

FDgard®

SUGGESTED USAGE

THE PRE-MEAL COMPANION



2 capsules
2 times a day



Take 30 to 60 minutes
before a meal with water



Capsules must be swallowed
whole or their contents mixed
with non-dairy food items.



If pre-meal dose is missed,
FDgard® can be taken with
or after a meal



Do not exceed
6 capsules a day



SAVE \$3.00

Offer good on any
FDgard® product

CVS **Walgreens** **RITE AID**
Walmart **Target**



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FDgard®

SUPPORT FOR YOUR OCCASIONAL INDIGESTION



- 1 #1 Gastroenterologist recommended brand[†]
- 24H Rapid relief
- Suitable for daily use
- Gradual release of **herbal ingredients** for **digestive support**

Take control of your digestive health
with FDgard®

Find out more about our Gard range
of effective and herbal products for gut health
Visit www.FDGARD.com

[†] Among gastroenterologists who recommended an herbal product for meal-triggered indigestion. Lieberman 2021.

References

- 1- Talley NJ. Gut Liver 2017;11(3):349-57. 2- Kim SE, et al. J Neurogastroenterol Motil. 2018;24(4):603-13. 3- Ford AC, et al. Gut 2015;64:1049-1057. 4- Lacy BE, et al. Clin Transl Gastroenterol. 2015;6(1):e69. 5- Read N. Gut. 2002;51(Suppl 1):i50-3. 6- Pesce M, et al. World J Gastroenterol. 2020;26(5):456-65. 7- Lacy BE, et al. Aliment Pharmacol Ther. 2013;38(2):170-7

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POWERED BY NATURE.... PERFECTED BY SCIENCE

Nestlé
HealthScience®

DO YOU EXPERIENCE FEELING UNCOMFORTABLY FULL, NAUSEOUS OR BLOATED AFTER MEALS?



~1 in 5
people globally
experience these
symptoms^{1,2}

We understand how these symptoms can be unpredictable, uncomfortable and exhausting. They can significantly impact your daily life.²⁻⁶

Many people try a range of methods to help relieve their symptoms, but don't get the results they want and experience unwanted side effects.⁶⁻⁷

This is why we developed FDgard®, made from caraway oil and l-menthol, which work together to help relax the digestive system and manage occasional symptoms in the gut.

THE FDgard® DIFFERENCE

FDgard® is the only solution that uses patented Site-specific Targeting (SST®) technology, to help manage meal-triggered indigestion, which delivers caraway oil and l-menthol to where they are needed.



l-menthol

Relaxes your digestive system and helps manage occasional symptoms in your gut.



Caraway oil

Relaxes your digestive tract and relieves occasional indigestion symptoms.



The herbal ingredients are contained in uniquely designed tiny spheres with a three-layer coating.

All three layers work together to ensure the herbal ingredients are released directly to the source of your occasional symptoms - for fast action.

POWERED BY NATURE.... PERFECTED BY SCIENCE

THE GENTLE APPROACH

This gradual release allows a slow and gentle approach. The calming action of caraway oil and peppermint oil steadily travels through the gut to help manage a combination of occasional abdominal symptoms.



This triple coating technology also minimizes the potential for heartburn, unlike single coating technology used in l-menthol products.

FDgard® HAS BEEN SHOWN TO ACT IN 24 HOURS



FDgard® starts working on meal-triggered indigestion in as little as 24 hours