

# TEETHING RELIEF

Information for **Health Care Professionals**



## PAINFUL GUMS • IRRITABILITY

The symptoms of teething are not limited to inflamed and painful gums — they often include restlessness, excessive chewing and drooling, and digestive troubles. These symptoms usually resolve spontaneously once the tooth has pierced the gum line.

**Camilia® is a convenient and reliable homeopathic medicine for teething.** The tasteless solution is **absorbed sublingually** without numbing the gums or affecting the gag reflex, so it will not interfere with nursing.

Camilia combines three plant-based active ingredients to relieve teething pain, irritability, and minor digestive upsets sometimes associated with teething. Each liquid dose is pre-measured for controlled dosing and hygiene. There's no numbing effect, so Camilia won't affect the gag reflex or interfere with nursing.

In an observational study conducted from 2008 to 2009, Camilia was compared to two teething gels.<sup>1</sup> The study involved 190 French pediatricians and 597 children, age 3 months to 24 months. Most pediatricians (82%) reported being satisfied with Camilia, and 71.5% preferred Camilia over the other medications. Most of the children's parents (77%) were satisfied with Camilia, and 85% said they would use it again.\*

\*The above statements are supported by an observational study, and therefore may be subject to inherent study-related limitations, including the potential for bias. All results reflect the pediatricians and parents surveyed and are not necessarily transferable to a larger or different population or cohort. Results may not reflect a comparison to other drugs that are available in the United States.

## TEETHING RELIEF<sup>1-4</sup>

## HOW IT WORKS

## ADVANTAGES

## SIDE EFFECTS/ DISADVANTAGES

### MEDICINES

<b>Camilia® Liquid Doses</b>	Homeopathic action on teething pain and associated irritability and minor digestive symptoms.	No local numbing effect; doesn't affect gag reflex; no interactions with other medicines.	Very low risk of side effects.
<b>Acetaminophen</b>	Analgesic; antipyretic; slightly anti-inflammatory.	Well-tolerated; fast-acting.	Overdosing induces liver toxicity; interacts with other hepatotoxic drugs; may mask other symptoms and delay treatment; no direct effect on restlessness or digestive disorders.
<b>Benzocaine</b>	Local anesthetic.	Quickly reduces local pain; few or no systemic effects.	No direct effect on restlessness or digestive troubles; may numb other areas of the oral cavity or interfere with nursing; unpleasant taste; rare occurrences of methemoglobinemia.
<b>Ibuprofen</b>	Analgesic; anti-inflammatory.	Relieves pain and inflammation; fast-acting.	Not specifically indicated for teething; increases gastrointestinal disturbances; frequent side effects; interacts with other drugs; may mask other symptoms and delay treatment.

### HERBS AND SUPPLEMENTS

<b>Cloves</b> ( <i>Eugenia caryophyllata</i> , <i>Syzygium aromaticum</i> L.)	H1-antagonists.	Long-lasting effect.	Sedative action; contraindicated in patients suffering from shortness of breath; action on rhinitis only. Not recommended for children younger than age 6.
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Camilia® is produced by Boiron using the highest standards and quality control processes. The product's active ingredients are manufactured according to the *Homeopathic Pharmacopoeia of the United States*.<sup>6</sup>

Indications for homeopathic medicines have been determined experimentally and verified by years of empirical use by thousands of physicians. Insight into these traditional indications is gained throughout the years as advances are made in the fields of biochemistry and pharmacology.

This table shows the relationships between the toxico-pharmacological properties of the strain (in blue) and the general indications of its homeopathic dilution (in pink)<sup>2-5</sup>

**Camilia should be used only for its labeled indications.**

<b>German chamomile</b> <b>(Asteraceae) <i>Matricaria recutita</i> L.</b>	<b>Pokeweed</b> <b>(Phytolaccaceae) <i>Phytolacca decandra</i> L.</b>	<b>Chinese Rhubarb</b> <b>(Polygonaceae) <i>Rheum officinale</i> Baill.</b>
<b>Flavonoids:</b> anxiolytic (apigenin and luteolin are ligands for the central benzodiazepine receptors); anti-spasmodic effects.  <b>Chamazulene (essential oil):</b> anti-inflammatory action by inhibition of leucotriene B4 formation.	<b>Saponins:</b> phytolaccatoxin: inflammation of mucous membranes.  <b>Lectins:</b> pokeweed mitogens inducing lymphoblastic transformation in vitro, and stimulating B and T lymphocytes.	<b>Anthracene derivatives:</b> laxatives and purgatives.
<b>Chamomilla 9C</b> <b>Homeopathic preparation of German chamomile</b>	<b>Phytolacca decandra 5C</b> <b>Homeopathic preparation of pokeweed</b>	<b>Rheum 5C</b> <b>Homeopathic preparation of Chinese rhubarb</b>
Relieves teething pain accompanied by irritability.	Relieves painful gums.	Relieves minor digestive upsets associated with teething.

## + ADVANTAGES

**As a convenient and reliable first choice to relieve teething symptoms, Camilia offers many advantages:**

- Complete homeopathic formula relieves symptoms associated with teething, such as painful gums and swelling, excessive chewing, digestive troubles, and irritability or agitation
- Easy to administer by squeezing the pre-measured liquid dose into the baby's mouth; sublingual absorption leads to a quicker general action and no risk of choking on tablets
- Does not numb the gums, affect the gag reflex, or interfere with nursing
- Will not mask any important symptoms that could lead to the early diagnosis of a more severe problem
- Formulated without preservatives or flavors for a more pleasant experience
- Pre-measured amount allows for hygienic individual application and limits cross-contamination between children
- No known interference with concomitant medications; no contraindications

### References

1. Stagnara J, Besse P, El Kebir S, Bordet MF. Symptoms associated with teething and response to three treatments, including homeopathic medicine: a multicenter prospective observational study among 190 French pediatricians. *Minerva Pediatrica*. September 2016.
2. Demarque D, Jouanny J, Poitevin B, Saint-Jean Y. *Pharmacology and Homeopathic Materia Medica*. 3rd ed. Sainte-Foy-lès-Lyon: CEDH; 2007.
3. Martindale W, Reynolds JEF. Martindale: *The Extra Pharmacopoeia*. London: Pharmaceutical Press; 1993.
4. Poncet J-E. *Pediatric Homeopathy: Therapeutics in Acute Pathology*. Sainte-Foy-lès-Lyon: Boiron; 1991.
5. *PDR for Herbal Medicines*. 3rd ed. Montvale, NJ: Thomson PDR; 2004.
6. *Drug Products Labeled as Homeopathic: Guidance for FDA Staff and Industry (revised draft)*. U.S. Food and Drug Administration. October 2019. Available at: <https://www.fda.gov/regulatory-information/search-fda-guidance-documents/drug-products-labeled-homeopathic-guidance-fda-staff-and-industry>.



# Camilia®

## 15 AND 30 PRE-MEASURED LIQUID DOSES (.034 FL OZ EACH)

### Drug Facts

Active ingredients** (in each 1 mL vial)	Purpose*
Chamomilla 9C HPUS (0.3 mL) .....	Relieves teething pain accompanied by irritability
Phytolacca decandra 5C HPUS (0.3 mL) .....	Relieves painful gums
Rheum 5C HPUS (0.3 mL) .....	Relieves minor digestive upsets associated with teething

*The letters "HPUS" indicate that the components in this product are officially monographed in the Homeopathic Pharmacopoeia of the United States.*

**Uses\*** temporarily relieves symptoms of teething such as:  
 ■ painful gums ■ irritability ■ minor digestive upsets associated with teething

### Warnings

**Do not use if** your child has a known allergy to any ingredient in this product.

**Stop use and ask a doctor if** symptoms persist for more than 3 days or worsen, or if swelling, fever, or rash develops.

**Keep out of reach of children.** In case of accidental overdose, get medical help or contact a Poison Control Center right away.

### Directions

Children 1 month of age and older:  
 Give 1 dose at the onset of symptoms.  
 Wait 15 minutes, then repeat if needed  
 for up to a total of 9 doses per day.



1. Tear open the foil pouch at the notched edge.



2. Snap off one pre-measured dose.



3. Twist to open.



4. Squeeze entire contents into mouth.

### Other information

- do not use if glued carton end flaps are open or if inner foil pouch and vials are not intact
- do not refrigerate or freeze
- after opening foil pouch: store unused vials in the foil pouch at a temperature that does not exceed 77°F (25°C)
- after opening the vial: the product must be used immediately
- after administering: discard vial ■ do not reuse ■ contains less than 0.001% alcohol

**Inactive ingredients** alcohol, purified water

### Questions or comments?

CamiliaTeething.com | BoironUSA.com | Info@Boiron.com | 1-800-BOIRON-1 (1-800-264-7661)