

NAUSEA RELIEF



Information for **Health Care Professionals**



NAUSEA • VOMITING UPSET STOMACH • STOMACH FLU

Nausea is a non-specific symptom with many different causes. It can occur as a precursor to vomiting or on its own. Common nausea triggers include stomach upset, stomach flu, motion sickness, and fullness from overindulgence.

NauseaCalm™ combines three homeopathic medicines traditionally used to relieve **nausea and related symptoms: vomiting, dizziness, and upset stomach**. It works without risk of drowsiness or drug interactions. In addition, NauseaCalm does not contain antihistamines, aspirin, or caffeine, which are sometimes found in other gastrointestinal medications. This medicine will not mask the signs of a more serious condition, such as food poisoning.

Designed for sublingual use, NauseaCalm's tablets are unflavored, well tolerated, and provide sufferers ages 2 and older with convenient and discreet relief.

The use of NauseaCalm to relieve morning sickness in pregnant women must be assessed on a benefit-risk basis, as it has not been evaluated in pregnant or breastfeeding women. In general, those who are pregnant or breastfeeding should seek medical advice before self-medicating.

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


**World Leader in
Homeopathic Medicines**
BoironUSA.com/hcp

NAUSEA RELIEF¹⁻⁴

HOW IT WORKS

ADVANTAGES

SIDE EFFECTS/ DISADVANTAGES

MEDICINES

NauseaCalm™	Provides homeopathic symptom-specific action on nausea and vomiting associated with upset stomach, overindulgence in food or drink, stomach flu, or motion sickness.	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.
Bismuth subsalicylate	Weak antacid; anti-inflammatory action; coating action on the stomach mucosa.	Generally well tolerated for short-term use in nausea associated with overindulgence or indigestion.	Contraindicated during nursing and in children with influenza or chickenpox (risk of Reye's syndrome); incidence of black tongue or black stools; risk of absorption of bismuth and salicylism in long-term uses.
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.
Phosphoric acid/ fructose/ dextrose solution (<i>Emetrol®</i>)	Decreases stomach muscle contractions associated with nausea and vomiting.	Usually well tolerated; safe for children 2 years and older.	Phosphoric acid can cause dental erosion and induce formation of kidney stones; contraindicated in cases of hereditary fructose intolerance and in diabetic patients (risk of hyperglycemia).

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.).
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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.
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NauseaCalm™ 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 blue) and the general indications of its homeopathic dilution (in green).^{6,7}

NauseaCalm 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 nausea and vomiting, NauseaCalm offers many advantages:

- Complete homeopathic formula addresses nausea and related symptoms of vomiting, dizziness, and upset stomach
- Also indicated for nausea from motion sickness
- Convenient meltaway tablets absorbed sublingually; no food or water needed
- Non-drowsy formula will not affect alertness
- Can be taken on a full or empty stomach
- 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.



NauseaCalm™

60 MELTAWAY TABLETS

Drug Facts

Active ingredients** (in each tablet)	Purpose*
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
Petroleum 4C HPUS (0.5 mg) (contains less than 10 ⁻¹⁰ mg aromatic hydrocarbons)	Relieves nausea improved by eating

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

Uses*

- for relief of nausea and vomiting associated with:
 - upset stomach
 - fullness due to overindulgence in food and drink
 - stomach flu
- for relief of nausea, vomiting, or dizziness associated with motion from travel, amusement rides, or video games

Warnings

Stop use and ask a doctor if nausea or vomiting is accompanied by ■ diarrhea ■ severe headache ■ fever ■ severe abdominal pain or cramping

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

At the onset of symptoms, dissolve 2 tablets in the mouth. 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)

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