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# Brand Science

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**Iberogast**

RESTRICTED

Crafted with

# Natural Ingredients



## Iberogast

Is a **unique blend of medicinal plant extracts**, carefully selected for their proven benefits in **digestive health**



# The impact of Science for Iberogast

Behind every drop of Iberogast lies a story - not just of **nature's wisdom**, but of **scientific curiosity**. For over **60 years**, researchers have worked hand in hand to understand how **Iberogast relieves digestive symptoms**. Because when we understand the science, we can speak with **credibility** – reassuring everyone that Iberogast is a **scientifically proven brand they can trust**



When it comes to digestive health, patients seek trusted relief. That is why Iberogast isn't just a natural remedy; it is an **efficacious solution supported by decades of scientific research**

**THE SCIENCE BEHIND  
IBEROGAST IS  
THE FOUNDATION OF  
EVERYTHING WE DO,  
INCREASING TRUST TO  
THOSE WHO RELY ON IT**

**Iberogast**

## Convenient multi-symptom relief

**One solution** that tackles multiple symptoms to simplify **consumer's treatment journey**

01

## Solid and growing scientific foundation

**The knowledge behind the multi-symptom relief** and safety insights are backed by a broad and growing body of evidence – create understanding and trustworthiness

02

## Guideline Recommended- Trusted by experts and patients

**Experts trust Iberogast's body of evidence** leading to guideline endorsement and shaping the standard of care for patient support

03

# Brand Science Principles

A UNIQUE  
MULTI-HERBAL BLEND

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# 01 Why it matters

## The invisible burden of GI issues



Reference: 1. Atkins, M et al. J Eat Disord 2023;11, 20. 2. Jiang S. J Health Commun. 2017;22(3):234-242. 3. Lacy BE et al. Am J Gastroenterol 2021;116:17-44.4. <https://aboutibs.org/personal-stories> (Accessed August 2025)



**40% of the global population** affected by non-organic GI symptoms and usually **no symptoms comes alone, but multiple symptoms are reported**



**Severe quality of life impairment** – Patients report frustration, emotional exhaustion, and even willingness to trade life expectancy for relief



**Patients need effective and convenient solutions**

**Iberogast delivers on the patient need with multi symptom relief**

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# 01 How Iberogast Works

The **numerous targets** of natural solutions

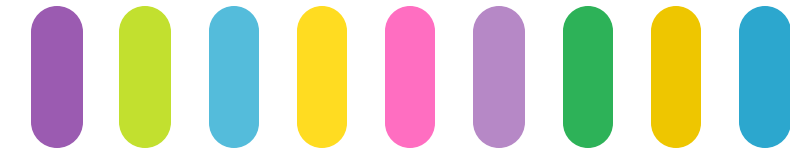
## Multi-target<sup>1</sup>

← Herbal extract with numerous active compounds →

## Synergistic<sup>2</sup>

- Each individual herbal extract contains **numerous active compounds**
- Multiple targets can be influenced** by these active components

- Specifically, each individual herbal extract** within Iberogast makes a **unique contribution** to the whole formula
- Together, they produce effects not seen with individual herbs - **demonstrating synergy<sup>2</sup>**



**Different targets in the body<sup>1</sup>**  
e.g. nerve receptors, immune components, inflammation pathways



**One target in the body,**  
e.g. a muscle receptor

# Why it matters

## Up-to-date for credibility:

Grounding Iberogast's efficacy in today's scientific insights



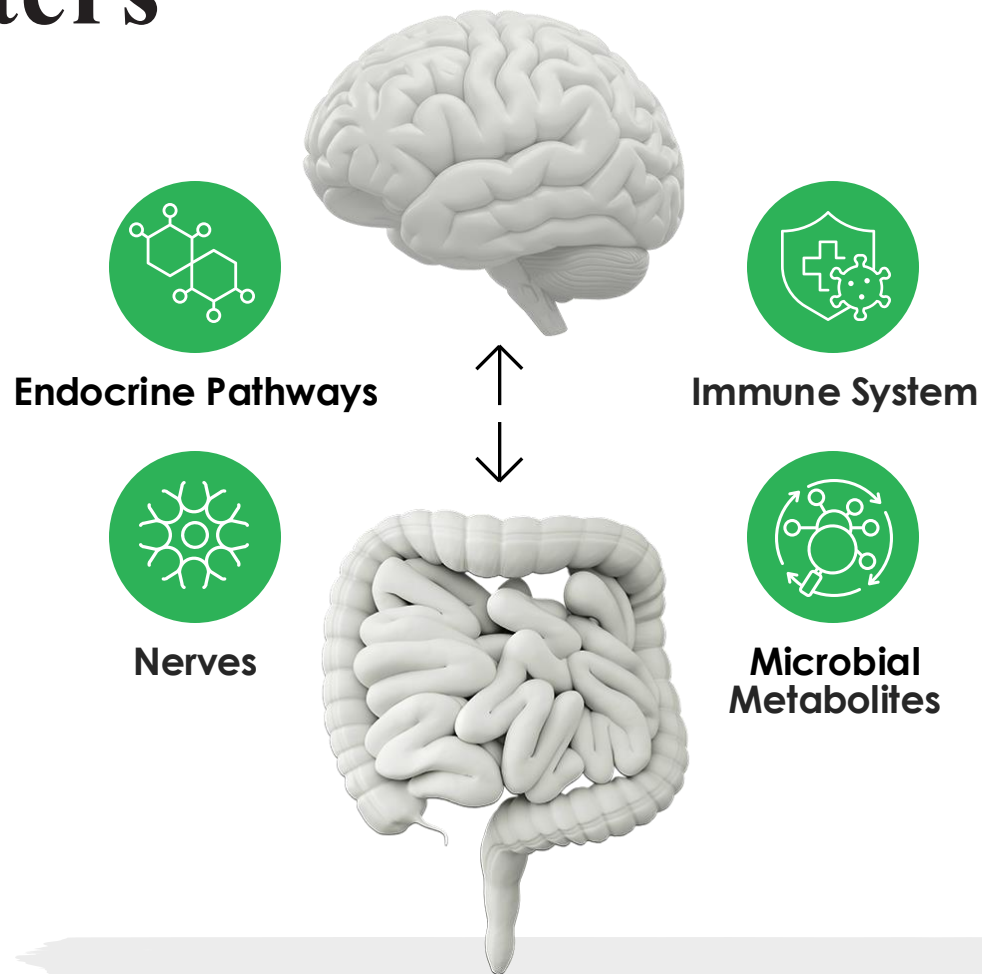
## TODAY'S SCIENTIFIC INSIGHTS

### The gut and brain

communicate constantly via different routes

Disruption in this system can trigger numerous functional **GI symptoms - without organic cause** – driven by diverse pathomechanisms

**This system is complex, multifactorial, and not easily treated:** understanding this complexity is key to developing effective solutions



Evidence supports that Iberogast acts on the gut-brain axis to address multiple symptoms

### Vagus Nerve – The Messenger

Sending signals from gut to brain and vice-versa

### Enteric Nervous System (ENS) – The Conductor

Special system directing the digestive performance

### Immune System – The Security System

Monitors and patrols in the gut, sending signals to numerous recipients

### Endocrine Pathways - The Long-Distance Broadcasters

Hormones are signalling from hunger to stress

### Microbial Metabolites – The Chemical Whisperers

Bacterial metabolites work as messengers and impact mood or behavior

# The Disorders of Gut Brain Interaction (DGBIs)

THE ORIGIN OF THE **INVISIBLE BURDEN**:  
OUT OF BALANCE – NUMEROUS  
MECHANISMS AND SYMPTOMS

## Mechanisms

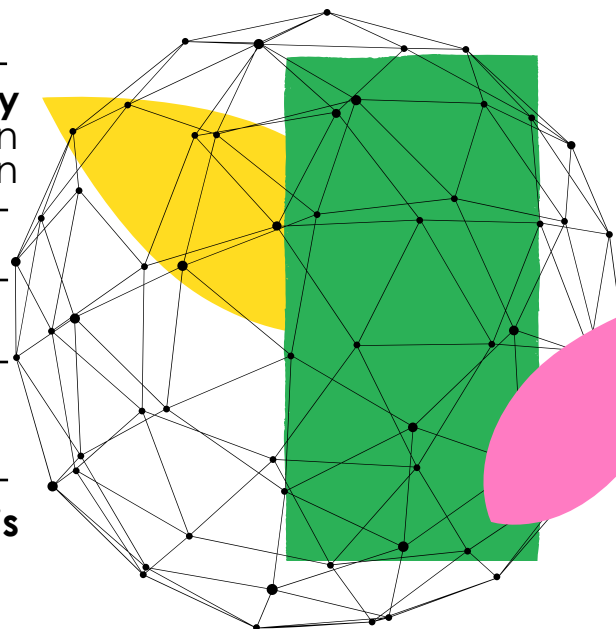
**Hypersensitivity & increased pain signals to the brain**

**Dysmotility**

**Impaired barrier**

**Inflammation & immune response**

**Dysbiosis**



## Symptoms

**Abdominal pain**

**Feeling of fullness**

**Early satiety**

**Bloating**

**Nausea**

**Heartburn**

## ONE EXAMPLE

### Early Satiety

e.g. triggered by normal meals

### Bloating

e.g. From small amounts of gas or fluid

### Heartburn

e.g. From normal refloating stomach content

### Abdominal Pain

e.g. From normal gut activities like mild distension

**Hyper-sensitivity**

=

threshold of nerves giving alert to the brain is easily surpassed

## So What?

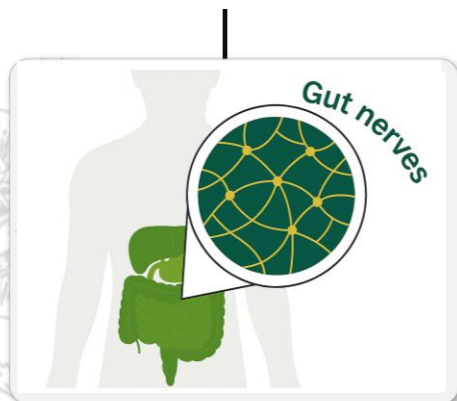
**No one-to-one symptom-to-root match**, making treatment complex

**GI symptoms from DGBIs are multifactorial**—interdependent mechanisms drive them

**Symptoms rarely occur in isolation:** need for holistic approaches

# How Iberogast works in multiple ways

Addressing the various aspects from which symptoms arise

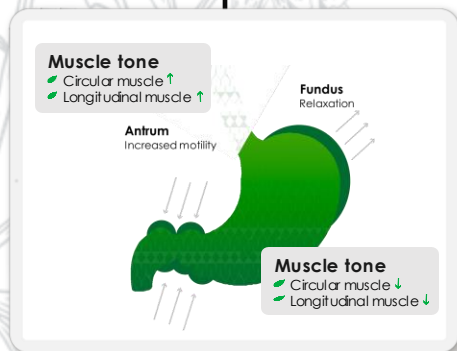
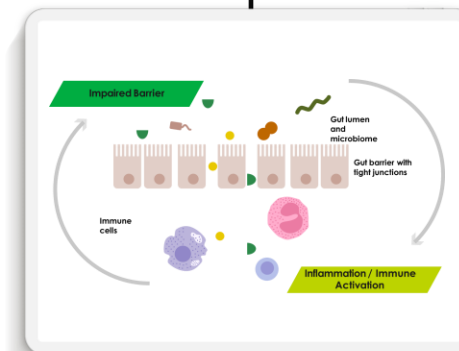


**Calms sensitive gut nerves** and has been shown to **modulate pain signals** <sup>6-10</sup>

Has **anti-inflammatory** properties <sup>11-17</sup>

**Protects and strengthens** the GI barrier

<sup>11-13; 15-16</sup>

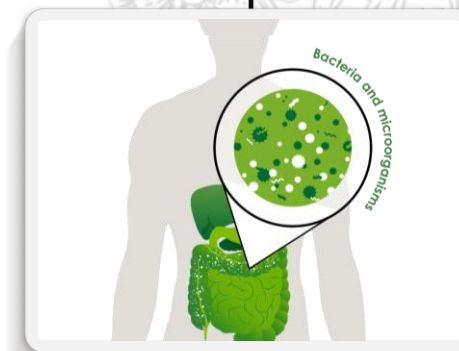


**Balances the muscles** of the digestive tract <sup>1-5</sup>



➔ **Basis for multi symptom relief**

**Balances the gut** microbiome <sup>18-20</sup>



References: 1. Schemann M et al. Neurogastroenterol Motil 2021;3(2):e13984.2. Fitzgerald PCE et al. Neurogastroenterol Motil 2024;36(10):e14755. 3. Pilichiewicz et al. Am. J Gastroenterol 2007 4. Schemann et al. Phytomedicine 2006 5. Hohenester et al. Neurogastroenterol Motil 2003, 2004 6. Noor-Mohammadi E et al. Phytomedicine 2024;135:156167. 7. Mueller MH et al. Neurogastroenterol Motil 2009;21:467-476 8. Mueller MH et al. Am J Phytomed Clin Ther, 2018,6,1:4 9. Liu CY et al. Neurogastroenterol Motil 2004;16:759-64 10. Khalil et al. Life Sciences 2020, 257, 118112 11. Khayyal MT et al. Arzneimittelforschung 2001;51(7):545-553. 12. Khayyal MT et al. Phytomedicine 2006, 13, S V, 56-66 13. Khayyal MT et al. World J. Gastroenterol 2019, 25, 39, 5926-5935 14. Schneider M et al. Front Pharmacol 2016;7:393. 15. Elbadawi M et al. Phytomedicine 2021;88:153589. 16. Elbadawi M et al. Pharmaceuticals 2022;15(9):1121. 17. Wadie et al. Int. J. Colorectal Dis. 2012; 27: 1445-53 18. Schooth L et al. Poster presented at UEGW ADD 2022.UEG Journal 2022;10(481):P0013. 19. Ammar RM et al. Phytomedicine 2023;119:154996. doi: 10.1016/j.phymed.2023.154996. 20. Thumann T. et al. Phytomedicine, 71, 153221.

# 03

## Why it matters

Robust Science earns guideline status<sup>1,2</sup> - empowering HCPs to confidently include Iberogast in standard care for patient support



**5**  
Clinical Studies

**1'022**  
patients treated

**4**  
controlled studies (FD)

**1**  
controlled study (IBS)

**1**  
META-ANALYSIS (FD) of 588 patients treated

**1**  
Non-interventional study - 184 patients treated

Iberogast's research is **reliable and of high quality**

It demonstrates **effectiveness** by addressing the **full range of symptoms** while **well tolerated**



**20+**  
Clinical Studies

**1'105**  
patients treated

**5**  
controlled studies (FD)

**1**  
controlled study (IBS)

**12**  
Studies before 1990

**2**  
META-ANALYSIS (FD) of 618 patients treated

**Non-interventional study - 843 patients treated**

**5**  
Post-Marketing Surveillances (FGID, adults and children) - **43'311** children treated

**Requirement for guideline status**

References: 1. Andresen et al., Digestion. 2024;105(3):166-174 2. Madisch et al. 2004 Alim Pharmacol Ther 19 271 3. Ammar et al. Efficacy of the herbal combination STW 5 in FD patients meet rome IV criteria: Meta-analysis., Neurogastroenterol.Motil., 31: S67-68.https://doi.org/10.1111/nmo.13671 4. Stanghellini et al. 2018. STW 5 is effective in functional dyspepsia symptoms, Neurogastroenterol Motil, 30, S1: 176-77 (P403). DOI: 10.1111/nmo.13423 (Poster) Functional Dyspepsia Studies: standardized study designs, meta-analysis confirms consistency in indication and patient population

# How Iberogast works

The Evidence of Iberogast's symptom relief



## Consistent Science – broad relief

Studies tracked Patient-reported outcomes across **10 symptoms\*** measured regularly for a complete picture of relief (overall symptoms) and for individual symptoms

**Iberogast provides relief for the complete symptom profile\***

**Insights on individual symptoms are based on this overall evidence**

References: 1. Andresen et al., Digestion, 2024;105(3):166-174 2. Madisch et al 2004 Alim Pharmacol Ther 19 271 3. Ammar et al. 'Efficacy of the herbal combination STW 5 in FD patients meet rome IV criteria: Meta-analysis', Neurogastroenterol.Motil., 31: S67-68. <https://doi.org/10.1111/nmo.13671> 4. Stanghellini et al. 2018. STW 5 is effective in functional dyspepsia symptoms, Neurogastroenterol Motil, 30, S1: 176-77 (P403). DOI: 10.1111/nmo.13423 (Poster) Indigestion and upset stomach are consumer language terms frequently used to describe upper GI symptom clusters of dyspepsia. \*10 symptoms covered in GIS Score used in FD clinical studies

## Evidence across symptoms

### Questionnaire for FD Symptoms

	6H	9H
Epigastric or Upper abdominal pain	***	***
Early satiety	***	***
Postprandial fullness	***	***
Retrosternal discomfort	***	***
Loss of appetite	***	***
Acid eruction	***	***
Sickness	**	***
Abdominal cramps	***	***
Vomiting	**	***
Nausea	*	***

### Questionnaire for IBS Symptoms

	6H	9H
Abdominal Pain	***	***
Stool irregularities (not further specified)		
Meteorism/Flatulence	***	***
Feeling of tension/Fullness		
Feeling of incomplete bowel evacuation		

\*\*\* Strong Evidence

\*\* Moderate Evidence

\* Limited Evidence

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# Iberogast Magic at a glance



## Advantage vs. Other OTCs

Clinically  
Proven **Efficacy**

Multi-Symptom **Relief**

**Synergistic** Multi-Herb  
Composition

**Gut-Brain** Axis  
Modulation

Guideline **Endorsed**

**Holistic &  
Integrative** Care



## Consumer Benefit

**Efficacious** relief

Targets **underlying  
symptom** origin

Trusted by experts,  
part of **guidelines**

**Simplifies** treatment  
journey

**Convenient** for everyday  
routine

**Easy to use and safe**  
treatment

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