

Article of Over the Counter (OTC) Products for Relief of Gastrointestinal Problems

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Abstract: *Gastrointestinal problems affect millions worldwide, ranging from mild discomfort to debilitating conditions. Over-the-counter (OTC) products provide convenient relief from symptoms such as indigestion, heartburn, diarrhea, and constipation. This project aims to analyze OTC products for gastrointestinal relief by examining their active ingredients, effectiveness, side effects, consumer satisfaction, and common usage patterns. The classification of OTC products based on intended use and mechanism of action is outlined, including antacids, proton pump inhibitors (PPIs), H2 blockers, anti-diarrheals, laxatives, and gas relief medications. Causes of gastrointestinal problems and the advantages and disadvantages of OTC products are discussed. The importance of responsible use and the potential for abuse or misuse of OTC gastrointestinal products are highlighted. Overall, this project underscores the significance of OTC products in managing gastrointestinal symptoms, while emphasizing the importance of informed decision-making and responsible usage.*

Keywords: Gastrointestinal problems, Over-the-counter (OTC) products, Indigestion, Heartburn, Diarrhea, Constipation, Antacids

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