

# RELIEF OF HEMORRHOID SYMPTOMS

Information for Health Care Professionals



## BURNING • ITCHING • PAIN • DISCOMFORT

Nearly half of all adults over the age of 50 have hemorrhoids; however, obesity and pregnancy are also associated with a higher risk for developing hemorrhoids in younger populations.<sup>1-2</sup> **HemCalm™** offers patients three choices of treatment based on their personal condition, preference of form, and convenience of application.

- **HemCalm Ointment** provides soothing relief for external hemorrhoids. Its active ingredients have an immediate local astringent effect that improves discomfort with a vascular tightening effect that contributes to the resorption of hemorrhoids.
- **HemCalm Suppositories** offer a practical option for internal hemorrhoids. This twice-daily application maintains contact between the affected area and healing agent for continued improvement through the day and night.
- **HemCalm Tablets** are taken orally and act systemically on both kinds of hemorrhoids. They have active ingredients that target some of the factors triggering the occurrence of hemorrhoids.

Products in the HemCalm line are very well tolerated and can be used at the onset of symptoms. They are safe to use together for complete symptom management.

  
**BOIRON®**  
World Leader in  
Homeopathic Medicines  
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## MEDICINES

<b>HemCalm™ Tablets, Ointment, and Suppositories</b>	Provides homeopathic symptom-specific topical or systemic (tablets) action on symptoms associated with hemorrhoids, such as itching, burning, pain, and discomfort.	Combines the protective and lubricating action of petrolatum or hard fat with anti-edematous and astringent action of witch hazel, stone root, and horse chestnut mother tinctures. Tablets have a systemic action.	Very low risk of side effects based on pharmacovigilance; local application may cause slight itching.
<b>Local anesthetics</b> (benzocaine, lidocaine, pramoxine, etc.)	Provides local anesthetic action.	Works quickly on itching or burning.	May mask signs of a more serious condition; possibility of allergic reactions.
<b>Vasoconstrictors</b> (ephedrine, phenylephrine)	Provides slight anesthetic action; decreases swelling.	Works quickly on resorption of hemorrhoids.	Possibility of rebound vasodilation if used for long periods.
<b>Protectants</b> (petrolatum, cocoa butter, aluminum hydroxide gel, kaolin, etc.)	Isolates skin and mucous membranes from irritants, prevent excessive dryness.	Usually very safe.	Petrolatum and other greasy topicals are incompatible with topical preparations of kaolin and aluminum hydroxide gel.
<b>Hydrocortisone</b>	Provides vasoconstrictor and antipruritic effects.	Long-lasting effect, but onset of action takes up to 12 hours.	May mask symptoms of bacterial or fungal infection.
<b>Astringents</b> (calamine, zinc oxide, etc.)	Provokes coagulation of skin cells, forming a protective layer and decreasing itching and irritation.	Usually well tolerated.	Excessive use may cause local dryness and irritation.

## SUPPLEMENTS

<b>Methylsulfonylmethane</b> (MSM)	Decreases itching, bleeding, and irritation when used with hyaluronic acid and tea tree oil.	Safe when used short term (20 days).	Data related to long-term use are lacking.
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## + ADVANTAGES

As a convenient and reliable first choice for hemorrhoids, HemCalm has many advantages:

- Offers a choice of treatment based on preference of form and convenience of application
- May be used together or separately
- Formulated with plant-based active ingredients
- Suitable for use for hemorrhoid symptoms following childbirth
- Provides a protective, lubricating effect associated with astringent and anti-edematous action (ointment and suppositories)
- Provides systemic action on both types of hemorrhoids (tablets)
- Free of benzocaine, lidocaine, and phenylephrine (ointment and suppositories)
- Won't mask symptoms of infection or other conditions
- No rebound effect
- Available over the counter in a 1 oz tube of ointment, box of 10 suppositories, and box of 60 tablets



The HemCalm™ line is produced by Boiron using the highest standards and quality control processes. The product's active ingredients are manufactured according to the *Homeopathic Pharmacopoeia of the United States*.<sup>7</sup>

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 dilutions (in red).<sup>7-8</sup>

**HemCalm should be used only for its labeled indications.**

HemCalm Tablets		
<b>Horse chestnut</b> ( <i>Hippocastanaceae</i> ) <i>Aesculus hippocastanum</i>	<b>Witch hazel</b> ( <i>Hamamelidaceae</i> ) <i>Hamamelis virginiana</i>	<b>Poison nut</b> ( <i>Loganiaceae</i> ) <i>Strychnos nux vomica</i>
<b>Aescin:</b> Anti-exudative and vascular tightening effect; Reduction of vascular permeability and anti-edematous action.	<b>Tannins:</b> Astringent, anti-inflammatory, and local hemostatic effect.	<b>Strychnine:</b> Digestive spasms, increased sensory perceptions, and rectal tenesmus.
<b>Aesculus hippocastanum 6X</b>	<b>Hamamelis virginiana 6X</b>	<b>Nux vomica 12X</b>
Reduces swelling and relieves stinging pain associated with external hemorrhoids.	Relieves burning, itching, and discomfort associated with hemorrhoids.	Relieves painful hemorrhoids associated with overeating or sedentary lifestyles.

HemCalm Ointment		
<b>Horse chestnut</b> ( <i>Hippocastanaceae</i> ) <i>Aesculus hippocastanum</i>	<b>Stone root</b> ( <i>Lamiaceae</i> ) <i>Collinsonia canadensis</i>	<b>Witch hazel</b> ( <i>Hamamelidaceae</i> ) <i>Hamamelis virginiana</i>
<b>Aescin:</b> Anti-exudative and vascular tightening effect; Reduction of vascular permeability and anti-edematous action.	Homeopathic experimentation on <i>Collinsonia</i> has shown an action on pelvic and portal congestion with constipation and hemorrhoids.	<b>Tannins:</b> Astringent, anti-inflammatory, and local hemostatic effect.
<b>Aesculus hippocastanum 1X</b>	<b>Collinsonia canadensis 1X</b>	<b>Hamamelis virginiana 1X</b>
Reduces swelling and relieves stinging pain associated with external hemorrhoids.	Relieves hemorrhoids associated with constipation.	Relieves burning, itching, and discomfort associated with hemorrhoids.

HemCalm Suppositories			
<b>Horse chestnut</b> ( <i>Hippocastanaceae</i> ) <i>Aesculus hippocastanum</i>	<b>Witch hazel</b> ( <i>Hamamelidaceae</i> ) <i>Hamamelis virginiana</i>	<b>Common peony</b> ( <i>Paeoniaceae</i> ) <i>Paeonia officinalis</i>	<b>Rhatany</b> ( <i>Krameriaceae</i> ) <i>Krameria triandra</i>
<b>Aescin:</b> Anti-exudative and vascular tightening effect; Reduction of vascular permeability and anti-edematous action.	<b>Tannins:</b> Astringent, anti-inflammatory, and local hemostatic effect.	<b>Tannins and Paenol:</b> Antispasmodic, anti-inflammatory, and analgesic.	<b>Tannins:</b> Astringent, anti-inflammatory, and local hemostatic effect.
<b>Aesculus hippocastanum 7X</b>	<b>Hamamelis virginiana 2X</b>	<b>Paeonia officinalis 2X</b>	<b>Ratanhia 7X</b>
Reduces swelling and relieves stinging pain associated with external hemorrhoids.	Relieves burning, itching, and discomfort associated with hemorrhoids.	Relieves burning pain and oozing associated with external hemorrhoids.	Relieves itching and discomfort from external hemorrhoids, especially during and after bowel movements.

#### References

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# HemCalm™

## 60 QUICK-DISSOLVING TABLETS

### Drug Facts

Active ingredients** (in each tablet)	Purpose*
Aesculus hippocastanum..... 6X HPUS (0.83 mg)	Reduces swelling and relieves stinging pain associated with external hemorrhoids
Hamamelis virginiana..... 6X HPUS (0.83 mg)	Relieves burning, itching, and discomfort associated with hemorrhoids
Nux vomica 12X HPUS (0.83 mg)..... (contains less than 10 <sup>-15</sup> mg alkaloids)	Relieves painful hemorrhoids associated with overeating or sedentary lifestyles

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 hemorrhoids such as:
  - burning
  - itching
  - swelling
  - pain
  - discomfort
- helps shrink swollen hemorrhoids
- relieves hemorrhoid symptoms following childbirth

### Warnings

**Stop use and ask a doctor if** symptoms persist for more than 7 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

- Adults and children 12 years of age and older: At the onset of symptoms, allow 2 tablets to dissolve under the tongue every 2 hours, up to 6 times a day.
- Children under 12 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)

## 10 SUPPOSITORIES

### Drug Facts

Active ingredients** (in each suppository)	Purpose*
Aesculus hippocastanum..... 7X HPUS (0.01 g)	Reduces swelling and relieves stinging pain associated with external hemorrhoids
Hamamelis virginiana..... 2X HPUS (0.01 g)	Relieves burning, itching, and discomfort associated with hemorrhoids
Paeonia officinalis..... 2X HPUS (0.01 g)	Relieves burning pain and oozing associated with external hemorrhoids
Ratanhia..... 7X HPUS (0.01 g)	Relieves itching and discomfort from external hemorrhoids, especially during and after bowel movements

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 hemorrhoids such as:
  - burning
  - itching
  - swelling
  - pain
  - discomfort
- helps shrink swollen hemorrhoids
- relieves hemorrhoid symptoms following childbirth

### Warnings

**For rectal use only.**

**Ask a doctor before use** in case of bleeding.

**When using this product,** do not exceed the recommended daily dosage unless directed by a doctor.

**Stop use and ask a doctor if** symptoms persist for more than 7 days or worsen.

**If pregnant or breastfeeding,** ask a health professional before use.

**Keep out of reach of children.** If swallowed, get medical help or contact a Poison Control Center right away.

### Directions

- Adults and children 12 years of age and older: When practical, cleanse the affected area with mild soap and warm water and rinse thoroughly. Gently dry by patting or blotting with toilet tissue or a soft cloth before application of this product. Insert 1 HemCalm suppository rectally morning and night.
- Children under 12 years of age: Ask a doctor.

### Other information

- do not use if the suppository seal is broken
- suppository shape and appearance will change when exposed to heat
- do not store above 86°F (30°C)

**Inactive ingredients** hard fat

### Questions or comments?

BoironUSA.com | Info@Boiron.com  
1-800-BOIRON-1 (1-800-264-7661)

## 1 OZ OINTMENT

### Drug Facts

Active ingredients**	Purpose*
Aesculus hippocastanum..... 1X HPUS 1.3%	Reduces swelling and relieves stinging pain associated with external hemorrhoids
Collinsonia canadensis..... 1X HPUS 1.3%	Relieves hemorrhoids associated with constipation
Hamamelis virginiana..... 1X HPUS 1.3%	Relieves burning, itching, and discomfort associated with hemorrhoids

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 hemorrhoids such as:
  - burning
  - itching
  - swelling
  - pain
  - discomfort
- helps shrink swollen hemorrhoids
- relieves hemorrhoid symptoms following childbirth

### Warnings

**For external use only.**

**Do not** put this product into the rectum by using fingers or any mechanical device or applicator.

**Ask a doctor before use** in case of bleeding.

**When using this product,** do not exceed the recommended daily dosage unless directed by a doctor.

**Stop use and ask a doctor if** symptoms persist for more than 7 days or worsen.

**If pregnant or breastfeeding,** ask a health professional before use.

**Keep out of reach of children.** If swallowed, get medical help or contact a Poison Control Center right away.

### Directions

- Adults and children 12 years of age and older: When practical, gently cleanse the affected area with mild soap and warm water and rinse thoroughly. Gently dry by patting or blotting with toilet tissue or a soft cloth before application of this product. Apply HemCalm Ointment externally to the affected area up to 4 times a day.
- Children under 12 years of age: Ask a doctor.

### Other information

- do not use if glued carton end flaps are open or if the tube seal is broken
- store at 68-77°F (20-25°C)

**Inactive ingredients** alcohol, white petrolatum USP

### Questions or comments?

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