

NEW FORMULATION INCLUDING SODIUM ALGINATE, CHAMOMILE, AND MELATONIN (ALIGASTRIL GEL®) RESULTS EFFECTIVE IN CONTROLLING GERD SYMPTOMS IN ADD-ON THERAPY

Giulia Scaramuzza

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Poster

Oesophagus

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A single-center randomized trial found that adding an alginate-based formulation (sodium alginate, chamomile, melatonin) to ongoing PPI therapy produced greater symptom improvement in patients with persistent heartburn than switching to a different PPI.

KEY POINTS

- 90 patients with incomplete heartburn relief on once-daily PPI were randomized 1:1 to receive either add-on Aligastiril gel (12ml three times daily after meals) or a switch to a different PPI.
- At 8 weeks, the change in GerdQ score was significantly greater in the add-on group (mean -5.0 ± 1.4) than in the PPI-switch group (mean -2.6 ± 1.4), $p < 0.001$.
- Patients receiving add-on therapy reported a mean of 6.8 ± 1.7 consecutive heartburn-free days compared to 2.4 ± 2.0 days in the PPI-switch group, $p < 0.0001$.
- The authors interpret these results as supporting the role of alginate in add-on therapy for patients with poor heartburn control on PPI; disclosures include multiple industry relationships.

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