

Solutions: Natural vs Rx and OTC

Q U I C K R E F E R E N C E G U I D E

Category	RX/OTC Names	Purpose	Active Ingredient	Inactive Ingredients	Side Effects
Antacids	Tums®, Maalox®, Rolaids®, Mylanta®	Neutralize acid	Calcium Carbonate	Sucrose, calcium carbonate, corn starch, talc, mineral oil, natural & artificial flavors, adipic acid, sodium polyphosphate, Red 40 Lake, Yellow 6 Lake, FD&C Yellow 5 Lake (tartrazine), Blue 1 Lake	Side effects may include increased blood calcium, hypersensitivity, vomiting, mental impairment, malaise, confusion
Oral Suspension	Pepto Bismol®	Coat the esophagus and stomach	Bismuth subsalicylate	Benzoic acid, flavor, magnesium aluminum silicate, methylcellulose, red 22, red 28, saccharin sodium, salicylic acid, sodium salicylate, sorbic acid, water	Severe allergic reactions (rash, hives, itching, difficulty breathing, tightness in the chest, swelling of the mouth, face, lips, or tongue), fever, hearing loss, nausea, ringing in the ears, severe constipation, vomiting
All-Natural Alternative	Gastro*	Soothe digestive mucosal lining with herbal and antioxidant support to encourage more complete digestion*	Enzyme, antioxidant, and herbal blends	Cellulose, water	None reported
Histamine type-2 receptor antagonists	Pepcid AC®, Zantac®	Reduce stomach acid indirectly by preventing the activation of acid production	Ranitidine	FD&C Yellow No. 6 Aluminum Lake, hypromellose, magnesium stearate, microcrystalline cellulose, titanium dioxide, triacetin, and yellow iron oxide	Constipation, headache, and diarrhea are common side effects of Zantac®. Some of the side effects that are less common include muscle or joint pain, blurred vision, and hair loss.
Proton Pump Inhibitors (PPI)	Prilosec®, Prevacid®, Nexium®	Proton pump inhibitors (PPIs) reduce stomach acid by deactivating acid production directly	Esomeprazole magnesium	Glyceryl monostearate 40-55, hydroxypropyl cellulose, hypromellose, magnesium stearate, methacrylic acid copolymer type C, polysorbate 80, sugar spheres, talc, and triethyl citrate. The capsule shells have the following inactive ingredients: gelatin, FD&C Blue #1, FD&C Red #40, D&C Red #28, titanium dioxide, shellac, ethyl alcohol, isopropyl alcohol, n-butyl alcohol, propylene glycol, sodium hydroxide, polyvinyl pyrrolidone, and D&C Yellow #10	The most common side effects are diarrhea, nausea, vomiting, headaches, rash, and dizziness. This is not a complete list of side effects and others may occur.

For more details on natural options for supporting healthy GI function, please contact TEC.* (800) 777-1474 • moreinfo@tecenzymes.com



*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.