



TIPS IN HEARTBURN & ACIDITY



Practice Grazing
(small frequent meals)¹



No Carbonated
beverages¹



Sleep on an incline¹



Stay up after eating¹



Quit smoking¹

**SHOULD WE ADD MORE DETAILS?
PLEASE SHARE YOUR SUGGESTIONS.**

WELLNESS INITIATIVE BY:

^{Rx}
RaftWell

Sodium Alginate 250 mg + Sodium
Bicarbonate 133.5 mg + Calcium Carbonate 80 mg

QUICK HEARTBURN SPECIALIST²

Ph: +91 8200802773 | E-mail: info@w360d.in | Website: www.wellness360degree.com |
Address: Shop No.10, Rushabh Apartment, Near: Patel Park, Subhashnagar, Bhavnagar- 364001, Gujarat.



In Treatment of heartburn and Indigestion*

^{Rx} **RaftWell**

Sodium Alginate 250 mg + Sodium Bicarbonate 133.5 mg + Calcium Carbonate 80 mg

QUICK HEARTBURN SPECIALIST²



QUICK treatment for heart burn and indigestion*

- Action starts in 3 mins³
- 4 hours lasting effect³
- Prevents relapse of reflux esophagitis⁴
- Generally Regarded as safe (GRAS)⁴
- Cost effective treatment
- Relief from dyspepsia, heartburn, post prandial pain



Good Manufacturing Practices as per World Health Organisation Standards. | *<https://cdsco.gov.in/opencms/resources/UploadCDSCOWeb/2018/UploadApprovalMarketingFDC/nFrom%2001.01.2020%20to%2021.05.2020.pdf> accessed on 29th Jan 2024.

1. Harvard Health. (2023, May 22). 9 at-home treatments for acid reflux. https://www.health.harvard.edu/newsletter_article/9-ways-to-relieve-acid-reflux-without-medication. | 2. Gaviscon gives long-lasting relief from heartburn. (n.d.). Gaviscon. <https://www.gaviscon.in/products/gaviscon-liquid/>. | 3. Comparing Gaviscon with select ordinary antacid i. Chevrel B. A comparative crossover study on the treatment of heartburn and epigastric pain: Liquid Gaviscon and a magnesium--aluminium antacid gel. J Int Med Res. 1980;8(4):300-2. ii. Mandel KG et al. Aliment Pharmacol Ther. 2000 Jun;14(6):669-90. | 4. Mandel, K. G., Daggy, B. P., Brodie, D. A., & Jacoby, H. I. (2000). Review article: alginate/raft formulations in the treatment of heartburn and acid reflux. Alimentary Pharmacology & Therapeutics, 14(6), 669-690. <https://doi.org/10.1046/j.1365-2036.2000.00759.x>

