

# Piperix<sup>®</sup>

## Peppermint Oil

187 mg Enteric-Coated soft capsule

Effective soothing relief for symptoms of IBS:

- Bloating
- Painful spasms
- Trapped wind
- Diarrhea and constipation



eRx:92155

  
**Tehran Darou**  
Pharmaceutical Co.

9th .Km of Karaj Makhous Rd.  
Tehran-Iran

Tel: +98 21 48032000  
Fax: +98 21 44504840



### — Medicinal Product:

**Piperix<sup>®</sup>** (Mentha Piperita oil) 187 mg Enteric-Coated soft capsule

### — Therapeutic indications:

**Piperix<sup>®</sup>** Capsule is used for the treatment, control, and prevention of:

- abdominal pain, bloating, and other symptoms of irritable bowel syndrome
- digestive disorders such as non-ulcer dyspepsia and nausea
- Gastrointestinal spasm

### also effective in:

- reducing the severity of PMS symptoms<sup>(5)</sup>

### — Mechanism of action:

smooth muscle relaxation (via calcium channel blockade or direct enteric nervous system effects); visceral sensitivity modulation (via transient receptor potential cation channels); anti-microbial effects; anti-inflammatory activity; modulation of psychosocial distress.

### — Dosing and administration:

1 to 2 capsules, taken 3 times a day. can be increased to 2 capsules, taken 3 times a day preferably before meals with a small quantity of water

### — Contraindications:

- Hypersensitivity to the active substance or to any of the excipients
- Active gastric ulcers and GERD

### — adverse reaction:

Possible side effects of peppermint oil taken orally include heartburn, nausea, abdominal pain, and dry mouth. Rarely, peppermint oil can cause allergic reactions

### — Pregnancy and breastfeeding:

It is not recommended to use during pregnancy and breastfeeding.

### — Interactions

Peppermint oil may inhibit CYP3A4, so it can affect the metabolism of medicines such as cyclosporine, simvastatin, lovastatin, ketoconazole

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### References

1 <https://www.medicines.org.uk/>

2 <https://go.drugbank.com/>

3 <https://www.nhs.uk/>

4 [https://www.rxlist.com/peppermint\\_oil](https://www.rxlist.com/peppermint_oil)

5 *Effect of Peppermint Oil on Premenstrual Syndrome: A Randomized, Double-Blind Placebo-Controlled Study* (researchgate.net)