

## BURNISCON®



- Take after meals or at bedtime



- Shake well before use



- Adults and children above 12 years:  
Take 10-20 ml (one to two 10 ml spoonfuls)  
with maximum amount of 4 times in a day.



- Allowed during pregnancy & breastfeeding  
under a physician's supervision

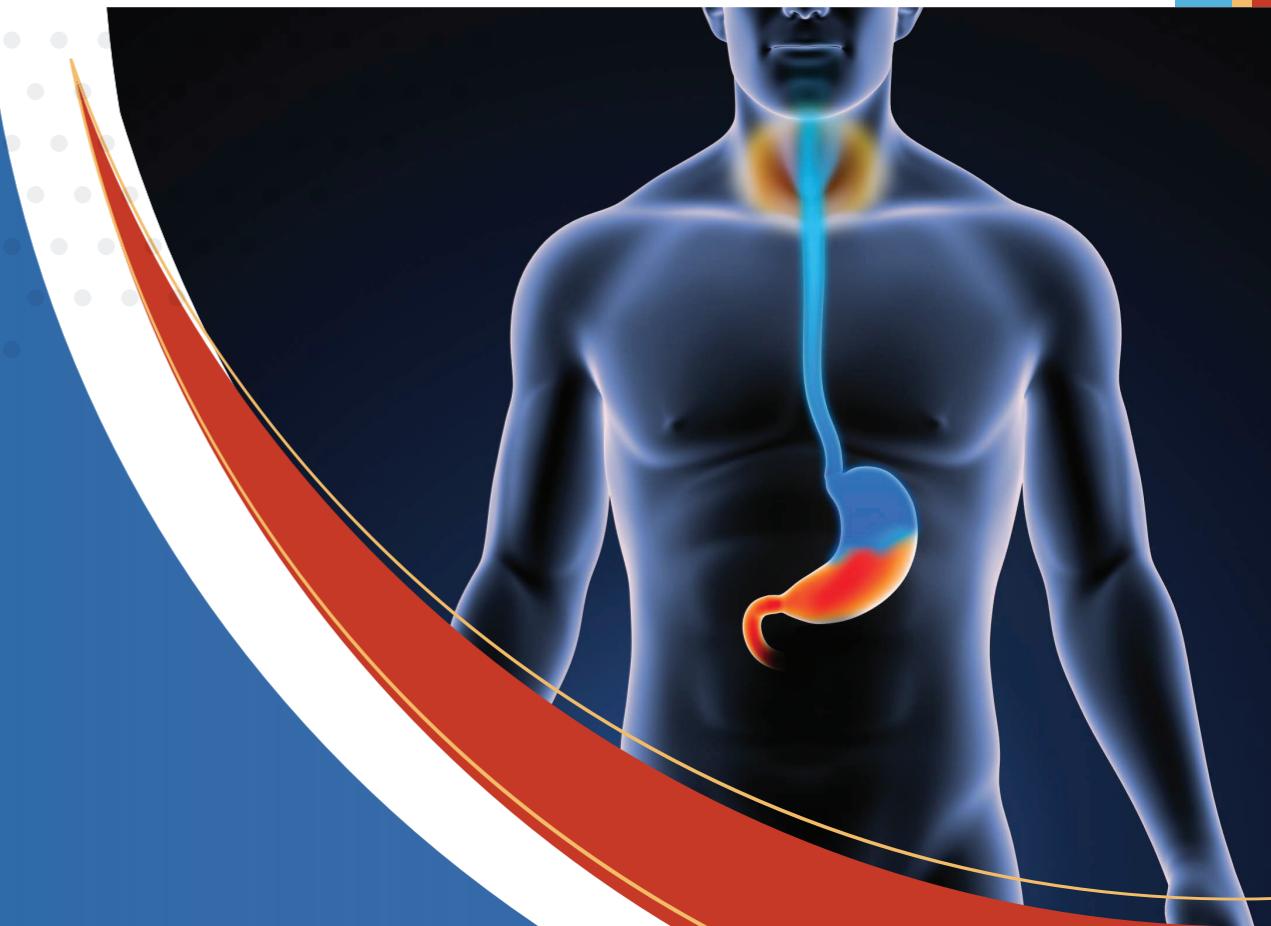


- Sugar free



- Gluten free

NW/MD BUR0325.00



## BURNISCON®

### FAST-ACTING LONG-LASTING HEARTBURN SOLUTION

 natural remedy



With Peppermint flavour

## Heartburn and acid reflux

Heartburn is a burning feeling in the chest caused by stomach acid travelling up towards the throat (acid reflux). If it keeps happening, it's called gastroesophageal reflux disease (GERD).<sup>4</sup>

Several risk factors have been independently associated with the development of GERD symptoms that include age >50 years, low socioeconomic status, tobacco use, consumption of excess alcohol, family history, high body mass index (BMI), physical activity, stress and anxiety, salt, connective tissue disorders, pregnancy, and different classes of drugs.<sup>9</sup>

## Prevalence and incidence of heartburn and GERD

GLOBAL prevalence of GERD is 10–20%, defined by at least weekly heartburn and/or acid regurgitation.<sup>3</sup> The overall burden of GERD continued to worsen with the prevalent cases increasing by 77.53% from 441.57 million in 1990 to 783.95 million in 2019.<sup>9</sup>

the prevalence of daily, weekly, monthly, and overall prevalence of GERD in Iranian population was 5.64%, 12.50%, 18.62%, and 43.07%.<sup>2</sup>

## Management

In addition to Lifestyle modifications, medical therapy is comprised of antacids, antisecretory agents like histamine (H<sub>2</sub>) receptor antagonists (H<sub>2</sub>RAs) or PPI therapy and prokinetic agents.<sup>2</sup> Antacids remain the mainstay treatment for gastroesophageal reflux-related symptoms based on their efficacy, safety, and over-the-counter availability.<sup>1</sup>

## The role of alginates combined with PPIs in patients with severe or PPI-unresponsive gastroesophageal reflux disease

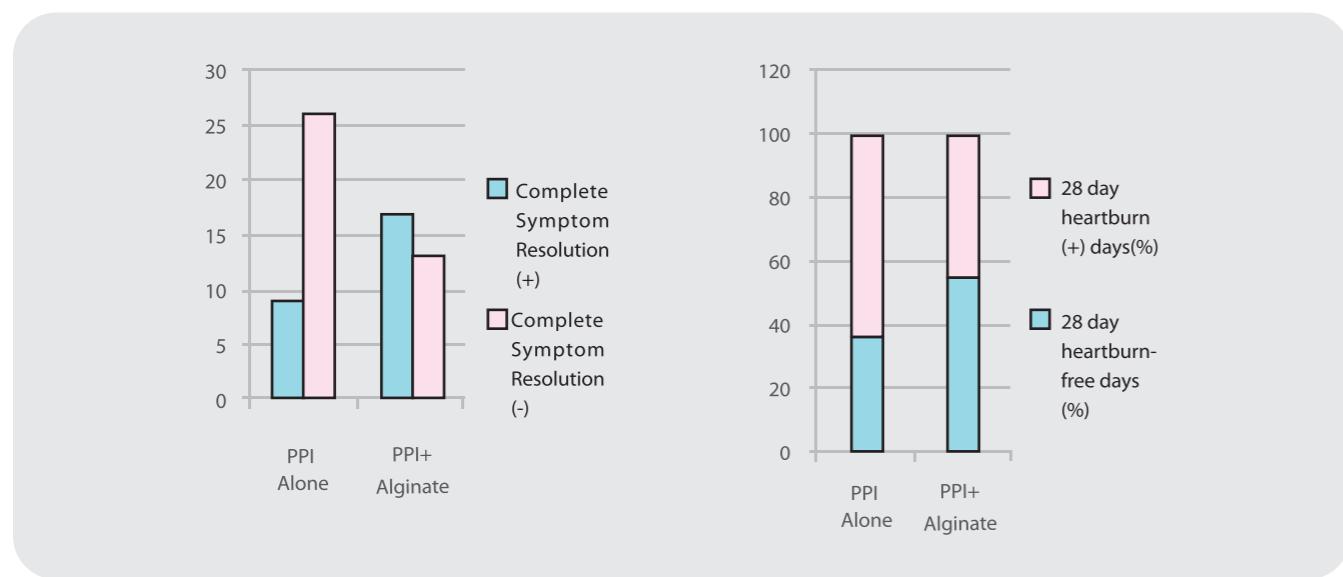


Figure 1. The rate of complete resolution of heartburn for 7 consecutive days and heartburn-free days(%) during the 28-day observation period was significantly higher in the PPI+alginates combination group than in the PPI alone group.<sup>5,6</sup>

## BURNISCON®

is indicated to relieve heartburn, acid indigestion, sour stomach, or upset stomach associated with these symptoms

Burniscon® contains 250mg sodium alginate, 133.5mg sodium bicarbonate and 80mg calcium carbonate per 5ml.

### • Sodium Alginate

A natural polysaccharide providing a long-lasting nonsystemic barrier in the treatment of GERD. Gastric acid causes sodium alginate to precipitate, forming a foaming, viscous gel that floats on the surface of the gastric contents. This provides a relatively pH-neutral barrier during episodes of acid reflux.<sup>2</sup>

### • Calcium Carbonate

The potent antacid components which provide significant acid neutralization capacity.<sup>1</sup>

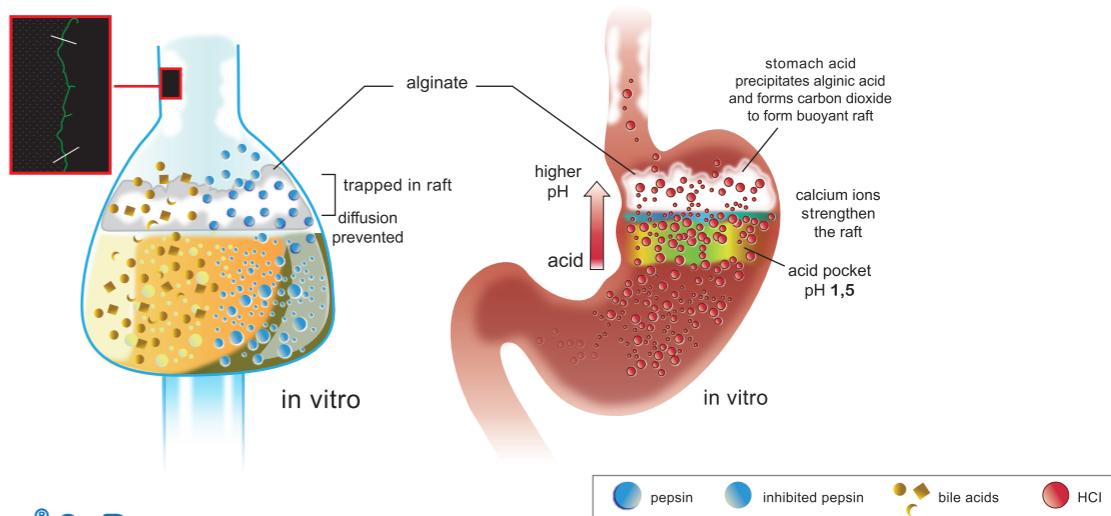
### • Sodium Bicarbonate

Sodium bicarbonate is a rapidly acting antacid, rapidly neutralizes gastric acid and provide symptomatic relief.

## How Burniscon® works?

Burniscon® created strong alginate-based rafts which entraps antacid components (carbon dioxide generated and calcium carbonate) contained in formulations, thus providing a relatively pH-neutral barrier. This raft can act as a physical barrier to reduce reflux episodes.

Burniscon® Raft formation occurs rapidly and can be retained in the stomach for several hours so it provides faster onset of action and longer-lasting relief than that of traditional antacids.<sup>1,6</sup>



## Burniscon® & Pregnancy

Approximately two-thirds of pregnant women experience heartburn, which can begin in any trimester.<sup>7</sup> Alginates/antacid combinations may be also considered for its capacity to develop a non-systemic mechanical barrier above the postprandial acid pocket in the stomach.<sup>10</sup> According to the NHS, alginates can be used in pregnancy. Burniscon® as an alginate based antacid has a non-systemic mode of action so will not pose any safety concerns to the mother or child. Burniscon® is licensed for use in pregnancy to treat heartburn and reflux symptoms and when lifestyle improvements do not help, alginates may be the first treatment choice.<sup>7,8</sup>

Maternal alginate absorption is limited and alginates are not significantly metabolized. Thus, alginates are considered acceptable for use during lactation. Its mode of action and long-term experience with its use indicate that they are safe to use in high-risk pregnancies and breastfeeding populations.<sup>10</sup>

### References:

- 1.Mandel, et al. Review article: alginate-raft formulations in the treatment of heartburn and acid reflux. *Aliment Pharmacol Ther* 2000; 14: 669-690.
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- 4.Dent J, et all. Epidemiology Of Gastroesophageal Reflux Disease: A Systematic Review. *Gut* 2005;54:710-717.
- 5.Kim D et al. The safety, pharmacodynamics, and pharmacokinetics of immediate-release formulation containing esomeprazole 20 mg/sodium bicarbonate 800 mg in healthy adult male. *Drug Design, Development and Therapy* 2019;13 3151-3159
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- 7.Katz et al. ACG Clinical Guideline: Guidelines for the Diagnosis and Management of Gastroesophageal Reflux Disease. *Am J Gastroenterol*. 2022 January 01; 117(1): 27-56.
- 8.NHS-Heartburn and acid reflux
- 9.Zhang et al. Global, regional and national burden of gastroesophageal reflux disease, 1990–2019: update from the GBD 2019 study. *Annals of medicine*: 2022, VOL. 54, NO. 1, 1372-1384
- 10.Raja Ali, et al. Review of recent evidence on the management of heartburn in pregnant and breastfeeding women. *BMC Gastroenterology*: (2022) 22:219