



# Breaking taboos – talking about digestion



Your guide to digestive problems



Find out more at [Digestopret.de](https://www.digestopret.de)

## Dear Reader,

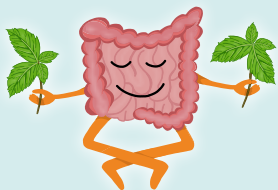
Do you often suffer from unpleasant stomach cramps, pain, flatulence and bloating? Then you are not alone! Nearly 25% of the population in industrialised countries suffer from such digestive disorders – and the number is growing.

The result: impairments in daily working life, on holiday and with leisure activities. The symptoms turn into your constant, unpleasant companion, which can considerably increase suffering and reduce your quality of life.

Often, there is no specific cause for diffuse gastrointestinal problems. These cases are referred to as irritable bowel syndrome (IBS). The digestive complaints are frequently aggravated by stress and psychological strain. This makes it important to take timely countermeasures, with the appropriate treatment!

This guide explains what causes the various gastrointestinal complaints, and what you can do about them. You will also learn how to prevent the symptoms, for improved quality of life, without unpleasant digestive problems!





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# Digestive problems – more common than you think

Gastrointestinal complaints such as **abdominal cramps, pain, flatulence, bloating, diarrhoea** or **constipation** are not uncommon. Nearly one in four people in industrialised countries is affected, but often blood tests, stool tests and other diagnostic procedures do not reveal a clear cause for the symptoms.\*

In the absence of an organic cause, the condition is called **irritable bowel syndrome**, (IBS).

This term is used to describe various non-specific digestive problems that:

- 🌀 last longer than three months,
- 🌀 significantly impair the quality of life and
- 🌀 which cannot be explained by an underlying disease.

## Digestive problems are still often a taboo subject

Not all people who have digestive problems consult a doctor – out of embarrassment, ignorance or for other reasons. The actual number of people affected is therefore estimated to be even higher.



### By the way:

Women are significantly more often affected by digestive problems than men – the ratio is about 2 : 1.\*\*

\*Deutsche Reizdarmselbsthilfe e. V.

\*\*<https://www.sciencedirect.com/science/article/abs/pii/S0016508502003025>.

# The intestines – one organ, many symptoms

Digestive problems can manifest themselves in many different ways and can also vary greatly depending on the individual. However, all complaints have one thing in common: They add stress to everyday life and reduce the quality of life!

Counting among the **typical digestive problems** are:



Abdominal pain



Bloating



Abdominal cramps



Diarrhoea



Flatulence



Constipation (obstipation)

**In addition, other symptoms may also occur:**



Bloated belly



Feeling of incomplete emptying of the bowels



Feeling of pressure in the lower abdomen



A constant urge to defecate (imperative urge to defecate)

# When do we start talking about a digestive problem?

Digestion is highly individual and a topic that many people are reluctant to discuss. Thus, for lay people, the question quickly arises: What is actually normal?

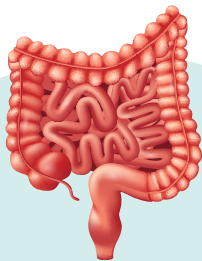
**Flatulence:** This refers to “trapped air” in the intestines. The gas enters the intestinal tract, either through food intake (e.g., carbonated drinks), or is produced in the intestine itself through fermentation processes of certain foods such as legumes or cabbage.

**Bowel movement:** On the subject of bowel movement, 2 factors are particularly important for the assessment: frequency and consistency.

**Normal** are up to **3 bowel movements per day**, in which the stool is neither liquid, nor difficult to excrete.

**Diarrhoea** is when **there are more than 3 bowel movements per day** with mushy to liquid stools. There is usually a frequent and strong urge to defecate.

If **you have fewer than 3 bowel movements per week** this is referred to as **constipation** (obstipation). Affected people often have very firm stool and problems with bowel movements.



# What causes abdominal cramps, flatulence and bloating?

The exact causes of the symptoms of IBS have not been conclusively clarified yet. However, there are various approaches that are currently being pursued.

## Gut-brain axis as connection between head and stomach

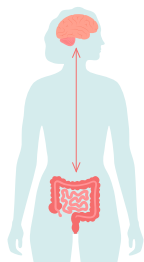
It is certain that digestive problems are often influenced by the psyche. Stress, emotional strain, anger and fear negatively impact already existing gastrointestinal problems and can intensify the symptoms.

## Infections and antibiotics change the intestinal flora

For an intact digestion, a colonisation of the intestines with microorganisms is indispensable. Unfortunately, this interplay can easily be disturbed, for example, by antibiotic therapy. This is because not only the pathogens are fought, but also some of the good intestinal bacteria. It can take some time for the intestinal flora to recover. However, previous infections alone can also trigger intestinal inflammation, making the intestinal wall more permeable. This can worsen the typical gastrointestinal complaints.

## Food influences digestion

Food can also promote the occurrence of digestive problems. Thus, people with food intolerances should make sure that the foods in question removed from their diet.



# We all get stomach cramps – when would it be wise to see a doctor?

Almost everyone suffers from stomach cramps and other digestive problems from time to time. This can have many different causes, and in most cases there is no reason to worry. When should you consult a doctor about it?

You should have your symptoms checked out by a doctor in the following cases:

- ✔ Symptoms lasting several months that significantly impact your quality of life and interfere with your daily life.
- ✔ Sudden changes in bowel movements, such as a feeling of incomplete defecation, change in stool frequency or consistency for no apparent reason; fever or blood in the stool.
- ✔ When nocturnal diarrhoea occurs, i.e. diarrhoea at night.





# Digestive problems: these are the treatment options

If the digestive problems are not caused by a disease, they must be treated symptomatically, i.e. according to the symptoms. Depending on which symptoms bother you the most, these should be treated as a priority.

## Healthy lifestyle, healthy intestines

Therapy takes place at different levels. Lifestyle adjustment plays an important role. This means: if you have intolerances, you should consistently avoid the corresponding foods. A healthy diet, exercise, sport and relaxation exercises have a positive effect on the symptoms and should be integrated into your everyday life if possible. Alcohol, smoking, lack of exercise and stress, on the other hand, aggravate the symptoms.

If psychological symptoms persist, psychosomatic treatment can also be considered.

## Drug therapy options

In cases of severe impairment, various medications can be used to alleviate the individual symptoms:

- 🍃 laxatives for constipation (e.g., macrogol)
- 🍃 antispasmodic medicines for cramps
- 🍃 antidiarrhoeal drugs for diarrhoea (e.g., loperamide)

## Peppermint oil has been shown to help with digestive problems

The disadvantage of these medicines is that they are mainly effective against individual complaints and some of them should not be taken for a long time. So what is the alternative?

The Irritable Bowel Syndrome treatment guideline certifies only the active ingredient peppermint oil as a **1A proof of efficacy\*** as a herbal treatment option for pain and flatulence.\*

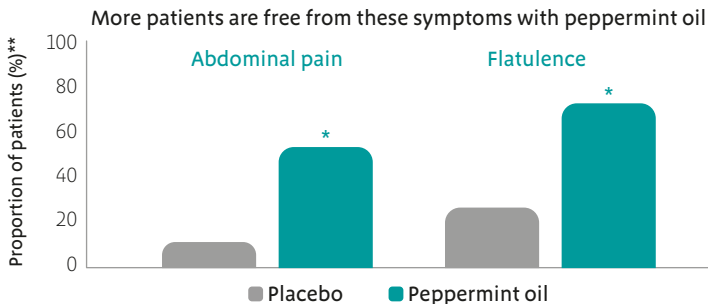
## Digestopret®: relieves abdominal pain, flatulence and bloating

Bionorica® follows this recommendation and offers you the treatment option with Digestopret®. Digestopret® contains peppermint oil, the only herbal active ingredient with 1A efficacy evidence for pain and bloating.\* With more than 90 years of experience in decoding the healing powers of nature, Bionorica® is one of the leading German manufacturers of herbal medicines.

### This is how well peppermint oil helps with digestive problems

Digestopret® has a relaxing effect on the intestines' smooth muscles, effectively relieving abdominal cramps and pain.

The effectiveness of peppermint oil for irritable bowel-associated symptoms has been proven in several clinical studies.



Taking peppermint oil significantly improved gastrointestinal symptoms compared to the placebo control group. After four weeks, 56% of the study participants had no abdominal pain and as many as 71% of the subjects were free of flatulence.\*\* The main reason for the antispasmodic effect is the menthol contained in the product.

### Less flatulence and bloating with Digestopret®

Digestopret® also has a defoaming effect. This effect is used in the treatment of flatulence. Intestinal gases accumulate as small bubbles and cannot escape, thus creating a fine bubbly foam. In the test model, it was shown that peppermint oil can reduce the height of the foam.\*\*\* This makes it easier to expel the gas through the anus or by burping.

Another positive effect of Digestopret® is that it promotes the flow of bile. Bile is important for the digestion of fats. The peppermint oil contained in Digestopret® may help to reduce the feeling of fullness by promoting the flow of bile.\*\*\*\*



\*S3 guideline Irritable bowel syndrome of the DGVS and DGNM; AWMF registration number: 021/016 doi:10.1055/a-1591-4794; as of June 2021.

\*\*Liu J.H. et al. 1997, J Gastroenterol 1997;32; 765-768. n=101; dosage: 187 mg peppermint oil (colpermine), 3-4 x daily; over 4 weeks \*p<0.05.

\*\*\*Harries N. et al., Journal of Clinical Pharmacy 1978, 2:171-177.

\*\*\*\*Zong L. et al., J. Dig. Dis. 2011, 12:295-301. The increase in bile flow was demonstrated in a test model.

## Cramps? Pain? Flatulence?

### Digestopret®

**1** calms  
the intestines

Suffering decreases and you feel better again.

**2** relieves  
abdominal cramps

Pain is relieved and the stomach can relax again.

**3** reduces  
flatulence

The air trapped in the intestines and the unpleasant flatulence abate.

#### **Recommended intake:**

The soft capsule should be taken unchewed at least 30 minutes before meals with sufficient liquid (e.g., 1 glass of water). Taking with hot liquids is not recommended as the enteric coating may be damaged.

 **30 min before meals**

 **not to be taken with hot beverages**

# Digestopret® – For soothed intestines

For adults and children from 12 years



**Digestopret®**

from 12 years 3 x 1 soft capsule

- ✓ alcohol-free
- ✓ lactose-free
- ✓ gluten-free




Questions about our medicines?


@ [infoservice@bionorica.de](mailto:infoservice@bionorica.de)


☎ +49 9181 231-90


# Practical tips for everyday life without digestive problems


You finally want to go on a carefree holiday again or just go out in the evening? In addition to therapy, you can optimise your everyday life and lifestyle step by step with a few tips and hints to improve your digestive functions and avoid unpleasant complaints.

 **Balanced diet:** A healthy diet rich in fibre supports intestinal function. It's best to regularly integrate oatmeal, flaxseed or psyllium into your diet.

 **Avoid FODMA-rich foods:** The abbreviation stands for "Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols", which refers to sugars that have negative effects on gastrointestinal problems. They cause an increased influx of fluid into the intestine (diarrhoea), increased gas formation (flatulence) and influence the intestinal flora. The aim of the FODMAP diet is to reduce the intake of these foods to such an extent that the symptoms improve, but not to completely forego using them.

 **Eat slowly:** It is not only what you eat that impacts your intestine. Try to chew well, this will make it easier for your intestines' digestive process and relieve them.

 **Drink a lot:** Drinking too little increases the risk of constipation, as the intestinal contents simply lack fluid. Therefore, make sure you drink enough – ideally about 2 litres throughout the day.



**Move a lot:** Exercise stimulates bowel activity, thereby promoting healthy digestion. As a result, it is wise to try integrating as much exercise as possible into your daily routine – it doesn't have to be a marathon, a simple walk is quite enough!

**Food diary:** Especially if the symptoms have only been present for a short time, it can be helpful to keep a food diary. You should make a daily note of all meals and symptoms. This makes it easier to find connections and possible intolerances.



For better readability, we use the generic masculine in our texts. However, all genders are always addressed in the sense of equal treatment.

# Cramps? Pain? Flatulence?

# Digestopret®

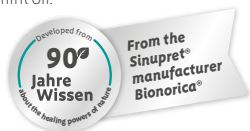


- calms the intestines
- relieves abdominal cramps
- reduces flatulence

**Strong medical guideline recommendation of the active substance.\***

\*S3 guideline Irritable bowel syndrome of the DGVS and DGNM; AWMF registration number: 021/016; doi:10.1055 /a-1591-4794; as of June 2021; recommendation for peppermint oil.

**Digestopret®** • Active ingredient: peppermint oil (*Mentha x piperita* L., aetheroleum). Digestopret® is a herbal medicinal product for the treatment of symptoms of irritable bowel syndrome (irritable colon), which manifest as abdominal pain, flatulence, bloating, constipation or diarrhoea. For risks and side effects, read the package leaflet and ask your doctor or pharmacist. Status: 03|23



BIONORICA SE | 92308 Neumarkt  
Only available in pharmacies.

[www.Digestopret.de](http://www.Digestopret.de)

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