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## FUN FACTS About Flatus

*"The world's largest producer of gas is also one of the physically smallest – termites."*



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### A better you from the inside out.

Digestive health is a crucial part of overall good health. Learn some simple things you can do to improve it on the [Easier To Digest website](#). And visit our sister brands for more ways to support your digestive health.



All-day, all-night heartburn relief with one pill, plus great rewards with [Perks](#)\*



The fiber supplement that's clear, taste-free and dissolves completely



Trusted treatment for constipation for 100 years



The natural, overnight laxative pill

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What Is Gas?  
What Causes Gas?  
Prevention Tips  
Synonyms for Flatulence  
The Truth About Antacids

Cushion Confessions

CUSHION CONFESIONS

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## The Ugly Truth from a Fitting Room Bench.

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# Gas-X®

## The Gas Xpert



Get relief from pressure, bloating and discomfort with Gas-X®, the #1 brand in gas relief.

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**The Truth About Antacids**

*They Don't Work On Gas!!!*

**A research lab stool breaks its silence.**

[See Gas-X® vs. Antacids Comparison Chart ▶](#)



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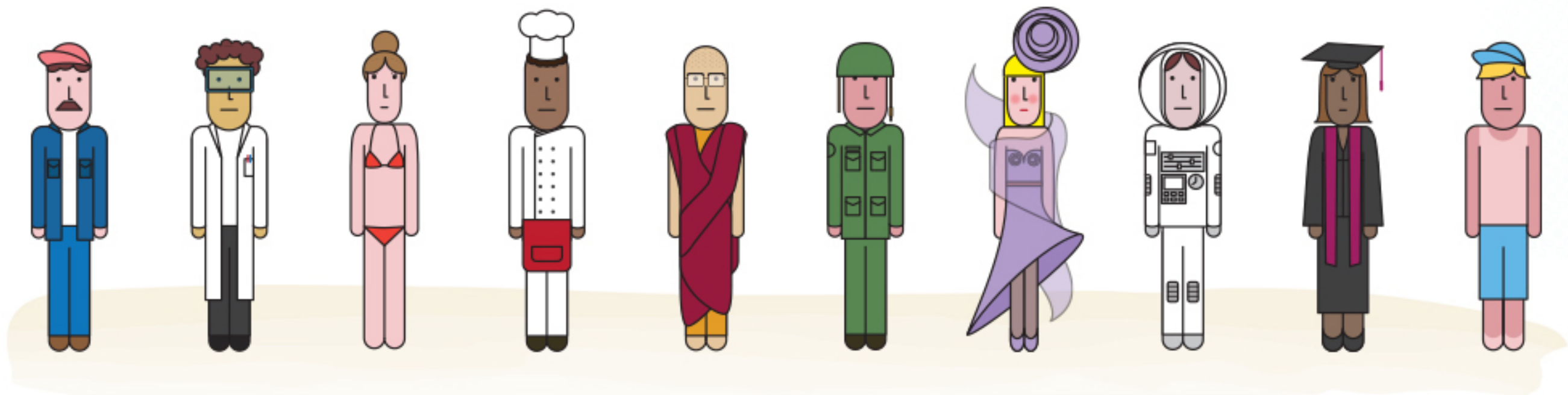
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# About Gas-X®

## Gas is a natural part of life.

Everyone passes gas every day – truck drivers, scientists, soccer moms, supermodels, politicians, monks, five-alarm chili fans... everyone!



But at times, some of us get gas more often or more uncomfortably than normal. And can even find it hard to pass. This can lead to discomfort and abdominal bloating, which can cause other less-than-flattering gas effects (like flatulence).

To make matters worse, these gas bouts always seem to occur at the least appropriate times – at work, on a date, while trapped in the center seat on a 9 hour flight – which adds a level of anxiety to an already uncomfortable situation.

Gas-X® rescues you from the discomfort of those situations quickly – thanks to a special gas relief formula.

Gas-X® contains simethicone – the #1 doctor recommended ingredient for the fast relief of gas and its symptoms, including pressure, abdominal bloating and discomfort. Which is why Gas-X® is recognized as the #1 gas relief brand.\*

Gas-X® products are available in your choice of three different forms: [Softgels](#), [Chewable Tablets](#), and fast-dissolving [Thin Strips®](#).

\*Rank Among OTC Brands

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## Gas-X® FAQs

### Frequently Asked Questions

#### WHAT SYMPTOMS IS GAS-X® INDICATED FOR?

Gas-X® relieves the pressure, abdominal bloating, and discomfort commonly referred to as gas.

#### HOW FAST WILL I FEEL BETTER?

Everyone's biochemistry is a little different, so speed of gas relief will vary by person. But in general, Gas-X® works in minutes. If you have prolonged discomfort though, it's best to consult with your doctor, just in case.

#### WHAT CAUSES GAS AND BLOATING?

We have a whole page dedicated to this interesting topic, including some fun facts. Learn more about what causes gas [here](#).

#### HOW DOES GAS-X® RELIEVE GAS?

Gas-X® works with your body to help relieve gas. Gas-X® uses simethicone — the #1 doctor recommended ingredient for fast gas relief — to break up gas bubbles in your stomach and intestines. Once this trapped gas is broken down, your body can then deal with the gas naturally.

#### WHAT ARE THE DIRECTIONS FOR USING GAS-X®?

That depends on which Gas-X® product you prefer to use. [Click on this link to choose the product you're interested in, then view that product's Drug Fact PDF for usage instructions.](#)

#### WHY DO I FEEL BLOATED WHEN I HAVE GAS?

Think of your stomach and intestines like a balloon. When they get filled up with more and more gas, they expand, which makes you feel bloated.

#### IS GAS-X® SAFE?

Yes. Simethicone, the active ingredient in Gas-X®, works fast, without being absorbed into the bloodstream. Still, please use [Gas-X® products](#) only as directed.

#### CAN GAS-X® BE USED IF PREGNANT OR NURSING?

When pregnant or nursing ask your physician before taking any medication.

#### CAN ANTACIDS HELP RELIEVE GAS?

No. While some symptoms of gas can mimic heartburn — like discomfort after eating — [antacids](#) don't relieve gas.

#### HOW CAN I LEARN MORE ABOUT DIGESTIVE HEALTH?

Visit our [Easier to Digest website](#) and learn why "gut health" is so important to your overall good health, and what you can do to improve it. Plus, get helpful hints from digestive expert, Dr. Stephen Lamm.

HAVE A QUESTION? [CONTACT US](#)



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## Gas-X® Products

Gas-X® gas relief comes in different strengths, forms and flavors. Which product is right for you? We've made it easy to choose.

Start by clicking on the amount of gas relief you want below.



**80 mg**  
**REGULAR STRENGTH**  
80 mg simethicone

Available in:



[Chewables](#)



**125 mg**  
**EXTRA STRENGTH**  
125 mg simethicone

Available in:



[Chewables](#) [Softgels](#) [Thin Strips](#)



**180 mg**  
**ULTRA STRENGTH**  
180 mg simethicone

Available in:



[Softgels](#)

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## Gas-X® Products

### Gas-X® Regular Strength



#### GAS-X® CHEWABLES REGULAR STRENGTH

Simethicone 80mg

These chewable tablets come in two great flavors, both of which make short work of gas. Your tongue won't realize you're taking the #1 doctor-recommended ingredient for fast gas relief. But the rest of your digestive tract sure will.

Available in:

Peppermint Creme: 36 ct

Cherry Creme: 36 ct

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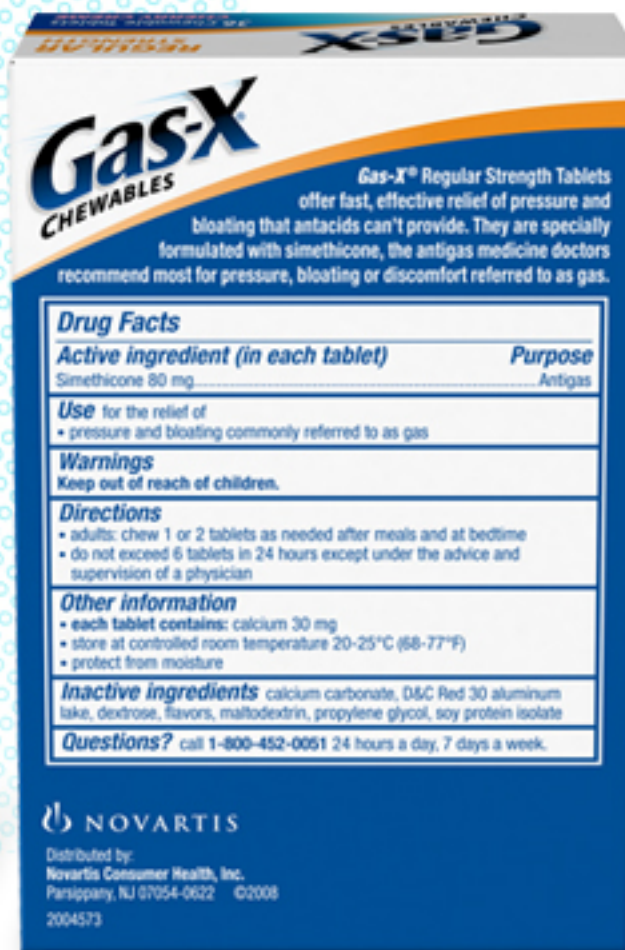
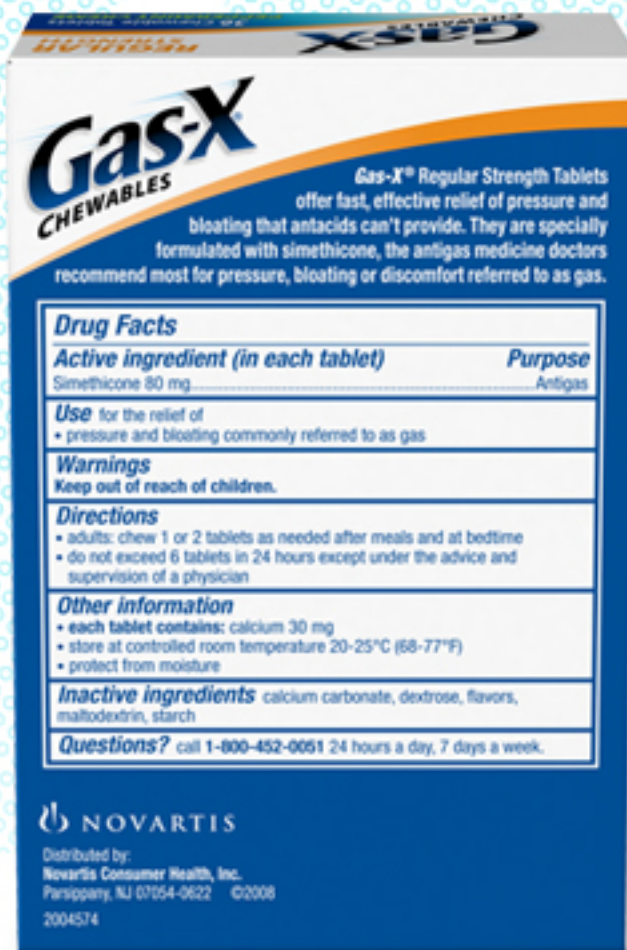
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## Gas-X® Products

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## Gas-X® Regular Strength



### GAS-X® CHEWABLES REGULAR STRENGTH

Simethicone 80mg

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## Gas-X® Products

### Gas-X® Extra Strength



Chewables

Softgels

Thin Strips®

#### GAS-X® CHEWABLES EXTRA STRENGTH

Simethicone 125mg

These chewable tablets come in two great flavors, both of which make short work of gas. Your tongue won't realize you're taking the #1 doctor-recommended ingredient for fast gas relief. But the rest of your digestive tract sure will.

Available in:

Peppermint Creme: 18 ct

Cherry Creme: 18 and 48 ct

Also available in:

Softgels

Thin Strips

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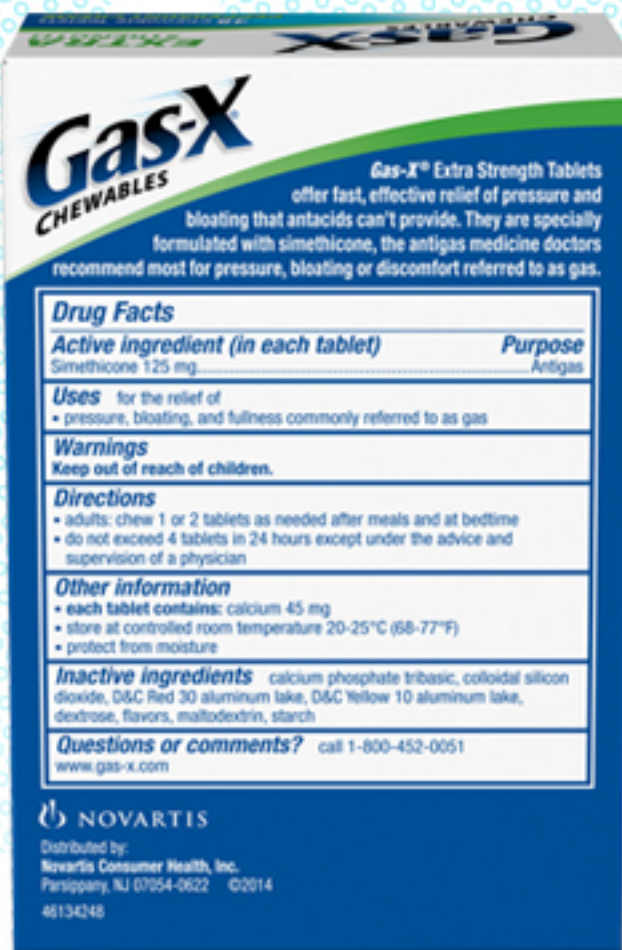
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Chewables Softgels Thin Strips®

### GAS-X® SOFTGELS EXTRA STRENGTH

Simethicone 125mg

Some people prefer their medicine to look and feel like, well, medicine. That's why we make Gas-X® Softgels. It takes our liquid gas-fighting medicine and wraps it in a softgel coating that's easy to swallow.

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Available in:

10, 20, 50, 72 and 120 ct

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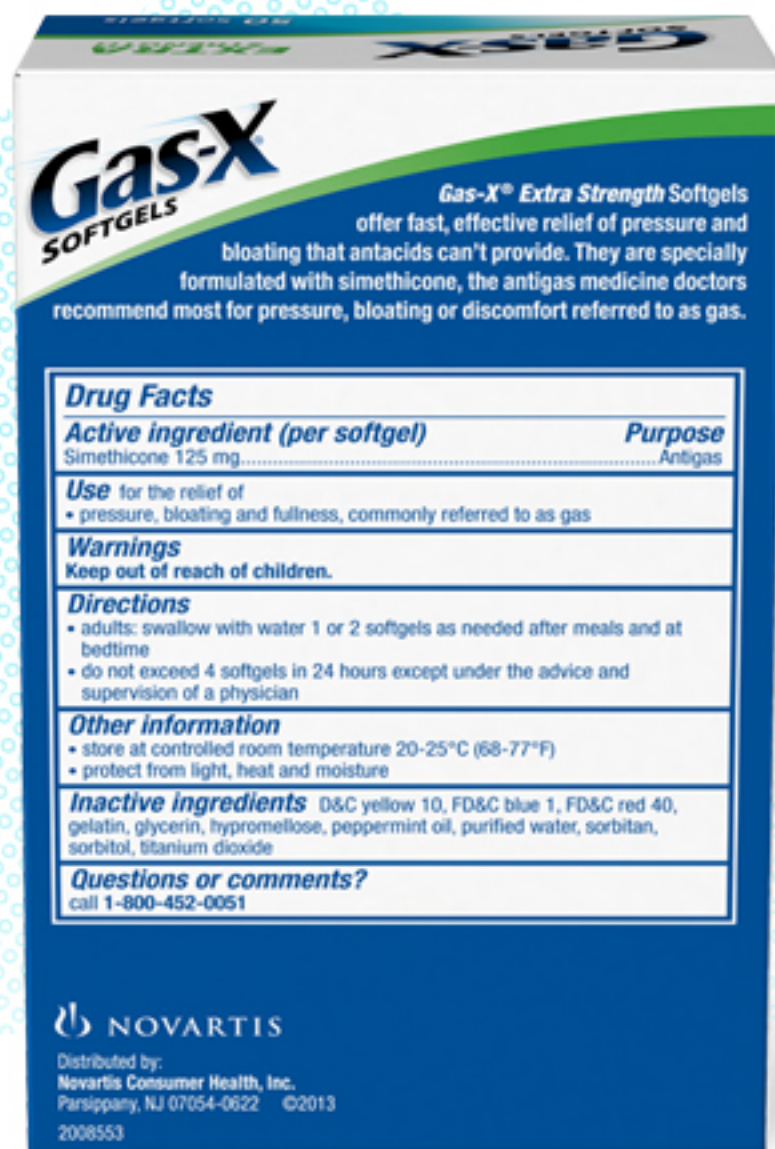
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## Gas-X® Products

### Gas-X® Extra Strength



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Chewables Softgels Thin Strips®

### GAS-X® SOFTGELS EXTRA STRENGTH

Simethicone 125mg

Some people prefer their medicine to look and feel like, well, medicine. That's why we make Gas-X® Softgels. It takes our liquid gas-fighting medicine and wraps it in a softgel coating that's easy to swallow.

[View Drug Facts PDF](#)

Available in:

10, 20, 50, 72 and 120 ct

Also available in:



Chewables

Thin Strips

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The fiber supplement that's clear, taste-free and dissolves completely



Trusted treatment for constipation for 100 years



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Chewables Softgels Thin Strips®

### GAS-X® THIN STRIPS® EXTRA STRENGTH

Simethicone 62.5mg (per strip)

Most people don't want to carry around a box of medicine wherever they go. And they certainly don't carry around a glass of water to wash that medicine down with. That's what makes Gas-X® Thin Strips® so great. They fit discreetly in your pocket, bag or wallet. And dissolve in seconds on your tongue, for unbeatably fast gas relief that also provides a mouth-freshening feel.

Available in:

Peppermint: 18 and 30 ct

Also available in:

Chewables Softgels

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## Gas-X® Products

### Gas-X® Extra Strength

Gas-X® Extra Strength Thin Strips® offer fast, effective, and convenient relief of pressure and bloating. They melt on your tongue so you can discreetly take them anywhere. And they provide a great mouth freshening feel too!

Drug Facts	
<b>Active ingredient (per strip)</b>	<b>Purpose</b>
Simethicone 62.5 mg	Antigas
<b>Use</b> for the relief of	
• pressure, bloating, and fullness commonly referred to as gas	
<b>Warnings</b>	
Keep out of reach of children	
<b>Directions</b>	
• adults: allow 2 to 4 strips to dissolve on tongue as needed after meals and at bedtime	
• do not exceed 8 strips in 24 hours except under the advice and supervision of a physician	
<b>Other information</b>	
• store at a controlled room temperature 20-25°C (68-77°F)	
• protect from moisture	
• read all product information before using. Keep the box for important information.	
<b>Inactive ingredients</b> corn starch modified, ethyl alcohol, FD&C Blue #1, flavor, hypromellose, maltodextrin, menthol, polyethylene glycol, sorbitol, sucralose, titanium dioxide, water	
<b>Questions or comments?</b>	
call 1-800-452-0051 24 hours a day, 7 days a week.	

Patent pending.  
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Available in:  
Peppermint: 18 and 30 ct

Also available in:  
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Simethicone 180mg

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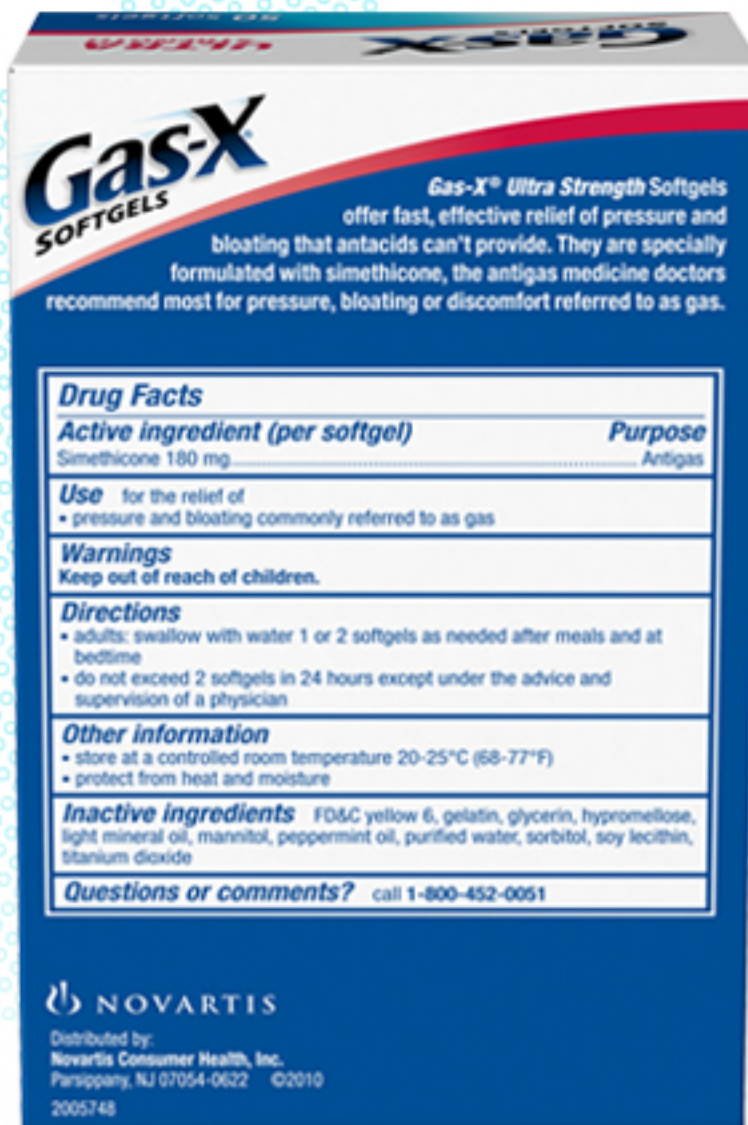
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Find Gas-X® near you:

Choose a product

Enter a zip code

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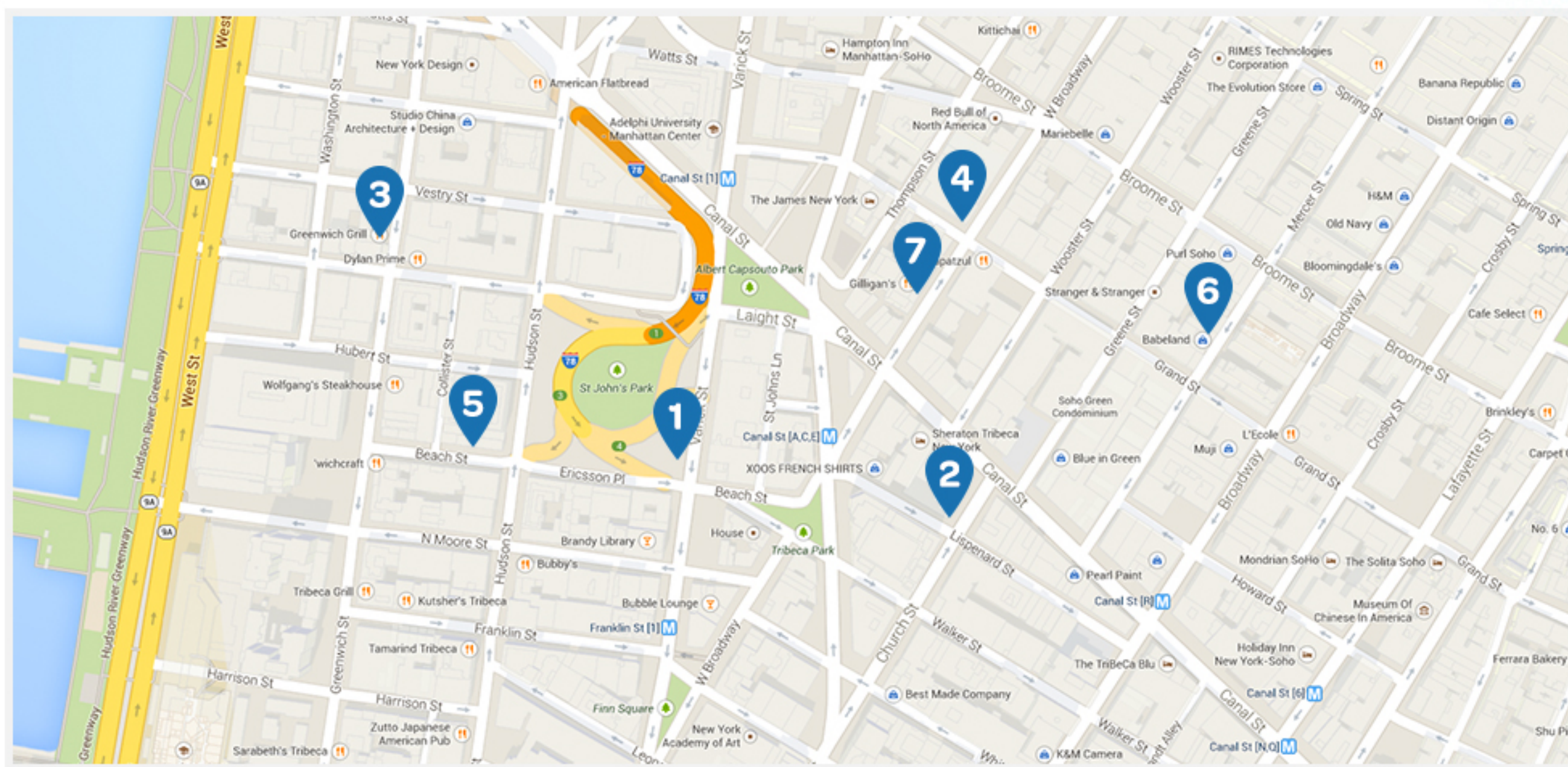
Select the Gas-X® product you want from the drop-down window below, type in your ZIP code, then click on the search icon to find where to buy Gas-X®. Chances are, gas relief is closer than you think.

Find Gas-X® near you:

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10013

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### Results for Gas-X® Thin Strips® Extra Strength:

- 1** **CVS Pharmacy**  
123 Hudson Street  
New York, NY 10013  
(212) 456-6789
- 2** **CVS Pharmacy**  
123 Hudson Street  
New York, NY 10013  
(212) 456-6789
- 3** **CVS Pharmacy**  
123 Hudson Street  
New York, NY 10013  
(212) 456-6789
- 4** **CVS Pharmacy**  
123 Hudson Street  
New York, NY 10013  
(212) 456-6789
- 5** **CVS Pharmacy**  
123 Hudson Street  
New York, NY 10013  
(212) 456-6789
- 6** **CVS Pharmacy**  
123 Hudson Street  
New York, NY 10013  
(212) 456-6789
- 7** **Lorem Ipsum Sit Dolor  
Consec Tetur**  
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on any (1) Gas-X® product 48ct or larger

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# What Is Gas?

*If you suffer from gas and it's lovely symptoms (like flatulence, discomfort or a bloating feeling in your stomach) you're in good company.*

There are over 7 billion people on Earth, and every one of them gets gas, too. And while you may think you get gas too often or have too much, the truth is, what you're experiencing is completely normal and natural. It is rare to have too much gas. But what exactly is gas?

Gas is a by-product of your body breaking down food to make energy. Gas is made in both the stomach and the intestines.



**There are two ways to pass gas:**

## ERUCTION

(aka burp)

*This is when the gas in your stomach comes out your mouth.*

The gas you burp out after a good meal is mostly oxygen and carbon dioxide you swallowed while eating and drinking.



## FLATULATION

(aka fart)

*This is when the gas in your intestines comes out the other end.*

The gas in your intestines is a little more complex. It's a blend of nitrogen, hydrogen, carbon dioxide, oxygen, methane and less than 1% hydrogen sulfide – but it's that 1% that gives gas its delightful bouquet.

[LEARN WHAT CAUSES GAS >](#)

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## What Causes Gas?

*If you said beans, you're off to a good start. But there's a lot more to the production of gas than musical legumes.*


*Living in your intestinal tract are trillions of helpful bacteria that break down foods.*



A by-product of their hard work are gases like nitrogen, methane and hydrogen sulfide. Foods high in indigestible fiber and complex carbohydrates — such as **beans, bran, broccoli, cauliflower, cabbage** — give that bacteria more raw material to work with, and hence, you get more gas after eating them.

Excess gas can also be caused by certain medical conditions, such as being lactose intolerant, or as a side effect of certain medications.

### Common causes of excess gas and abdominal bloating include:



**Eating foods such as beans, bran, broccoli, cabbage and cauliflower**  
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**Swallowing air**  
[Read More](#)



**Eating foods that the body cannot tolerate**  
[Read More](#)



**Eating foods that are difficult to digest**  
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To learn more about excessive gas and bloating, visit [www.everydayhealth.com](http://www.everydayhealth.com).

[LEARN PREVENTION TIPS >](#)

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## Tips to Help Prevent Gas and Bloating

**Avoid alcohol or carbonated beverages,** which probably makes carbonated alcohol like champagne doubly bad.



**Drink more water.**

It's good advice even if you don't have gas.

**If a certain type of food gives you a lot of gas,** don't eat a lot of it.



**Eat slowly and chew thoroughly.**

This will reduce the amount of air you swallow. Plus skip the straw.



**If you wear dentures,**

check with your dentist to make sure they fit properly.



**Exercise regularly.**

Moving your body helps move gas through your body.

**Do not smoke or consume tobacco products.**

It does more harm than just give you excess gas.

**Keep calm and carry on.**

Tension can cause you to swallow air instead of breathing it.

**Of course, it's not always easy, desirable or even possible to take all these steps to prevent gas and bloating. That's why there are Gas-X® products. So at the first sign of pressure, bloating and discomfort, take Gas-X®, the #1 gas relief product.\***

\*Rank among OTC brands

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What Is Gas?

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Home > What Is Gas? > Synonyms for Flatulence



## What Are Some Synonyms for Flatulence?

There are literally hundreds and hundreds of creative euphemisms for gas. Here are just a few of our favorites:



...and, of course, the classic – fart.

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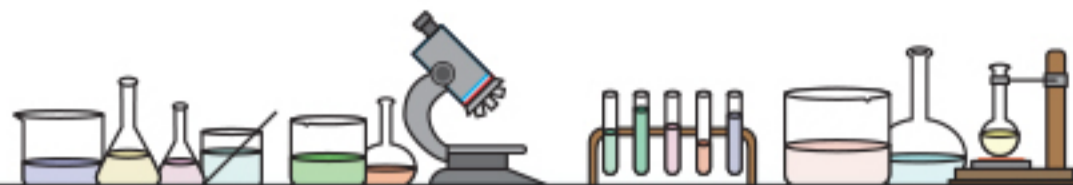
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# The Truth About Antacids

**They Don't Work On Gas!!!**

*A research lab stool breaks its silence.*



*I need to tell you this quick before the lab guys notice I'm gone... those antacids you keep popping don't relieve gas. I should know, I was part of the research team that studied the effects of antacids on gas.*



Yet millions of people still take antacids to keep them safe from bloating and discomfort due to embarrassing gas. Well, don't waste your money. Use Gas-X® instead. **No matter what your gas problem – bloating, pressure, discomfort – Gas-X® relieves it all, fast.**

## Gas-X® vs. Antacids Comparison Chart

Benefit	Gas-X®	Antacids*
Designed to relieve symptoms of gas:	✓	
• Relieves pressure	✓	
• Relieves bloating	✓	
• Relieves discomfort	✓	
#1 brand for gas relief	✓	
Tastes good	✓	✓
Relieves heartburn		✓

\*Traditional Antacids

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The fiber supplement that's clear, taste-free and dissolves completely



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**No one is closer to the truth about your excess gas than the furniture you sit on.**

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**They take the full brunt of every emission.**

They endure every shift and squirm of discomfort you feel. They've even been falsely accused of making that "sound." Well, these silent observers are silent no more. They've found their voice and are ready to air their grievances about your foul air.

Take it from them, if you want relief from pressure, bloating, discomfort and embarrassment of gas, grab the #1 chair recommended brand...Gas-X®.

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How embarrassing.*

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The term "Personal Data" as used in this Privacy Policy refers to information such as your name, birth date, e-mail address, mailing address, or telephone number that can be used to identify you. Generally, we will only process your Personal Data as described in this Privacy Policy. However, we reserve the right, to conduct additional processing to the extent permitted or required by law, or in support of any legal or criminal investigation.

The next sections explain how and when we collect Personal Data from you.

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Most of our services do not require any form of registration, allowing you to visit our site without telling us who you are. However, some services may require you to provide us with Personal Data. In these situations, if you choose to withhold any Personal Data requested by us, it may not be possible for you to gain access to certain parts of the site and for us to respond to your query.

We may collect and use Personal Data to provide you with products or services, to bill you for products and services you request, to market products and services which we think may be of interest to you, or to communicate with you for other purposes which are evident from the circumstances or about which we inform you when we collect Personal Data from you.

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Whenever we process Personal Data, we take reasonable steps to ensure that your Personal Data is kept accurate and up-to date for the purposes for which it was collected. We will provide you with the ability to object to the processing of your Personal Data if such processing is not reasonably required for a legitimate business purpose as described in this policy or our compliance with law. In the case of electronic direct marketing, we will provide you with a method to opt out of receiving further marketing materials or with a method to opt in if required by law. Requests to delete personal data will be subject to any applicable legal and ethical reporting or document filing or retention obligations imposed on us.

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Most of the services available on this site are intended for persons 18 years of age and older. Any individual who requests information about a medicine indicated for use in children must be 18 or over. We will not knowingly collect, use or disclose Personal Data from a minor under the age of 18, without obtaining prior consent from a person with parental responsibility (e.g., a parent or guardian) through direct off-line contact. We will provide the parent with (i) notice of the specific types of personal data being collected from the minor, and (ii) the opportunity to object to any further collection, use, or storage of such information. We abide by laws designed to protect children.

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*This privacy policy is last updated on October 2011. We aim to constantly improve the tools available to you to manage the data that you provide to us. Please refer to this page from time to time to review these and other new features.*

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