



# COUGH Syrup

COUGH AND BRONCHITIS

Relieves cough

NPN 80126908

60 ml FORMAT

Each ml contains					
Ribwort	fresh leaf	<i>Plantago lanceolata</i>	1:3	216 mg	Organic
Marshmallow	fresh root	<i>Althaea officinalis</i>	1:3	50 mg	Organic
Echinacea purpurea	fresh root	<i>Echinacea purpurea</i>	1:4	36 mg	Organic
Mullein	fresh leaf	<i>Verbascum thapsus</i>	1:4	31 mg	Organic
Echinacea angustifolia	fresh root	<i>Echinacea angustifolia</i>	1:2	17 mg	Organic
Certified organic vegetable glycerine, water					

## DOSAGE

### ADOLESCENT 10-14 YEARS

INTERVENTION: 1 ml, 4 to 6 time daily.

### ADULT

INTERVENTION: 2 ml, 4 to 6 time daily.

## DIRECTIONS FOR USE

Shake well before using. Dilute in a mouthful of water.

## MODE OF ACTION

COUGH Syrup soothes all types of coughs, whether or not they are associated with an infection. It is the combination of emollient, vulnerary, antitussive and expectorant herbs that makes it so efficient. The main ingredient in this syrup is ribwort, an herb traditionally used in Europe to treat inflammation of the respiratory system.

The mucilage contained in this syrup soothes, hydrates and protects the lining of the respiratory tract. The syrup is efficient against dry, irritating, and non productive coughs as well as loose coughs, as it helps fluidify and expectorate mucus. Its tonic and healing actions on the mucous membranes add to its beneficial effect on the respiratory system. COUGH Syrup is antimicrobial, supports immune functions, and helps fight respiratory tract infections.

The anti-inflammatory properties of the syrup act not only on bronchial inflammation, but also on inflammation of the throat and larynx. COUGH Syrup is best used diluted in a mouthful of water to treat the throat, whereas it can be diluted in a glass of warm water to treat respiratory infections such as bronchitis and bronchiolitis.

**RIBWORT:** it soothes inflammation and irritation of the respiratory tract lining. Ribwort protects the bronchi, promotes their healing, and calms dry coughs brought on by bronchial irritation and dryness. As an expectorant, it also helps release catarrh from the airways and relieve loose, productive coughs.

**MARSHMALLOW:** as an emollient, it reduces irritation and inflammation of the mucous membranes, especially in the bronchi. It is particularly useful for dry coughs, since it soothes and hydrates the lining of the upper respiratory tract. Marshmallow root stimulates phagocytosis. It is nourishing and tonic.

**ECHINACEA:** echinacea root acts on two fronts: it improves the immune response during infections and, as an antimicrobial, it helps eliminate viruses and bacteria. Echinacea is used in the treatment of all types of infections, from flu to infections of the respiratory tract and of the ear-nose-throat area. In this compound, we use a combination of *E. purpurea* and *E. angustifolia*, as their actions complement each other.

**MULLEIN:** as a lung tonic, mullein promotes the health of the respiratory tract lining. It is used in all troubles of the respiratory system to calm bronchial irritation and inflammation. Mullein is expectorant and reduces spasms that promote coughing.

## HELPFUL ASSOCIATIONS

**PULMONATEA** for cough and bronchial irritation.

**THYME** infusion for lung catarrh.

**DRASTIX** in cases of respiratory infection.

**CONGESTOP OR COLD & FLU TEA** for colds and flu.

**VOCALIX** for sore throat.

## ETHNOBOTANY

**Respiratory system:** dry cough, loose cough, bronchitis, bronchiolitis, bronchial irritation, lung catarrh, sore throat, laryngitis, cough due to cold or flu.

## CONTRA-INDICATIONS

Consult a health-care practitioner if symptoms persist or worsen.

## INTERACTIONS

Do not take with prescription medication.

## REFERENCES

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Organic, fresh herbs from the garden.

Made according to GMP.

NO additives, colouring, added sugar, gluten or GMO.

Kosher, vegan and non irradiated.

