

# Bloating Option: One-Variable Trial Card

This is a tracking aid, not a diagnostic test. Follow product labels and clinician or pharmacist advice.

## Before the trial

- Main sensation: trapped gas / cramping or spasm / meal-specific / constipation pressure / other
- Timing and meal context:
- Stool pattern:
- Reflux or heartburn present? yes / no
- Current medicines and supplements reviewed? yes / no
- Why this option fits the question:
- What would make it a poor fit:

## Safety stop

Do not continue self-treatment for new, severe, progressive, or unusual symptoms; blood or black stool; persistent vomiting; fever; major weight loss; dehydration; or inability to pass stool or gas.

## Track one target

- Option and exact label:
- Target symptom:
- Label directions followed:
- Other variables kept stable:
- Benefit observed:
- Adverse effect:
- Stop or reassessment decision:

## Next route

- Peppermint evidence and reflux cautions
- Targeted enzyme and food-component matching
- Constipation and bloating route
- Broader bloating cause review
- Pharmacist or clinician review