

# HEARTBURN RELIEF

Information for **Health Care Professionals**



## HEARTBURN • ACID INDIGESTION • UPSET STOMACH

Heartburn is a frequent problem for many people as more than 60 million Americans suffer from its discomfort at least once a month.<sup>1</sup> In recent years, its prevalence has also increased in younger populations between the ages of 18 and 45.<sup>2</sup> Contributing factors include stress, overeating, eating too quickly, eating large meals before lying down, and consuming a high-fat diet.

For relief of occasional heartburn, **Acidil**® specifically targets the three main associated symptoms: **production of gas** from fermentation due to slow digestion, **stomachaches** from acidity or cramps, and **heartburn** due to acid reflux.

Acidil has no known drug interactions. It is not known to slow down the absorption of other medicines or micronutrients. It does not contain antihistamines, which can reduce the body's release of the acid needed for digestion, thereby slowing down digestion and causing side effects such as gas and drowsiness. Patients feeling bloating will appreciate not having to drink water with Acidil's meltaway sublingual tablets and pellets.

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

  
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World Leader in  
Homeopathic Medicines  
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**MEDICINES**

<p><b>Acidil® Tablets and On the Go Pellets</b></p>	<p>Homeopathic symptom-specific action on components of acid indigestion: heartburn, bloating, and upset stomach.</p>	<p>No known drug interactions; will not mask underlying conditions such as ulcers and unlikely to interfere with the absorption of micronutrients or other medicines; can be taken on a full or empty stomach.</p>	<p>Very low risk of side effects.</p>
<p><b>Antacids</b> (bicarbonates, carbonates or hydroxides of sodium, potassium, aluminum or magnesium)</p>	<p>Neutralize gastric acidity.</p>	<p>Fast acting and generally well tolerated for short periods of time.</p>	<p>Sodium salts can raise blood pressure, calcium may cause constipation, magnesium may cause diarrhea, aluminum may cause calcium loss; antacids may decrease the absorption of medicines when taken at the same time.</p>
<p><b>Bismuth subsalicylate</b></p>	<p>Weak antacid, anti-inflammatory, coating action on the stomach mucosa.</p>	<p>Generally well tolerated for short-term use.</p>	<p>May cause black tongue and black stools; long-term use may lead to accumulation of bismuth.</p>
<p><b>H2-antagonists</b> (cimetidine, famotidine, nizatidine)</p>	<p>Decrease the production of acid by blocking histamine H2 receptors in stomach parietal cells.</p>	<p>Generally well tolerated (except cimetidine).</p>	<p>Interactions due to cytochrome P450 inhibition (cimetidine).</p>
<p><b>Proton pump inhibitors</b> (omeprazole, esomeprazole, lansoprazole)</p>	<p>Block the gastric proton pump and reduce gastric acidity.</p>	<p>Generally well tolerated.</p>	<p>May induce headaches, nausea, fatigue, or dizziness; may interfere with the absorption of iron, calcium, magnesium, and vitamin B12.</p>

**HERBS**

<p><b>Artichoke leaf extract</b> (<i>Cynara scolymus</i>)</p>	<p>Seems to reduce symptoms from functional indigestion.</p>	<p>Generally recognized as safe.</p>	<p>Improvement occurs after two to eight weeks.</p>
<p><b>Peppermint oil</b> (<i>Mentha piperita</i>)</p>	<p>In combination with caraway oil, peppermint oil seems to reduce non-ulcerative indigestion.</p>	<p>Likely safe.</p>	<p>Rare cases of hypersensitivity reactions.</p>



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

Acidil® 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**.<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 green).<sup>7,8</sup>

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

<b>Black spruce resin (Pinaceae)</b> <i>Picea mariana</i>	<b>Activated charcoal</b>
Black spruce resin was used as a gum to relieve stomach aches.	Experiments on homeopathic dilutions of activated charcoal have shown its action on indigestion accompanied with flatulence and intolerance to fats.
<b>Abies nigra 4C</b>	<b>Carbo vegetabilis 4C</b>
Relieves stomach pain after eating.	Relieves stomach bloating with gas.
<b>Poison nut (Loganiaceae)</b> <i>Strychnos nux-vomica L.</i>	<b>Black locust (Fabaceae)</b> <i>Robinia pseudoacacia</i>
Strychnine and brucine increases digestive secretions and causes spasms in otherwise smooth muscles.	Black locust bark is toxic (toxalbumins, syringin) and induces stomach spasms and profuse vomiting.
<b>Nux vomica 4C</b>	<b>Robinia pseudoacacia 4C</b>
Relieves heartburn due to excessive eating and drinking.	Relieves heartburn with acid indigestion.

## + ADVANTAGES

**As a convenient and reliable first choice for heartburn relief, Acidil offers many advantages:**

- Active on the three components of acid indigestion: heartburn, stomach pain, and bloating
- Convenient meltaway tablets and pellets absorb sublingually and can be taken on a full or empty stomach
- No known interaction with other drugs
- No known side effects such as dizziness, fatigue, nausea, headaches, gas, constipation, or loss of calcium
- Will not mask underlying conditions such as ulcers
- Unlikely to interfere with the absorption of micronutrients, iron, calcium, magnesium, or vitamin B12
- Will not raise blood pressure; no need to monitor caffeine intake
- Each box contains three sleeves of 20 unflavored tablets, and pellets come in a box containing two tubes of 80 pellets each
- Gluten-free tablets, and no artificial sweeteners, flavors, colors, or preservatives

### References

1. Acid Reflux. American College of Gastroenterology. <https://gi.org/topics/acid-reflux/>. Accessed 2023.
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3. Martindale W, Reynolds JEF. *Martindale: The Extra Pharmacopoeia*. London: Pharmaceutical Press; 1993.
4. *PDR for Herbal Medicines*. 4th ed. Montvale, NJ: Thomson PDR; 2007.
5. Natural Medicines Comprehensive Database. <https://naturalmedicines.therapeuticresearch.com>. Accessed 2023.
6. *Drug Products Labeled as Homeopathic: Guidance for FDA Staff and Industry*. U.S. Food and Drug Administration. December 2022. Available at: <https://www.fda.gov/regulatory-information/search-fda-guidance-documents/drug-products-labeled-homeopathic-guidance-fda-staff-and-industry>.
7. Demarque D, Jouanny J, Poitevin B, Saint-Jean Y. *Pharmacology and Homeopathic Materia Medica*. 3rd ed. Sainte-Foy-lès-Lyon: CEDH; 2007.
8. Guernonprez M, Pinkas M, Torck M. *Matière Médicale Homéopathique*. 2nd ed. Sainte-Foy-lès-Lyon: CEDH; 2007.



# Acidil®

## ACIDIL TABLETS 60 MELTAWAY TABLETS

### Drug Facts

Active ingredients (in each tablet)	Purpose
Abies nigra 4C HPUS (0.63 mg)	Relieves stomach pain after eating
Carbo vegetabilis 4C HPUS (0.63 mg)	Relieves stomach bloating with gas
Nux vomica 4C HPUS (0.63 mg)	Relieves heartburn due to excessive eating and drinking (contains less than 10 <sup>-10</sup> mg strychnine)
Robinia pseudoacacia 4C HPUS (0.63 mg)	Relieves heartburn with acid indigestion

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

**Uses** temporarily relieves:  
 ■ heartburn ■ acid indigestion ■ bloating ■ upset stomach associated with these symptoms

### Warnings

**Stop use and ask a doctor if** symptoms persist for more than 7 days or worsen. If you have trouble swallowing or persistent abdominal pain, see your doctor promptly.

**If pregnant or breast-feeding,** 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 12 years of age and older: At the onset of symptoms, dissolve 2 tablets in the mouth every 15 minutes for 1 hour until symptoms are relieved. If necessary, dissolve 2 tablets under the tongue 15 minutes before meals.
- Children under 12 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)

## ACIDIL ON THE GO PELLETS APPROX. 80 PELLETS PER TUBE

### Drug Facts

Active ingredients (in each pellet)	Purpose
Abies nigra 4C HPUS (0.11 mg)	Relieves stomach pain after eating
Carbo vegetabilis 4C HPUS (0.11 mg)	Relieves stomach bloating with gas
Nux vomica 4C HPUS (0.11 mg)	Relieves heartburn due to excessive eating and drinking (contains less than 10 <sup>-10</sup> mg strychnine alkaloids)
Robinia pseudoacacia 4C HPUS (0.11 mg)	Relieves heartburn with acid indigestion

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

**Uses** temporarily relieves:  
 ■ heartburn ■ acid indigestion ■ bloating ■ upset stomach associated with these symptoms

### Warnings

**Stop use and ask a doctor if** symptoms persist for more than 7 days or worsen. If you have trouble swallowing or persistent abdominal pain, see your doctor promptly.

**If pregnant or breast-feeding,** ask a health professional before use.

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

### Directions

- Adults and children 12 years of age and older: At the onset of symptoms, dissolve 5 pellets under the tongue every 15 minutes for 1 hour. If necessary, dissolve 5 pellets under the tongue 15 minutes before meals until symptoms are relieved.
- Children under 12 years of age: Ask a doctor.

### Other information

- do not use if glued carton end flaps are open or if pellet dispenser seal is broken
- contains 0.25 g of sugar per dose

**Inactive ingredients** lactose, sucrose

### Questions or comments?

1-800-264-7661

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