

# Barrier Therapy for Reflux

Reflux is when juice rolls out of the stomach and up the esophagus. Preventing that from happening is critical to your improvement. These agents all form a “raft” over the stomach contents, which helps prevent acid coming back up into the esophagus (food pipe). Here are some options:

## Gaviscon Advance Liquid (United Kingdom)

- Suitable for use in pregnancy.
- Available in 2 flavors: Peppermint & Aniseed
- Adults: Take 10mL after meals, 3x/day, or as directed

Gaviscon Advance contains double the concentration of sodium alginate and forms a stronger more resilient raft compared to Gaviscon Original.

\*\* *Not available in the United States. Order online.*

Product currently available on Amazon ([www.amazon.com](http://www.amazon.com)) for about \$35-40 for 500ml (50 doses)

Usually ships within 2-3 days of purchase and arrives within 2-3 weeks.



## Reflux Gourmet (USA)

- [refluxgourmet.com](http://refluxgourmet.com)
- **Suitable for use in pregnancy**
- Adults: Take 5mL after meals, 3x/day, or as directed
- Flavors: Vanilla Caramel, Chocolate Mint
- Currently \$22 on Amazon for 236ml (47 doses)



## Gaviscon Max Chewable Tablets (Canada)

- <https://www.gaviscon.ca/products>
- **Suitable for use in pregnancy**
- Adults: Take 1-2 tablet after meals and before bed, or as directed
- Flavors: Berry and Peppermint
- Currently \$33 for 50 tablets on Amazon

