

RELIEF OF MOTION SICKNESS

Information for **Health Care Professionals**



NAUSEA • VOMITING • DIZZINESS

Motion sickness is the result of conflicting signals from various parts of the sensory system in response to real or perceived motion. Usual symptoms include nausea, dizziness, vomiting, and a general feeling of discomfort.

This condition can be provoked by passive motion, as well as reading or using digital devices while in movement, amusement park rides, and video games. Motion sickness may also be part of mal de débarquement (MdDS), a rare disorder characterized by the constant feeling of swaying, with or without a motion event.

Although rarely serious, prolonged vomiting from motion sickness could cause dehydration, especially in children. However, conventional medications for this condition may cause side effects and interact with other drugs.

MotionCalm® is a homeopathic medicine that **prevents and treats** the main symptoms of motion sickness: nausea, dizziness, and vomiting. It can be taken prophylactically before a trip to reduce the occurrence of travel sickness, or at the onset to minimize symptoms. The sublingual tablets are unflavored, well tolerated, and provide sufferers ages 2 and older with convenient and discreet relief. In addition, MotionCalm will not mask the signs of a more serious condition, such as food poisoning.

MotionCalm is available over the counter and health care professionals can also purchase direct from Boiron.


World Leader in
Homeopathic Medicines
BoironUSA.com/hcp

RELIEF OF MOTION SICKNESS¹⁻⁴

HOW IT WORKS

ADVANTAGES

SIDE EFFECTS/ DISADVANTAGES

OTC MEDICINES

MotionCalm®	Provides homeopathic symptom-specific action on the main symptoms of motion sickness associated with travel, amusement rides, or video games.	Non-drowsy; no known interactions with other medications, herbs, or supplements; can be taken on a full or empty stomach.	Very low risk of side effects.
Antiemetic antihistamines <i>(cyclizine, dimenhydrinate, diphenhydramine, meclizine)</i>	Antihistaminic action with sedation causes the antiemetic effect.	Quick relief of nausea associated with vertigo or motion sickness.	Sedation; anticholinergic effect; occasional paradoxical reactions in children; not recommended while breastfeeding.
Sodium citrate <i>(Nauzene®)</i>	Neutralizes gastric acidity for nausea associated with upset stomach.	Well tolerated.	Targets only excessive acidity of the stomach; no action on vomiting or dizziness.

RX MEDICATIONS

Scopolamine transdermal patch	Anticholinergic action.	Safe and effective when appropriately prescribed.	Dry mouth; pruritus; increased or decreased heart rate; interacts with many drugs; not recommended for use in children; available by prescription only.
--------------------------------------	-------------------------	---	---

SUPPLEMENTS

Vitamin B6 <i>(pyridoxine)</i>	Unknown mode of action.	Likely safe when used orally and appropriately, including for children and pregnant or breastfeeding women.	Some moderate interactions (amiodarone, antihypertensive drugs, phenytoin, etc.).
--	-------------------------	---	---

HERBS

Ginger <i>(Zingiber officinale)</i>	Some constituents of ginger (gingerols, shoagols) may have an antiemetic effect by inhibiting dopamine, serotonin, and neurokinin-a receptors.	Likely safe when used orally and appropriately, including for children and pregnant or breastfeeding women.	Rare but possible mild gastrointestinal disturbances such as heartburn, diarrhea, and irritation of the mouth.
---	--	---	--



Scan & register for access to on-demand homeopathic protocols.

MotionCalm® is produced by Boiron using pharmaceutical quality standards, recognized as the most stringent level of Good Manufacturing Practices among health products. Its active ingredients are made according to the **Homeopathic Pharmacopoeia of the United States**.⁵

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 white) and the general indications of its homeopathic dilution (in purple).^{6,7}

MotionCalm should be used only for its labeled indications.

Fish berry (Menispermaceae) <i>Anamirta cocculus</i>	Ipecacuanha (Rubiaceae) <i>Carapichea ipecacuanha</i>	Poison nut (Loganiaceae) <i>Strychnos nux-vomica L.</i>
Picrotoxin: stimulates secondary vestibular GABA neurons and causes nausea, vomiting, vertigo, and motor disturbances.	Emetine: nausea, vomiting, and hypersalivation.	Strychnine and brucine: increases digestive secretions and cause spasms in otherwise smooth muscles.
Cocculus indicus 4C	Ipecacuanha 4C	Nux vomica 4C
Relieves nausea or vomiting with dizziness and the need to lie down.	Relieves nausea and vomiting with hypersalivation.	Relieves upset stomach, indigestion, nausea, and vomiting.
Kerosene	Tobacco (Solanaceae) <i>Nicotiana tabacum L.</i>	
Accidental ingestion of kerosene induces nausea, vomiting, and inebriation.	Acute intoxication with nicotine induces nausea and vomiting improved by breathing fresh air, among other symptoms.	
Petroleum 4C	Tabacum 4C	
Relieves nausea improved by eating.	Relieves dizziness, nausea, and vomiting improved by fresh air.	

+ ADVANTAGES

As a convenient and reliable first choice for preventing and relieving motion sickness, MotionCalm offers many advantages:

- Targeted relief and prevention of the main symptoms of motion sickness due to travel, amusement rides, and video games
- Can be used, based on clinical judgment, to relieve symptoms of mal de débarquement (MdDS)
- Convenient meltaway tablets absorbed sublingually; no food or water needed
- For young children, tablets can be dissolved in water for easier intake
- Can be taken on a full or empty stomach
- Gluten-free and no artificial sweeteners, flavors, colors, or preservatives.
- No known interactions with other medications, herbs, or supplements
- Will not mask symptoms of a more serious condition, such as food poisoning

References

1. Martindale W, Reynolds JEF. *Martindale: The Extra Pharmacopoeia*. London: Pharmaceutical Press; 1993.
2. *PDR for Herbal Medicines*. 4th ed. Montvale, NJ: Thomson PDR; 2007.
3. *Natural Medicines Comprehensive Database*. <https://naturalmedicines.therapeuticresearch.com>. Accessed 2022.
4. Berardi R. *Handbook of Nonprescription Drugs: An Interactive Approach to Self-Care*. 15th ed. Washington, DC: American Pharmaceutical Association; 2006.
5. *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>
6. Demarque D, Jouanny J, Poitevin B, Saint-Jean Y. *Pharmacology and Homeopathic Materia Medica*. 3rd ed. Sainte-Foy-lès-Lyon: CEDH; 2007.
7. Gueronprez M, Pinkas M, Torck M. *Matière Médicale Homéopathique*. 2nd ed. Sainte-Foy-lès-Lyon: Boiron; 1997.



MotionCalm®

60 MELTAWAY TABLETS

Drug Facts

Active ingredients** (in each tablet)

Cocculus indicus 4C HPUS (0.5 mg) (contains less than 10 ⁻¹⁰ mg picrotoxin)	Relieves nausea or vomiting with dizziness and the need to lie down
Ipecacuanha 4C HPUS (0.5 mg) (contains less than 10 ⁻¹⁰ mg emetine alkaloids)	Relieves nausea or vomiting with hypersalivation
Nux vomica 4C HPUS (0.5 mg) (contains less than 10 ⁻¹⁰ mg strychnine alkaloids)	Relieves upset stomach, indigestion, nausea, and vomiting
Tabacum 4C HPUS (0.5 mg) (contains less than 10 ⁻¹⁰ mg nicotine alkaloids)	Relieves dizziness, nausea, and vomiting improved by fresh air
Petroleum 4C HPUS (0.5 mg) (contains less than 10 ⁻¹⁰ mg aromatic hydrocarbons)	Relieves nausea improved by eating

Purpose*

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

Uses* for the prevention and treatment of nausea, vomiting, or dizziness associated with motion sickness due to: ■ travel ■ amusement rides ■ video games

Warnings

Stop use and ask a doctor if symptoms persist for more than 2 days or worsen.

If pregnant or breastfeeding, ask a health professional before use.

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

Directions

Adults and children 7 years of age and older

■ To prevent motion sickness, dissolve 2 tablets in the mouth on the evening before travel and the day of travel.

■ To treat motion sickness, dissolve 2 tablets in the mouth on the onset of symptoms, then repeat if necessary until symptoms improve, up to 3 times per day.

Drug Facts (continued)

Directions

Children 2 to 6 years of age	Dissolve 2 tablets in 1 tablespoon of water for easier intake. Follow directions above.
Children under 2 years of age	Ask a doctor.

Other Information

- do not use if glued carton end flaps are open or if the blister seal is broken
- store below 86°F (30°C)

Inactive ingredients

croscarmellose sodium, lactose, magnesium stearate

Questions or comments?

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

ALSO AVAILABLE FROM BOIRON



World Leader in
Homeopathic Medicines
BoironUSA.com/hcp