Active ingredient (in each softgel) . pressure, bloating, and fullness commonly referred to as gas children 12 years and older swallow with water 1 or 2 softnels . do not exceed 4 softnels in 24 hours except under the advice and store at controlled room temperature 20-25°C (68-77°F). . protect from light, heat and p Inactive ingredients D&C vellow no. 10. FD&C blue no. 1. FD&C red no. 40. oela noviene alvoal purified water sorbital say legithin titanium dioxide