



RELIEF OF DIARRHEA SYMPTOMS

Information for **Health Care Professionals**



INTESTINAL PAIN • NAUSEA • TRAVELER'S DIARRHEA

Each year, an estimated 48 million Americans suffer with acute diarrhea linked to foodborne illnesses. Most cases are caused by infections from viruses or bacteria often associated with travel, food contamination, or comorbidities.¹ Anxiety and stress can also trigger diarrhea, especially in people between the ages of 18 and 34, and it is a common consequence of a high-fat ketogenic diet. Additionally, 25% of women experience diarrhea before or during periods, and it is the second most frequent GI symptom after cramps in premenstrual syndrome.²

Boiron offers **Diaralia[®]** as a convenient and reliable medicine to relieve diarrhea and related gastrointestinal discomfort. It targets different symptoms often associated with diarrhea: **nausea, vomiting, abdominal pain, cramps, weakness, and bloating** from gas.

These meltaway tablets do not require water or swallowing. Because the medicine is absorbed sublingually, its action is not affected by rehydration.

Diaralia doesn't interfere with other medications, so it can be used as a primary intervention. It will not discolor stools or mask symptoms of a more serious condition. Unlike conventional antidiarrheal medications, Diaralia is not known to interfere with peristalsis or induce drowsiness. Additionally, there is no risk of constipation when taking this medicine.

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



BOIRON[®]
World Leader in
Homeopathic Medicines
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MEDICINES

<p>Diaralia® Tablets Diaralia On the Go Pellets</p>	<p>Provides homeopathic symptom-specific action on symptoms associated with acute diarrhea such as intestinal pain, bloating, and gas.</p>	<p>Relieves vomiting associated with traveler's diarrhea; no known drug interactions; doesn't mask symptoms of more serious conditions.</p>	<p>Very low risk of side effects.</p>
<p>Bismuth subsalicylate</p>	<p>Antacid, bactericidal, and anti-inflammatory actions.</p>	<p>Also used as antacid and to relieve nausea. Efficient when used appropriately and for short periods of time.</p>	<p>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.</p>
<p>Loperamide</p>	<p>Opiate agonist for the μ receptors in the myenteric plexus of the intestinal wall, resulting in decreased peristaltic activity and secretion.</p>	<p>Efficient at reducing frequency of bowel movements when used appropriately and for short periods of time.</p>	<p>Risks of constipation, dizziness, and nausea. Rare but grave side effects (angioedema, etc.). Contraindicated for bloody stools, in children under 2, and for nursing women. Not recommended during pregnancy.</p>

SUPPLEMENTS

<p>Guar gum (<i>Cyamopsis tetragonoloba</i>)</p>	<p>Water soluble fibers normalize bowel movements during diarrhea and/or constipation episodes.</p>	<p>Likely safe, especially in children.</p>	<p>Mild digestive effects (bloating, cramps); may reduce the absorption of certain medications.</p>
<p>Probiotics (<i>Lactobacillus spp.</i>, <i>Bifidobacterium spp.</i>, <i>Streptococcus sp.</i>, <i>Saccharomyces boulardii</i>, etc.)</p>	<p>Recolonization of intestinal microbiome prevents colonization by pathogenic bacteria; decreases intestinal permeability.</p>	<p>Likely safe when used orally and appropriately.</p>	<p>Very rare and transient side effects; risks are increased in immunocompromised patients or patients with impaired gut integrity.</p>

HERBS

<p>German chamomile (<i>Matricaria recutita</i>)</p>	<p>Decreases peristalsis; spasmolytic effect by inhibition of cAMP and cGMP diesterases.</p>	<p>Generally recognized as safe.</p>	<p>Mild sedative effect; risk of allergic reaction; interacts with some medications.</p>
<p>Sangre de Grado (<i>Croton lechleri</i>)</p>	<p>Crofelemer inhibits two chloride ion channels in the intestine and limits sodium and water loss during episodes of diarrhea.</p>	<p>Likely safe when used orally and appropriately.</p>	<p>Not recommended during pregnancy or breastfeeding.</p>



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

Diaralia® 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**.⁷

Indications for homeopathic medicines have been 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).^{7,8}

Diaralia should be used only for its labeled indications.

Arsenic trioxide	Red cinchona (Rubiaceae) <i>Cinchona officinalis</i>	Mayapple (Berberidaceae) <i>Podophyllum peltatum</i>
Acute intoxication symptoms include nausea, vomiting, marked weakening, acute gastroenteritis.	Quinine, quinidine: among other symptoms: acute gastroenteritis, bloating with distended abdomen, painless and exhausting diarrhea.	Podophyllin: watery, painful and exhausting diarrhea, abdominal cramps, abdominal rumbling.
Arsenicum album 9C	Cinchona officinalis 5C	Podophyllum peltatum 9C
Relieves diarrhea with nausea, vomiting, and weakness.	Relieves diarrhea with gas and bloating.	Relieves diarrhea with intestinal rumbling and pain.

+ ADVANTAGES

As a convenient and reliable first choice for acute diarrhea, Diaralia offers many advantages:

- Targeted relief of acute diarrhea symptoms like intestinal pain, nausea, vomiting, bloating, and gas
- No known interaction with other drugs
- Won't cause stool discoloration or mask symptoms of a more serious condition
- Convenient meltaway tablets and pellets are absorbed sublingually; no need for water
- Efficacy is not affected by rehydration
- Non-drowsy and no risk of constipation
- Gluten-free tablets, and no artificial sweeteners, flavors, colors, or preservatives
- Suitable for adults and children 6 years of age and older
- Each box contains three sleeves of 20 unflavored tablets, and pellets come in a box containing two tubes of 80 pellets each

References

1. Barr W, Smith A. Acute diarrhea in adults. *American Family Physician*. 2014;89(3):180-189.
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3. Martindale W, Reynolds JEF. Martindale: *The Extra Pharmacopoeia*. London: Pharmaceutical Press; 1993.
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6. Berardi R. *Handbook of Nonprescription Drugs: An Interactive Approach to Self-Care*. 15th ed. Washington: American Pharmaceutical Association; 2006.
7. *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>
8. Demarque D, Jouanny J, Poitevin B, Saint-Jean Y. *Pharmacology and Homeopathic Materia Medica*. 3rd ed. Sainte-Foy-lès-Lyon: CEDH; 2007.
9. Gueronprez M, Pinkas M, Torck M. *Matière Médicale Homéopathique*. 2nd ed. Sainte-Foy-lès-Lyon: Boiron; 1997.

Diaralia®



DIARALIA TABLETS 60 MELTAWAY TABLETS

Drug Facts

Active ingredients (in each tablet)	Purpose ¹
Arsenicum album 9C HPUS (0.83 mg).....	Relieves diarrhea with nausea, vomiting, and weakness (contains less than 10 ⁻¹⁸ mg arsenic)
Cinchona officinalis 5C HPUS (0.83 mg).....	Relieves diarrhea with gas and bloating
Podophyllum peltatum 9C HPUS (0.83 mg)	Relieves diarrhea with intestinal rumbling and pain

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 diarrhea such as:
 traveler's diarrhea intestinal pain bloating gas nausea vomiting

Warnings
Ask a doctor before use if you have fever bloody or black stool mucus in your stool.
Stop use and ask a doctor if symptoms persist for more than 2 days or worsen.

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
Drink plenty of clear fluids to help prevent dehydration caused by diarrhea.
 Adults and children 6 years of age and older: At the onset of symptoms, dissolve 2 tablets in the mouth every 4 to 6 hours, up to 2 days maximum. Discontinue use as soon as symptoms disappear.
 Children under 6 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)

DIARALIA ON THE GO PELLETS APPROX. 80 PELLETS PER TUBE

Drug Facts

Active ingredients (in each pellet)	Purpose ¹
Arsenicum album 9C (0.14 mg).....	Relieves diarrhea with nausea vomiting, and weakness (contains less than 10 ⁻¹⁸ mg arsenic)
Cinchona officinalis 5C HPUS (0.14 mg)	Relieves diarrhea with gas and bloating
Podophyllum peltatum 9C HPUS (0.14 mg)	Relieves diarrhea with intestinal rumbling and pain

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 diarrhea such as:
 traveler's diarrhea intestinal pain bloating gas nausea vomiting

Warnings
Ask a doctor before use if you have fever bloody or black stool mucus in your stool.
Stop use and ask a doctor if symptoms persist for more than 2 days or worsen.

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
Drink plenty of clear fluids to help prevent dehydration caused by diarrhea.
 Adults and children 6 years of age and older: At the onset of symptoms, dissolve 5 pellets under the tongue every 4 to 6 hours, up to 2 days maximum. Discontinue use as soon as symptoms disappear.
 Children under 6 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

ALSO AVAILABLE FROM BOIRON



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