



**i say: BLOATED FEELING CAPSULES**

Bloating may have several causes. One of them is the accumulation of intestinal gas. i say: Bloating Feeling provides a fast relief from bloating symptoms of Irritable Bowel Syndrome (IBS). The capsules ensure that the trapped air in the stomach quickly disappears.

**WHAT ARE THE CAPSULES FOR?**

- To treat the (*Irritable Bowel Syndrome*) symptoms of gas such as uncomfortable or painful pressure, fullness, and bloating.
- To provide fast relief by bringing together the small gas bubbles that cause pain and bloating, to form bigger bubbles, allowing trapped wind to pass through your body more easily.

**WHAT ARE THE SYMPTOMS OF BLOATED FEELING?**

Most frequently symptoms occur after eating a meal. It feels like you have too much pressure on your stomach or your abdomen. This can be painful. In addition, you can suffer from flatulence and/or burping.

**HOW TO USE THE CAPSULES?**

Age	Capsules per dosage	Maximum capsules per day (dosage)
Children aged 6-14 years	1 capsule	3 capsules
Adults and children aged 14 years and older	1 - 3 capsules	9 capsules

- Take the capsules after a meal, together with a glass of water.
- You can also take the capsules before going to sleep, to ensure a good night's rest without a bloated feeling.
- Take the capsule with a glass of water, during/after a main meal. Do not exceed the maximum dosage per day.
- If you forget to take a dose: Take a capsule(s) after the next main meal. Do not take a double dose to make up.
- Do not take the capsules for more than 30 days consecutively.

**WHO CAN USE THE CAPSULES?**

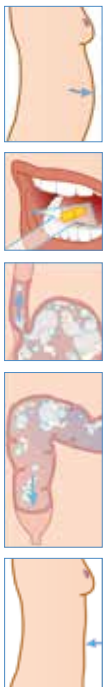
For adults and children from 6 years. Suitable for vegans. Simethicone only works in your gut locally. Even though it's considered safe to take, consult your General Practitioner or pharmacist prior to use if you are diabetic, pregnant or breastfeeding.

**WHAT ARE THE INGREDIENTS?**

125 mg Simethicone, Peppermint Oil. Vegan softgel capsule: Carrageenan, Corn Starch, Glycerine, Aqua

**HOW DO THE CAPSULES WORK?**

- Step 1.** Gas accumulates and becomes entrapped in the GI tract leading to bloating and abdominal pain.
- Step 2a.** Take 1-2 capsules with a glass of water. Fast acting i say Softgel capsules with an effective dose of 125mg Simethicone start working once the capsule is in your stomach.
- Step 2b.** The Simethicone forms a film of low surface tension on small gas bubbles causing these bubbles to collapse into larger ones.
- Step 3.** As a result, the larger bubbles pass more easily in a natural way by controlled belching or flatulence. At the same time, peppermint oil serves to improve the aftertaste after belching.



**WARNINGS**

- The capsules are for oral use only.
- You should not use the capsules if you are allergic or sensitive to one of the ingredients. You can find the list of ingredients in the section "What are the ingredients?"
- Do not take the simethicone capsules for longer than 30 consecutive days

- Do not take
  - If you are hypersensitive to one of the ingredients;
  - Are treating a thyroid condition with medication, such as Levothyroxine;
  - If the package is damaged.
- Consult your GP or pharmacist if
  - you take more capsules than you should
  - symptoms do not improve within 5 days of treatment or worsen;
  - if you are uncertain of the course of your symptoms
  - you experience any unpleasant effects, such as nausea or constipation, after taking the capsule(s).

#### WHAT YOU SHOULD REMEMBER

- Drink plenty of water with the capsules.

#### HOW TO STORE THE CAPSULES?

- Always store the capsules in the original packaging at room temperature (15-25 °C).
- Do not use the capsules after the expiry date, which is stated on the blister and on the packaging.
- Keep out of reach of children.

#### WHAT IS THE CONTENT OF THE PACKAGE?

- Instructions for use.
- 30 Soft caps.

	Material	Abbreviation	Collection guidelines	
Blister	Composite (PVC, ALU)	C/PVC 3	Plastic collection	Check your local municipal guidelines
Outer box	Non-corrugated fibreboard	PAP21	Carton collection	
IFU	Paper	PAP22	Carton collection	
Capsules: Unused or expired capsules please return to the pharmacy/check your local municipal guidelines				

#### SOME FACTS ABOUT BLOATED FEELING

Bloating is any general abnormal swelling, or an increase in diameter of the abdominal area caused by trapped air. Many people commonly experience bloated feeling. Some foods are known to cause bloating, typical culprits include beans, broccoli, cauliflower, cabbage, sprouts, onions and garlic. The people who are exposed to a higher risk are people who follow a vegetarian diet, have unhealthy eating habits (eating too quickly, consuming high-fat food,

not consuming enough fiber-rich food); have irritable bowel syndrome (IBS) and non-specific diarrhea. In up to 40% of women, bloating gets worse before and during menstrual period.

#### TIPS FROM i say:

- Eat slowly, take the time to enjoy the meal, do not eat too much.
- Make sure you get plenty of rest and exercise.
- In order to aid digestion, go for a walk after your meal.
- If you suffer from stress, try to calm yourself with breathing techniques and relaxation exercises.
- Remember that an empty bowel can cause gas formation, so try to eat regularly, do not skip meals and remember that several small portions per day are better than large meals.
- Determine which foods cause you to suffer from extra gas formation.
- If necessary, get help from a professional to determine which foods cause you to form more air. By cutting back on these foods, air nuisance can be minimized.

#### i say: BE GOOD TO YOUR BODY!

Our body is our most important and valuable asset. Something we should cherish and handle with care. With i say: products you can treat and prevent everyday simple diseases without burdening your body. How? i say: products are clinically proven to work on the spot and support the natural healing processes of your body.

Together with a team of medical professionals, we developed a whole product line to treat and prevent everyday simple diseases in the areas as: Women's' Health, GI Tract, Oral Care, Foot Care, Dermatology and we will develop many more.

This time I sign on behalf of i say: and together with my team, we thank you for the trust you have in our products.

#### i say: BE GOOD TO YOUR BODY!

*Pieterella Bouter*

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