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## A Natural Gastroprotective Remedy that Lowers Hyperacidity

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### Commentary

Gastric hyperacidity, also called acid dyspepsia, is characterized by an excessive production of gastric acid by the stomach. This common condition can contribute to a host of digestive issues and diseases. Alcohol, smoking, stress, and spicy or oily foods can all lead to hyperacidity. High levels of gastric acid can in turn cause acid reflux (heartburn), gastritis, indigestion, nausea, and flatulence. These digestive problems can become severe if left untreated. The present study was undertaken to explore the activity of this herbal combinations of Pharmacopoieal 6 and see its effects on individuals suffering from different symptoms such as dyspepsia, gastritis, acid reflux and other related symptoms of gastric hyperacidity. Fortunately, Pharmacopoieal 6 is a novel herbal remedy designed to reduce hyperacidity and its symptoms by lowering gastric acid secretion. Pars Bioscience is pleased to be the first to make this natural remedy commercially available (**Figure 1**).

Hyperacidity affects more than 25% of the population in the United States [1]. Treatment options for patients suffering from gastric hyperacidity varies depending on symptoms. For those experiencing acid reflux, losing weight, quitting smoking, avoiding greasy or oily foods, and prescription medications can all reduce symptoms [2]. Alternative medicine has also been known to alleviate dyspepsia, and herbal preparations such as Pharmacopoieal 6 are some of the most commonly used. The strong anti-inflammatories and antioxidants found in Pharmacopoieal 6 help relax gastro-intestinal tissues and lower gastric acid secretion. As a result, this novel herbal remedy is uniquely fit for those experiencing symptoms of gastric hyperacidity. Pharmacopoieal 6 is a unique natural remedy that can be used as gastroprotective agent and to help inhibit secondary hyperacidity and for lowering gastric acid secretion. Pharmacopoieal 6 is a natural based remedy that consists of a blend of six selected complimentary herbs that showed:

- Anti-helicobacter activity [3-5].
- Antiulcerogenic effect associated with reduced acid output and an increase and enhancing mucin secretion [6].
- Lowers gastric acidity and healing gastric ulcer [7].
- Has gastro-protective effect and it hinders the excess acid secretion [8-11].

- Has protective effect against gastric mucosal lesions induced by ethanol [12].

### Composition

It consists of six Pharmacopoieal herbs mixed at different ratios, these are:

- *Mentha piperita*
- *Foeniculum vulgare*
- *Carum carvi*
- *Nigella sativa*
- *Urtica dioica*
- *Anthemis nobilis*

### Properties

- Has gastroprotective effect against gastric mucosal lesions.
- Helps in inhibiting secondary hyperacidity.
- Helps in lowering gastric acid production.
- Helps in reducing the number of reflux episodes.
- Helps in gastrointestinal disturbances, nausea and stomach upset or indigestion.

### Indications

Can be used in cases of gastric ulcerations, gastric mucosal lesions, stomach acidity, stomachache, heartburn, and excessive gastric acid secretion.

Pharmacopoieal6 consists of selected blend of six well-researched herbs and showed diversified actions since this product includes many compounds such as flavonoids, hesperidine, phenolic compounds, thymoquinone.

Pharmacopoieal 6 was tested on more than 320 individuals of both sexes aged (18-72 years old) and suffering from gastric hyperacidity. It has been observed that Pharmacopoieal 6 has the following characteristics:

- Has significant antibacterial activity against *Helicobacter pylori* and other bacteria.
- Has antiulcerogenic effect associated with reduced acid input.
- Lowers gastric acidity.
- Has gastro-protective effect.

- Help to treat symptoms caused by too much stomach acid as heartburn, stomach upset or indigestion.

More than 80 percent of those used this product showed good response to most of the symptoms associated with gastric hyperacidity.

**Side effects:** None so far reported.

**Contraindications:** No precautions or contra-indications can be attributed to the use of this product.

**Dosage:** Adults and children 12 years and over: 1-2 capsules after meals and at bedtime, up to three times daily.

**Note:** Can be supplied in powder or sachet forms in addition to the capsule-form.



Figure 1 Pars Bioscience LLC.

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