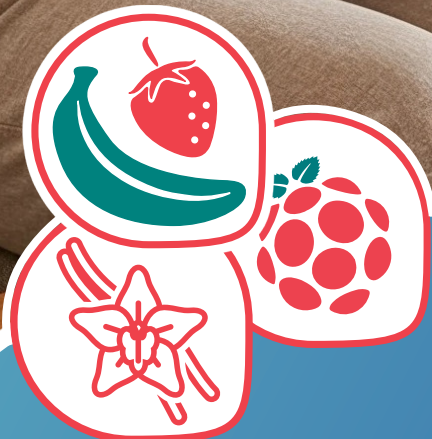


The Pill Swallow Gel



pillswallowgel.com

Gloup Makes Swallowing Pills Easy



Trouble Swallowing Pills?

Gloup is a medication swallowing gel designed to help individuals who have difficulty swallowing tablets, capsules, and powders. They form a slippery layer around the medication, making it easier to swallow without affecting the medication's efficacy.

Certain foods and drinks can significantly reduce a medication's effectiveness. For example, taking acetaminophen (paracetamol) with yogurt can lead to a surprising 60% loss of its active ingredient. Even more alarming, consuming orange juice or applesauce with a beta-blocker can reduce its potency by up to 80%. Despite recent studies highlighting these interactions, the issue remains largely overlooked. Gloup offers a simple, effective solution that helps ensure medications work as intended—without interfering with their absorption or dosage.

Do you or your patients take medication with yogurt, applesauce, or pudding? Before Gloup was available, this was common—but many don't realize that certain foods can reduce a medication's effectiveness. To address this, a home nurse and a French university developed the pill swallow gel that helps ensure medications work as intended.



Made from 100% natural ingredients, Gloup is a safe, effective gel designed to make swallowing medication easier. It coats the pill, masking unpleasant tastes and helping it glide smoothly from mouth to stomach. Suitable for both whole and crushed medications, Gloup is safe for patients as young as 2 years old.


-  **Makes medication easy to swallow**
-  **100% natural**
-  **Multiple flavors**
-  **Class 1 Medical Device**

Gloup is free from common allergens such as gluten and lactose. It does not contain animal-derived gelatin, making it suitable for vegetarians.


Gloup is designed to break down quickly in the stomach without affecting medication absorption rates.

Visit pillswallowgel.com to buy online.




Flavor: Strawberry banana
Sweetener: Sugar
Ingredients: 100% natural
IDDSI level: 3  Moderately thick
Available in: 500ml/16.9oz bottle



Flavor: Vanilla
Sweetener: Sugar
Ingredients: 100% natural
IDDSI level: 4  Extremely thick
Available in: 500ml/16.9oz bottle



Flavor: Raspberry
Sweetener: Xylitol
Ingredients: 100% natural
IDDSI level: 3  Moderately thick
Available in: 500ml/16.9oz bottle



How to use Gloup



Try Gloup by itself to get used to it



Place tablets on a spoon



Add one pump of Gloup over tablets



Take medication as normal



Drink water if required

Gloup: the safe choice

- ✓ Registered Medical Device Class 1.
- ✓ Use of Gloup: 48% ease of use, 34% decrease crushing and 33% increased medication administration adherence.
- ✓ Use of food thickeners: Decreases absorption of different medications dramatically.
- ✓ Queensland University classifies Gloup Original and Zero as IDDSI level 3 (room temperature) and Level 4 (from fridge).

- ✓ Patented formulation.
- ✓ Studied in multiple ways by The University of Queensland (UQ)/ School of Pharmacy Brisbane/Australia.
- ✓ Xanthan Gum and Guar Gum have a huge impact on medication absorption.
- ✓ Queensland University classifies Gloup Forte as only genuine IDDSI Level 4 swallowing aid available.

Understanding Pill Dysphagia

Swallowing medication is something many people take for granted—until it becomes difficult. Pill dysphagia, also known as Medication Intake Problems (M.I.P.), refers to the challenge of swallowing pills, tablets, or capsules. Despite how rarely it is discussed, pill dysphagia is far more common than most people realize.

What Is Pill Dysphagia?

Pill dysphagia describes difficulty swallowing pills, tablets, or capsules. While many assume this challenge primarily affects older adults, it can occur at any age and may be transient or persistent depending on its underlying cause.



Research shows that:

- Up to 40% of the general population experiences M.I.P.
- Rates in nursing homes and skilled nursing facilities can reach 80%, reflecting the heightened vulnerability of older adults and individuals with complex medical needs.

The causes of pill dysphagia vary widely and may be:

- Physical (e.g., dry mouth, structural abnormalities, inflammation)
- Neurological (e.g., stroke, Parkinson's disease, dementia)
- Psychological (e.g., fear of choking, anxiety, aversion)

As with traditional dysphagia, pill dysphagia can significantly affect quality of life, medication adherence, and emotional well-being. Patients who cannot reliably take their medications may experience worsened health outcomes, increased stress, and reduced independence.



Common Strategies to Manage Pill Dysphagia

To help individuals take medication more comfortably, clinicians and caregivers use a variety of techniques. These include:

- Crushing pills
- Mixing medication with food vehicles
- Using thickened liquids

While these practices can help in the moment, they often come with meaningful clinical risks that may compromise medication safety, efficacy, or patient comfort.

The Risks of Crushing Medication

Crushing pills is a common strategy to make swallowing easier, but for many medications it can significantly change how the drug works.

Reduced Stability, Efficacy, and Dosage Accuracy

Medications are designed to dissolve and be absorbed in specific parts of the digestive system. Crushing can:

- Reduce stability when exposed to moisture, heat, or light
- Cause loss of active drug, lowering the amount that reaches the bloodstream
- Speed up metabolism, leading the body to eliminate the medication too quickly

Risk of Accidental Overdose (“Dose Dumping”)

Extended-release or slow-release medications rely on special coatings or capsule designs to release ingredients gradually. Crushing destroys these mechanisms, causing the entire dose to absorb rapidly and increasing the risk of overdose or severe side effects.

Loss of Enteric Coating Protection

Enteric coatings protect medications from stomach acid and prevent irritation to the digestive tract. Removing this coating can:

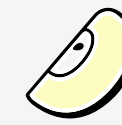
- Reduce the medication’s effectiveness
- Cause rapid breakdown and reduced absorption
- Lead to irritation or injury such as ulcers, esophagitis, or oral/throat discomfort
- Food Vehicles: Fruits, Sauces, and Juices

Mixing pills with applesauce, yogurt, or juice can help with swallowing, but fruit-based foods often interact with medications due to bioflavonoids, which can increase or decrease drug absorption.

Common interacting foods include:



Applesauce



Apple juice



Orange juice



Grapefruit juice



A 2004 study (Lilja, Juntti-Patinen & Neuvonen) showed that pairing a beta blocker with orange juice resulted in over 80% loss of active ingredient. These interactions are strongest when taken together but can occur for up to four hours afterward.

Thickened Liquids and Medication Absorption

Thickened liquids, often used in dysphagia care, can significantly reduce medication dissolution.

Thicker consistencies slow tablet disintegration, meaning the drug may not break down or dissolve properly—and therefore cannot be absorbed.

A 2013 study by Cichero found that:

- Only 40% of an acetaminophen tablet dissolved after 60 minutes in thickened liquid
- Normally, 100% should dissolve within 30 minutes

Many thickening agents carry a strong ionic charge that can further inhibit drug release from tablets or capsules, reducing overall absorption.



Gloup Research

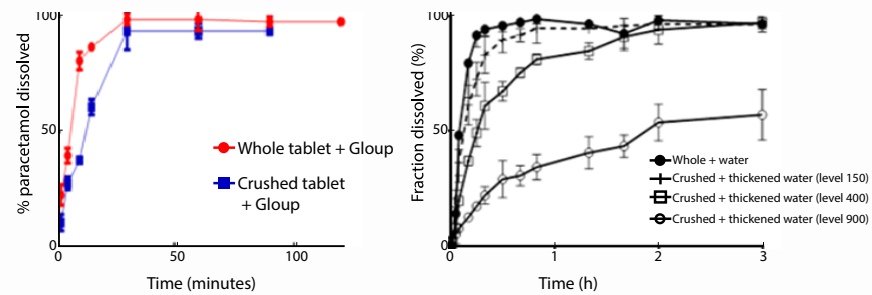
This section highlights the research behind Gloup, offering a clear look at the data, clinical findings, and real-world outcomes that support its use. The charts and summaries below present the evidence that guides best practices for safer and more effective medication swallowing.

Gloup demonstrates bioequivalence to water, with both whole and crushed paracetamol tablets showing rapid and complete dissolution. In contrast, thickened liquids markedly slow and reduce dissolution, which may impact drug absorption.

Characterisation of Gloup: paracetamol delivery



BP/USP apparatus II/ acidic media pH 1.2/ 37°C/ 50 rpm
1 paracetamol tablet/ 15 g Gloup



Acknowledgement to Chandramouli Radhakrishnan, PhD candidate UQ School of Pharmacy for results of paracetamol in water thickened with a commercial thickener containing xanthan gum



This chart demonstrates that pill dissolution is significantly reduced when taken with yogurt compared to water. The altered gastric environment associated with dairy products slows disintegration and dissolution, thereby delaying absorption and potentially reducing bioavailability.

Results- Dissolution

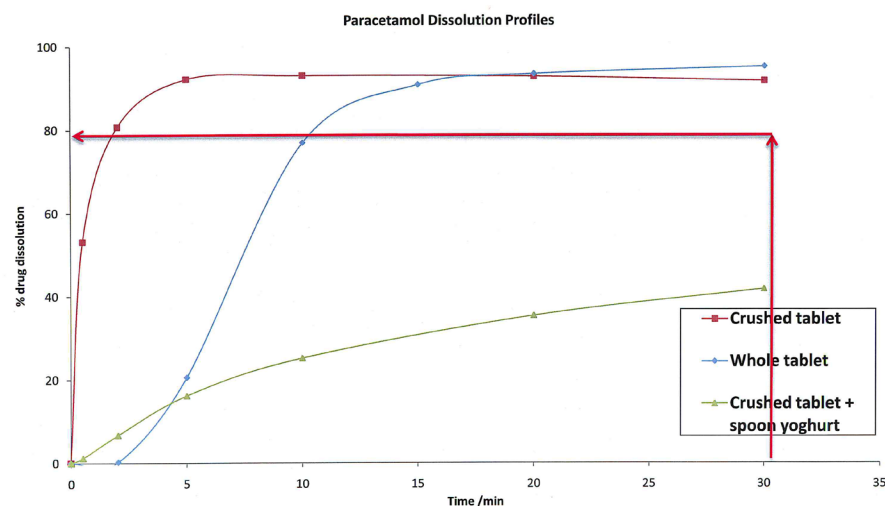
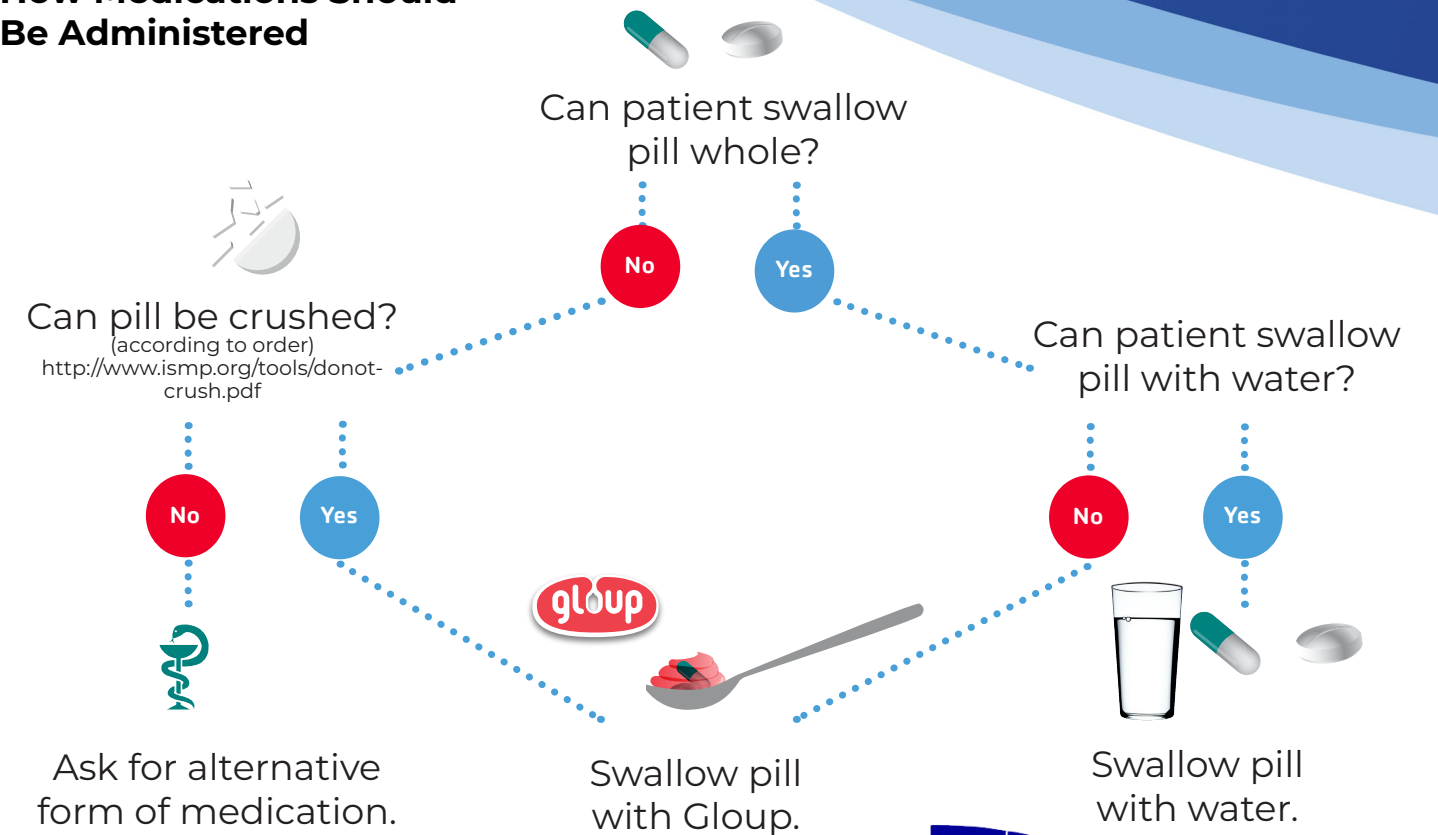
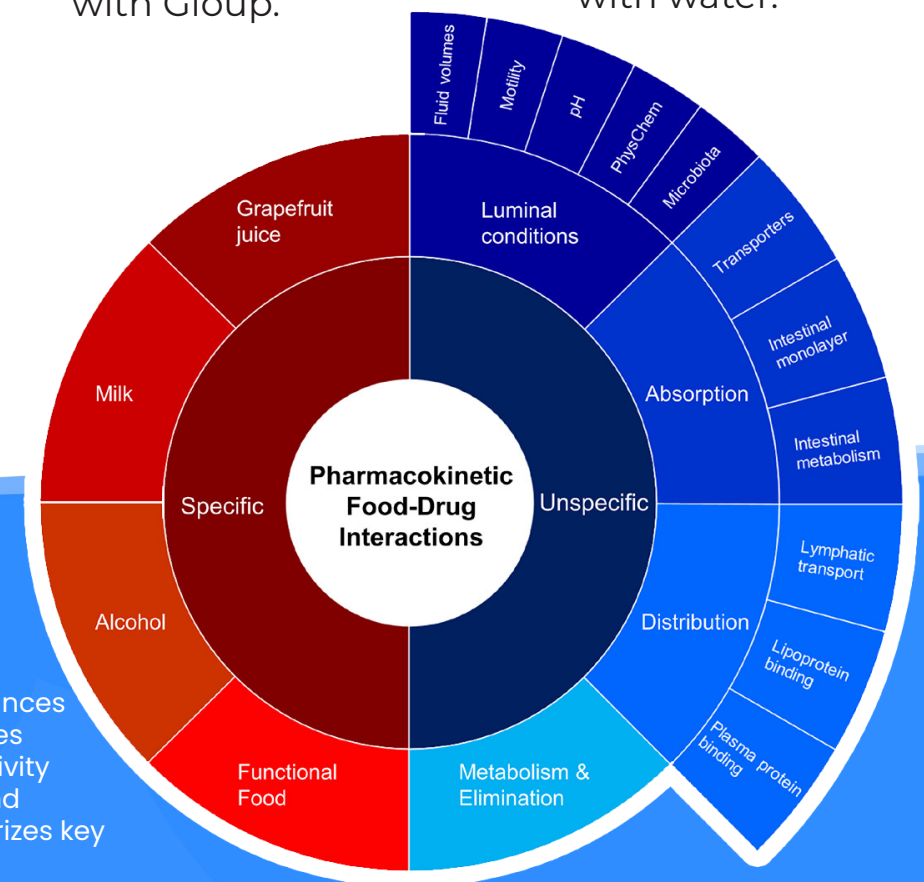


Figure 2. Dissolution profiles of crushed, whole tablet and crushed tablet in yogurt 16

How Medications Should Be Administered

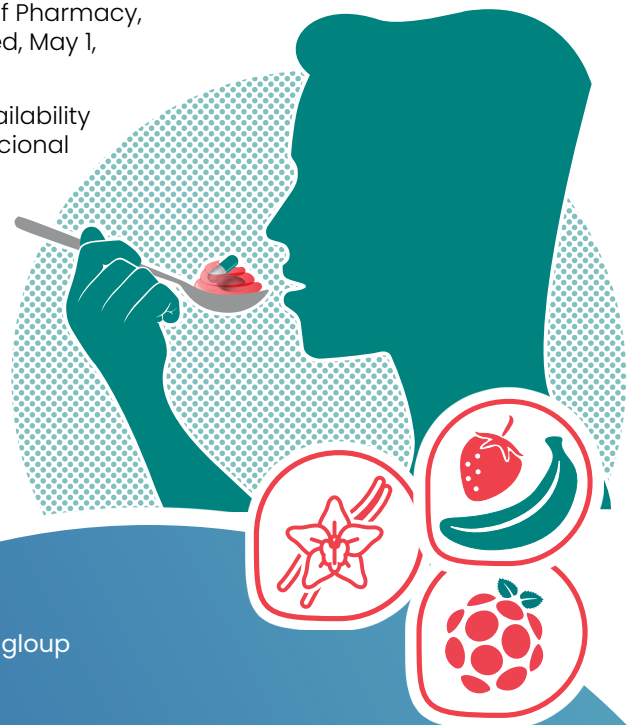


Several food-drug interactions are well characterized, including those involving fruit juices, dairy products, alcohol, and functional foods. In addition, nonspecific interactions may occur whenever substances other than water are ingested, as changes in gastric pH, motility, and enzymatic activity can alter drug dissolution, absorption, and overall bioavailability. This chart summarizes key examples of these interactions.







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