Drug Facts

Active ingredients** (in each tablet) Purpose*
Arsenicum album 9C HPUS (0.8 mg) Relieves diarrhea with vomiting (contains less than 10⁻¹⁸ mg arsenic) and weakness
Cinchona officinalis 5C HPUS (0.8 mg) Relieves diarrhea with gas (contains less than 10⁻¹¹ mg alkaloids) and bloating
Podophyllum peltatum 9C HPUS (0.8 mg) Relieves diarrhea with intestinal growling and pain (contains less than 10⁻¹⁹ mg podophyllotoxin)

The letters “HPUS” indicate that the components in this product are officially monographed in the Homeopathic Pharmacopoeia of the United States.

Uses*
- Relieves diarrhea with vomiting
- Relieves diarrhea with gas
- Relieves diarrhea with intestinal growling and pain

Warnings
- Ask a doctor before use if you have fever, bloody or black stool, mucus in your stool.
- Stop use and ask a doctor if symptoms persist for more than 2 days or worsen.
- If pregnant or breastfeeding, ask a health professional before use.
- Keep out of reach of children.
- In case of accidental overdose, get medical help or contact a Poison Control Center right away.

Directions
- Drink plenty of clear fluids to help prevent dehydration caused by diarrhea.
- Adults and children 6 years of age and older: At the onset of symptoms, allow 2 tablets to dissolve under the tongue every 4 to 6 hours, up to 2 days maximum. Discontinue use as soon as symptoms disappear.
- Children under 6 years of age: Ask a doctor.

Other information
- Do not use if glued carton end flaps are open or if the blister seal is broken.
- Store below 86°F (30°C)

Inactive ingredients
- croscarmellose sodium, lactose, magnesium stearate

Questions or Comments?
BoironUSA.com
info@boiron.com
1-800-BOIRON-1 (1-800-264-7661)

Each year, an estimated 48 million Americans suffer with acute diarrhea linked to foodborne illnesses. Most cases are caused by infections from viruses or bacteria often associated with travel, food contamination, or comorbidities.1 Anxiety and stress can also trigger diarrhea, especially in people between the ages of 18 and 34. And it is a common consequence of a high-fat ketogenic diet.

Additionally, 25 percent of women experience diarrhea before or during periods, and it is the second most frequent GI symptom after cramps in premenstrual syndrome.2

Boiron offers Diaralia™ as a convenient and reliable medicine to relieve diarrhea and related gastrointestinal discomfort. It targets different symptoms often associated with diarrhea: nausea, vomiting, abdominal pain, cramps, weakness, and bloating from gas.

These quick-dissolving tablets do not require water or swallowing. Because the medicine is absorbed sublingually, its action is not affected by rehydration.

Diaralia doesn’t interfere with other medications, especially if a change of treatment is needed. It will not discolor stools or mask symptoms of a more serious condition. Unlike conventional antidiarrheal medications, Diaralia will not stop peristalsis or induce drowsiness. Additionally, there is no risk of constipation when taking this medicine.
## Medicines

**Diaralia™ Tablets**
- Provides homeopathic symptom-specific action on symptoms associated with acute diarrhea such as intestinal pain, bloating, and gas.
- Relieves vomiting associated with traveler’s diarrhea; no known drug interactions, doesn’t mask symptoms of more serious conditions.
- Very low risk of side effects based on pharmacovigilance.

**Loperamide**
- Opiate agonist for the µ receptors in the myenteric plexus of the intestinal wall, resulting in decreased peristaltic activity and secretion.
- Efficient at reducing frequency of bowel movements when used appropriately and for short periods of time.
- Risks of constipation, dizziness, and nausea. Rare but grave side effects (angioedema, etc.). Contraindicated for bloody stools, in children under 2, and for nursing women. Not recommended during pregnancy.

**Bismuth subsalicylate**
- Antacid, bactericidal, and anti-inflammatory actions.
- Also used as antacid to relieve nausea. Efficient when used appropriately and for short periods of time.
- Contraindicated during nursing and in children with influenza or chickenpox (risk of Reye’s syndrome); incidence of black tongue or black stools; risk of absorption of bismuth and salicylism in long-term uses.

## Supplements

**Probiotics** ([Lactobacillus spp., Bifidobacterium spp., Streptococcus sp., Saccharomyces boulardii, etc.])
- Recolonization of intestinal microbiome prevents colonization by pathogenic bacteria, decreases intestinal permeability.
- Likely safe when used orally and appropriately.
- Very rare and transient side effect; risks are increased in immunocompromised patients or patients with impaired gut integrity.

**Guar gum** ([Cyamopsis tetragonoloba])
- Water soluble fibers normalize bowel movements during diarrhea and/or constipation episodes.
- Likely safe, especially in children.
- Mild digestive effects (bloating, cramps); may reduce the absorption of certain medications.

## Herbs

**German chamomile** ([Matricaria recutita])
- Decreases peristalsis; spasmylic effect by inhibition of CAMP and cGMP diestersases.
- Generally recognized as safe.
- Mild sedative effect; risk of allergic reaction; interacts with some medications.

**Sangre de Grado** ([Croton lechleri])
- Crofelemer inhibits two chloride channels in the intestine and limits sodium and water loss during episodes of diarrhea.
- Likely safe when used orally and appropriately.
- Not recommended during pregnancy or breastfeeding.

## Advantages

As a convenient and reliable first choice for acute diarrhea, Diaralia offers many advantages:

- **Targeted relief of acute diarrhea symptoms like intestinal pain, bloating, and gas**
- **No known interaction with other drugs**
- **Won’t cause stool discoloration or mask symptoms of a more serious condition**
- **Convenient quick-dissolving tablets are absorbed sublingually; no need for water**
- **Efficacy is not affected by rehydration**
- **Non-drowsy and no risk of constipation**
- **Each box contains three on-the-go sleeves of 20 unflavored tablets**

### Disadvantages

- **States. Boiron uses the highest standards of production and quality control.**
- **Indications for homeopathic medicines have been verified by years of empirical use by thousands of physicians. Insight into these traditional indications is gained throughout the years as advances are made in the fields of biochemistry and pharmacology.**

This table shows the relationships between the toxico-pharmacological properties of the strain (in blue) and the general indications of its homeopathic dilution (in green).

<table>
<thead>
<tr>
<th>Medicine</th>
<th>Homeopathic Indication</th>
<th>Advantages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arsenic trioxide</td>
<td>Red cinchona (Rubiacae)</td>
<td><strong>Acute intoxication symptoms include nausea, vomiting, marked weakening, acute gastroenteritis.</strong></td>
</tr>
<tr>
<td>Cinchona officinalis</td>
<td>Mayapple (Berberidaceae)</td>
<td><strong>Podophyllum: watery, painful and exhausting diarrhea, abdominal cramps, abdominal rumbling.</strong></td>
</tr>
<tr>
<td>Arsenicum albumum 9C</td>
<td>Cinchona officinalis 5C</td>
<td><strong>Podophyllum peltatum 9C</strong></td>
</tr>
<tr>
<td>Diaralia™ Tablets</td>
<td><strong>Relieves diarrhea with vomiting and weakness.</strong></td>
<td></td>
</tr>
<tr>
<td>Loperamide</td>
<td><strong>Relieves diarrhea with gas and bloating.</strong></td>
<td></td>
</tr>
<tr>
<td>Bismuth subsalicylate</td>
<td><strong>Relieves diarrhea with intestinal growling and pain.</strong></td>
<td></td>
</tr>
</tbody>
</table>

### References

### MEDICINES

<table>
<thead>
<tr>
<th>Medicine</th>
<th>Description</th>
<th>Advantages</th>
<th>Side Effects/Disadvantages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diaralia™ Tablets</td>
<td>Provides homeopathic symptom-specific action on symptoms associated with acute diarrhea such as intestinal pain, bloating, and gas.</td>
<td>Relieves vomiting associated with traveler’s diarrhea; no known drug interactions, doesn’t mask symptoms of more serious conditions.</td>
<td>Very low risk of side effects based on pharmacovigilance.</td>
</tr>
<tr>
<td>Loperamide</td>
<td>Opiate agonist for the μ receptors in the myenteric plexus of the intestinal wall, resulting in decreased peristaltic activity and secretion.</td>
<td>Efficient at reducing frequency of bowel movements when used appropriately and for short periods of time.</td>
<td>Risks of constipation, diziness, and nausea. Rare but grave side effects (angioedema, etc.). Contraindicated for bloody stools, in children under 2, and for nursing women. Not recommended during pregnancy.</td>
</tr>
<tr>
<td>Bismuth subsalicylate</td>
<td>Antacid, bactericidal, and anti-inflammatory actions. Also used as antacid to relieve nausea. Efficient when used appropriately and for short periods of time.</td>
<td>Contraindicated during nursing and in children with influenza or chickenpox (risk of Reye’s syndrome); incidence of black tongue or black stools; risk of absorption of bismuth and salicylic acid in long-term uses.</td>
<td>Anti-inflammatory actions. Decreases peristalsis; inhibition of cAMP and cGMP diestrases.</td>
</tr>
</tbody>
</table>

### SUPPLEMENTS

<table>
<thead>
<tr>
<th>Supplement</th>
<th>Description</th>
<th>Advantages</th>
<th>Side Effects/Disadvantages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Probiotics [Lactobacillus spp., Bifidobacterium spp., Streptococcus sp., Saccharomyces boulardii, etc.]</td>
<td>Recolonization of intestinal microbiome prevents colonization by pathogenic bacteria; decreases intestinal permeability.</td>
<td>Likely safe when used orally and appropriately. Very rare and transient side effect; risks are increased in immunocompromised patients or patients with impaired gut integrity.</td>
<td>Jeanerette effect; decreased absorption of other medications.</td>
</tr>
<tr>
<td>Guar gum (Cyamopsis tetragonoloba)</td>
<td>Water soluble fibers normalize bowel movements during diarrhea and constipation episodes.</td>
<td>Likely safe, especially in children. Mild digestive effects (bloating, cramps); may reduce the absorption of certain medications.</td>
<td>Std. and commonly used in homeopathic medicine.</td>
</tr>
</tbody>
</table>

### HERBS

<table>
<thead>
<tr>
<th>Herb</th>
<th>Description</th>
<th>Advantages</th>
<th>Side Effects/Disadvantages</th>
</tr>
</thead>
<tbody>
<tr>
<td>German chamomile [Matricaria recutita]</td>
<td>Decreases peristalsis; spasmolytic effect by inhibition of CAMP and cGMP diestrases.</td>
<td>Generally recognized as safe. Mild sedative effect; risk of allergic reaction; interacts with some medications.</td>
<td>Not recommended during pregnancy or breastfeeding.</td>
</tr>
<tr>
<td>Sangre de Grado [Croton lechleri]</td>
<td>Crofelemer inhibits two chloride channels in the intestine and limits sodium and water loss during episodes of diarrhea.</td>
<td>Likely safe when used orally and appropriately. Not recommended during pregnancy or breastfeeding.</td>
<td>Clinical trial in healthy volunteers not available.</td>
</tr>
</tbody>
</table>

### RELIEF OF DIARRHEA SYMPTOMS

- **HOW IT WORKS**
  - **Advantages**
    - **Medicines**
      - Diaralia™ Tablets
        - Provides homeopathic symptom-specific action on symptoms associated with acute diarrhea such as intestinal pain, bloating, and gas.
        - Relieves vomiting associated with traveler’s diarrhea; no known drug interactions, doesn’t mask symptoms of more serious conditions.
        - Very low risk of side effects based on pharmacovigilance.
      - Loperamide
        - Opiate agonist for the μ receptors in the myenteric plexus of the intestinal wall, resulting in decreased peristaltic activity and secretion.
        - Efficient at reducing frequency of bowel movements when used appropriately and for short periods of time.
        - Risks of constipation, diziness, and nausea. Rare but grave side effects (angioedema, etc.).
        - Contraindicated for bloody stools, in children under 2, and for nursing women. Not recommended during pregnancy.
      - Bismuth subsalicylate
        - Antacid, bactericidal, and anti-inflammatory actions.
        - Also used as antacid to relieve nausea. Efficient when used appropriately and for short periods of time.
        - Contraindicated during nursing and in children with influenza or chickenpox (risk of Reye’s syndrome); incidence of black tongue or black stools; risk of absorption of bismuth and salicylic acid in long-term uses.
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    - Probiotics [Lactobacillus spp., Bifidobacterium spp., Streptococcus sp., Saccharomyces boulardii, etc.]
      - Recolonization of intestinal microbiome prevents colonization by pathogenic bacteria; decreases intestinal permeability.
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      - Very rare and transient side effect; risks are increased in immunocompromised patients or patients with impaired gut integrity.
    - Guar gum (Cyamopsis tetragonoloba)
      - Water soluble fibers normalize bowel movements during diarrhea and constipation episodes.
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      - Jeanerette effect; decreased absorption of other medications.
    - Guar gum
      - Likely safe, especially in children.
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    - Sangre de Grado
      - Likely safe when used orally and appropriately.
      - Not recommended during pregnancy or breastfeeding.

### PHARMACOLOGY

Diaralia™ combines three homeopathic medicines manufactured according to the Homeopathic Pharmacopoeia of the United States. Boiron uses the highest standards of production and quality control. Indications for homeopathic medicines have been verified by years of empirical use by thousands of physicians. Insight into these traditional indications is gained throughout the years as advances are made in the fields of biochemistry and pharmacology.

This table shows the relationships between the toxico-pharmacological properties of the strain (in blue) and the general indications of its homeopathic dilution (in green). Diaralia should be used only for its labeled indications.

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<th>Side Effects/Disadvantages</th>
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<tbody>
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<td>Arsenicum albumum 9C</td>
<td>Replaces diarrhea with vomiting and weakness.</td>
<td>Relieves diarrhea with vomiting and weakness.</td>
<td></td>
</tr>
<tr>
<td>Cinchona officinalis 5C</td>
<td>Relieves diarrhea with gas and bloating.</td>
<td>Relieves diarrhea with gas and bloating.</td>
<td></td>
</tr>
<tr>
<td>Podophyllum peltatum 9C</td>
<td>Relieves diarrhea with intestinal growing and pain.</td>
<td>Relieves diarrhea with intestinal growing and pain.</td>
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### ADVANTAGES

As a convenient and reliable first choice for acute diarrhea, Diaralia offers many advantages:

- **Targeted relief of acute diarrhea symptoms like intestinal pain, bloating, and gas**
- **No known interaction with other drugs**
- **Won’t cause stool discoloration or mask symptoms of a more serious condition**
- **Convenient quick-dissolving tablets are absorbed sublingually; no need for water**
- **Efficacy is not affected by rehydration**
- **Non-drowsy and no risk of constipation**
- **Each box contains three on-the-go sleeves of 20 unflavored tablets**

### References

Drug Facts

Active ingredients** (in each tablet) Purpose*
Arsenicum album 9C HPUS (0.8 mg) Relieves diarrhea with vomiting (contains less than 10⁻¹⁸ mg arsenic) and weakness
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Podophyllum peltatum 9C HPUS (0.8 mg) Relieves diarrhea with intestinal growling and pain (contains less than 10⁻¹⁹ mg podophyllotoxin)

The letters “HPUS” indicate that the components in this product are officially monographed in the Homeopathic Pharmacopoeia of the United States.

Uses*
- Temporarily relieves symptoms of diarrhea, including:
  - traveler’s diarrhea
  - intestinal pain
  - bloating
  - gas

Warnings
- Ask a doctor before use if you have fever, bloody or black stool, mucus in your stool.
- Stop use and ask a doctor if symptoms persist for more than 2 days or worsen.
- If pregnant or breastfeeding, ask a health professional before use.
- Keep out of reach of children.
- In case of accidental overdose, get medical help or contact a Poison Control Center right away.

Directions
- Drink plenty of clear fluids to help prevent dehydration caused by diarrhea.
- Adults and children 6 years of age and older: At the onset of symptoms, allow 2 tablets to dissolve under the tongue every 4 to 6 hours, up to 2 days maximum. Discontinue use as soon as symptoms disappear.
- Children under 6 years of age: Ask a doctor.

Other Information
- Do not use if sealed carton end flaps are open or if the blister seal is broken.
- Store below 86° F (30° C).

Inactive ingredients
- croscarmellose sodium, lactose, magnesium stearate

Questions or Comments?
- BoironUSA.com
- Info@Boiron.com
- 1-800-BOIRON-1
- (1-800-264-7661)

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Diaralia doesn’t interfere with other medications, especially if a change of treatment is needed. It will not discolored stools or mask symptoms of a more serious condition. Unlike conventional antidiarrheal medications, Diaralia will not stop peristalsis or induce drowsiness. Additionally, there is no risk of constipation when taking this medicine.