Pepogest

What is it?

Pepogest contains peppermint oil in tablet form. It is obtained from the above ground parts of the herb Peppermint (*Mentha x piperita*). It is used primarily for relief of cramping in Irritable Bowel Syndrome that is not constipation predominant. It acts by slowing down the activity of the muscle cells of the intestine thereby helping to relieve spasms. It also can help relieve symptoms of fullness.

How much should I take?

You may take one tablet approximately 30 minutes before meals as needed.

Is it safe?

Quality is very important when choosing over the counter supplements or herbs. Occasionally, Peppermint oil can cause heartburn or anal burning, but it is generally well tolerated.

If you have further questions, please talk to one of the Pharmacists or schedule an appointment with a provider. We are dedicated to your health and wellbeing!