, Holtmann G, Plein K, Hotz J. *Aliment Pharmacol Ther*. 2004;19(3):271-279. doi:10.1111/j.1365-2036.2004.01859.x **8.** Rösch W, Vinson B, Sassin I. *Z Gastroenterol*. 2002;40(6):401-408. doi:10.1055/s-2002-32130 **9.** Buchert D. *Z Phytotherapie*. 1994;15(1):45-46. **10.** Khayyal MT, El-Ghazaly MA, Kenawy SA, et al. *Arzneimittelforschung*. 2001;51(7):545-553. doi:10.1055/s-0031-1300078

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<sup>†</sup>Refers to good bacteria and metabolites.



# AVAILABLE IN 2 FORMS: LIQUID DROPS AND SOFTGELS<sup>2,18</sup>



## LIQUID DROPS

Add 20 drops to a beverage of your choice.



## SOFTGELS

Take 1 softgel with a glass of water.

## SERVING INSTRUCTIONS<sup>2,18</sup>

For best results, take 3 times a day, before or during meals.  
For adults 18 years of age and over. Not for children.

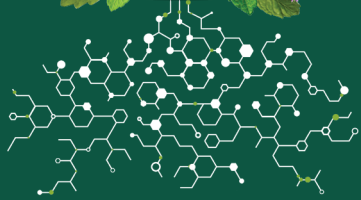
AVAILABLE IN STORES & ONLINE



CLINICALLY PROVEN DIGESTIVE RELIEF<sup>1,\*</sup>  
**POWERED  
BY NATURE.**



**ROOTED  
IN SCIENCE.**



## RECOMMEND IBEROGAST™

- ✓ A daily supplement with a proprietary 6-herb blend, clinically proven to provide digestive relief<sup>2,3,\*</sup>
- ✓ Helps relieve occasional stomach upsets<sup>†</sup> such as indigestion, bloating, heartburn, nausea, gas, abdominal discomfort + constipation/diarrhea<sup>1,3,\*</sup>
- ✓ Demonstrated to be safe and well tolerated<sup>1</sup>
- ✓ Has multiple mechanisms of action including support across the gut-brain axis<sup>10,17,\*</sup>

GET FREE PATIENT SAMPLES AND COUPONS AT  
[iberogast.com/healthcare-professionals](https://iberogast.com/healthcare-professionals)



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<sup>†</sup>Helps relieve occasional: Indigestion, Bloating, Heartburn, Nausea, Gas, Abdominal Discomfort + Constipation/Diarrhea.\*

**References (cont.):** **11.** Schemann M, Landmann M, Kelber O, Ammar RM, Krueger D, Michel K. *Neurogastroenterol Motil.* 2021;33(2):e13984. doi:10.1111/nmo.13984 **12.** Fitzgerald PCE, Bitarafan V, Omari T, et al. Abstract presented at: DDW 2023; May 8, 2023; Chicago, IL. **13.** Mueller MH, Gong Q, Kelber O, et al. *Neurogastroenterol Motil.* 2009;21(4):467-476. doi:10.1111/j.1365-2982.2008.01232.x **14.** Mohammadi E, Yuan T, Ligon CO, Rabini S, Ammar RM, Greenwood-Van Meerveld B. *Gastroenterology.* 2022;162(7 suppl):S-92. doi:10.1016/S0016-5085(22)60233-6 **15.** Elbadawi M, Ammar RM, Aziz-Kalbhenh H, et al. *Phytomedicine.* 2021;88:153589. doi:10.1016/j.phymed.2021.153589 **16.** Ammar RM, Pferschy-Wenzig E-M, Van den Abbeele P, et al. Abstract presented at: DDW 2022; May 21-24, 2022; San Diego, CA. **17.** Schooth L, Fairlie T, Lim Y, et al. *United European Gastroenterol J.* 2022;10(suppl 8):481. **18.** Iberogast Softgel. Supplement Facts. Bayer; 2023. Accessed July 2, 2024. <https://www.iberogast.com/sites/g/files/vrxlpx48566/files/2023-11/WEB%20SF%20-%20Iberogast%20Softgel%203.7.2023.pdf>

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**Iberogast™**