



# Vocalix TINCTURE

## THROAT & HOARSENESS

Soothes the throat

NPN 80016197  
50 ml

Each ml contains					
Marshmallow	fresh root	<i>Althaea officinalis</i>	1:2	89 mg	Organic
Mullein	fresh leaf	<i>Verbascum thapsus</i>	1:4	56 mg	Organic
Licorice	dry root	<i>Glycyrrhiza glabra</i>	1:8	28 mg	Organic
Bayberry	dry bark	<i>Myrica cerifera</i>	1:3	25 mg	Wildcrafted
Slippery Elm	dry bark	<i>Ulmus rubra</i>	1:9	25 mg	Organic
Cayenne	fresh fruit	<i>Capsicum annum</i>	1:4	1 mg	Organic
Alcohol 8%, vegetable glycerine, vinegar (all organic)					

### DOSAGE

**INTERVENTION:** 0.25 ml every 15 minutes, as needed, maximum dose of 3 ml per day.

**TREATMENT:** 0.5 ml, 2 to 6 times a day.

### DIRECTIONS FOR USE

Shake tincture before using. Use undiluted.

### MODE OF ACTION

Vocalix is specifically conceived to treat throat irritation. Its emollient properties act directly on the throat lining and calm irritation, moisten and soften the tissues. It is anti-inflammatory, it stimulates local circulation, reduces pain and promotes healing. The astringent herbs of this compound tighten and tone the tissues of the throat's mucus membrane. This preserves the integrity of the tissues and acts directly to reduce irritation and inflammation. Vocalix is antibacterial and antiviral, reducing infections in this region and promoting expectoration of mucus by emulsifying it. It acts on the pharynx, the larynx and the vocal cords, helping them function properly. Vocalix is a very interesting compound for singers, public speakers and all those whose voice is greatly solicited.

**MARSHMALLOW:** the mucilages contained in marshmallow root have emollient properties that help reduce irritation and inflammation of the mucus membranes. Nutritious and tonic, marshmallow root is particularly useful for dry cough. By soothing and hydrating the mucus membranes, it decreases the intensity and frequency of coughs that are caused by irritation of the throat. It also stimulates phagocytosis.

**MULLEIN:** expectorant and anti-catarrhal, mullein helps eliminate mucus. It is astringent and tones the mucus membranes, which reduces local irritation. Mullein reduces lymphatic congestion in the ears, nose and throat. It is also antimicrobial, particularly on certain strains of influenza.

**LICORICE:** anti-inflammatory and emollient, it calms irritation and inflammation of the throat. Licorice is also expectorant and antispasmodic as well as antibacterial and antiviral against certain specific pathogens.

**BAYBERRY:** circulatory stimulant used for its astringent and anti-inflammatory actions on the mucus membranes. It helps reduce the production of mucus and promotes the healing of the throat. It is also a pain reliever.

**SLIPPERY ELM:** as a vulnerary, slippery elm heals, soothes and repairs mucus membranes. Its mucilage gives it soothing, softening and emollient properties. Slippery elm is used to treat irritated or inflamed mucus membranes, especially those of the throat and vocal cords.

**CAYENNE:** as a pain reliever, cayenne reduces the pain of chronic sore throat and laryngitis. It is antimicrobial, anti-inflammatory and it promotes blood circulation. It increases the effect of other herbs in this compound.

### HELPFUL ASSOCIATIONS

**DRASTIX** for cold and flu.

**SLIPPERY ELM** infusion for irritation and inflammation of the throat. Mix 1 teaspoon in water, do not filter.

**PULMONA TEA** for inflammation of the upper respiratory tract.

**PLANTAIN SYRUP** for cough and irritation of the respiratory tract.

**GOLDENSEAL** tincture for Strep throat.

### ETHNOBOTANY

**Respiratory tract, teeth and mouth:** irritation and inflammation of the throat, sore throat, laryngitis, pharyngitis, mucus, mouth ulcers, health of the gums, amygdalitis.

### CONTRA-INDICATIONS

Consult a health care practitioner if symptoms persist or worsen.

### INTERACTIONS

No known interaction.

## REFERENCES

- Abbas A., Zubair M., Rasool N., Rizwan K. Antimicrobial Potential of Glycyrrhiza glabra. Journal of Drug Design and Medicinal Chemistry: Vol. 1, No. 2, 2015, pp. 17-20: Faisalabad; doi: 10.11648/j.jddmc.20150102.12.
- Al-Snafi A.E. The Pharmaceutical Importance of Althaea officinalis and Althaea rosea: A Review. International Journal of PharmTech Research vol. 5, No. 3, pp. 1378-1385: Nasiriyah; 2013.
- Anagha K., Manasi D., Priya L., Meera M. A Comprehensive Review on Therapeutic Potential of Glycyrrhiza glabra L. in Treatment of Various Disorders. SOUSHRUTAM An International Research Journal of Pharmacy and Plant Science Vol. (2) Issue 1, Nov/Dec: Pune, Maharashtra; 2013.
- Barnes J., Anderson L.A., Phillison J.D. Herbal medicines, 3rd edition. London: Pharmaceutical Press; 2007.
- Blumenthal, Goldberg, Brinckmann. Herbal Medicine: Expanded Commission E Monographs. Newton: Integrative Medicine Communications; 2000.
- Blumenthal, Mark. The ABC Clinical Guide to Herbs. Austin: American Botanical Council. 2003.
- Bone, Kerry. A clinical Guide to Blending Liquid Herbs. St. Louis: Churchill Livingstone; 2003.
- Bradley Peter. British Herbal Compendium Volume 2. British Herbal Medicine Association: Bournemouth; 2006.
- Brinker Francis. Herb Contraindications and Drug Interactions. Third Edition. Sandy: Eclectic Medical Publications; 2001.
- Chandler Frank. Herbs-Everyday Reference for Health Professionals. Ottawa: Canadian Pharmacists Association; 2000.
- Devi B.P., Manoharan K. Anti-viral medicinal plants - an ethnobotanical approach. Journal of Phytology, 1(6): 417-421: Tamil Nadu; 2009.
- Damle M. Glycyrrhiza glabra (Liquorice) - a potent medicinal herb. International Journal of Herbal Medicine: Mumbai; 2014.
- ESCOP. Monographs, Second Edition. Great Britain. Biddles; 2003
- Fetrow, C. W., Avila, Juan R. Professional's Handbook of Complementary and Alternative Medicines. Springhouse: Lippincott Williams and Wilkins; 2004.
- Foster S., Johnson L. R. Desk Reference to Nature's Medicine. Washington: National Geographic Society, 2006.
- Gagnon C., Lanctôt-Bédard V. Materia Medica: Flora Medicina; 2009
- Gupta V.K., Fatima A., Faridi U., Negi A.S., Shanker K., Kumar J.K., Rahuja N., Luqman S., Sisodia B.S., Saikia D., Darokar M.P., Khanuja S.P.S. Antimicrobial potential of Glycyrrhiza glabra roots. Lucknow: Journal of Ethnopharmacology; 2008.
- Hoffmann David. Medical Herbalism. Rochester; Healing Arts Press; 2003.
- Jassim S.A.A., Naji M.A. Review- Novel antiviral agents: a medicinal plant perspective. Journal of Applied Microbiology, 95, 412-427: Abu Dhabi; 2003.
- Mc Guffin Michael et al. Botanical Safety Handbook. Boca Raton: CRC Press; 2013.
- Moghaddam H.K., Mirzaii M., Khaksari M., Fazli M., Rahimi F., Behzadi A.A. Antibacterial and Anti-Adherent Activity of Great Mullein (Verbascum Thapsus L.) Ethanolic Extract on in Vitro Biofilm Formation of Three Oral Streptococci. International Journal of Health Studies 1(2):34-37: Shahroud; 2015. doi: 10.22100/ijhs.v1i2.64.
- Nitalikar M.M., Munde K.C., Dhore B.V., Shikalgar S.N. Studies of Antibacterial Activities of Glycyrrhiza glabra Root Extract. International Journal of PharmTech Research: Gopalpur, Pandharpur Dist. Solapur; Vol. 2, No. 1, pp. 899-901, Jan-Mar 2010.
- Pavlovic R., Mladenovic J., Radovanovic B., Đokovic G.A., Zdravkovic J., Zdravkovic M. Phenolic compounds and biological activity of Capsicum annum L. African Journal of Biotechnology Vol. 11(45), pp. 10446-10450: Cacak; 2012. doi:10.5897/AJB12.980.
- Pengelly Andrew. Appalachian Plant Monographs: Ulmus rubra Muhl. Slippery Elm. Appalachian Center for Ethnobotanical Studies: 2011.
- Prakash V., Rana S., Sagar A. Studies on Antibacterial Activity of Verbascum thapsus. Journal of Medicinal Plants Studies 4(3): 101-104: Shimla; 2016.
- Riaza M., Ul-Haqb M.Z., Jaafar H.Z.E. Common mullein, pharmacological and chemical aspects. Brazilian Journal of Pharmacognosy 23: 948-959: Karachi; 2013.
- Romm Aviva. Botanical medicine for women's health. St. Louis; Churchill Livingstone; 2010.
- Sedighinia F., Afshar A.S., Soleimanpour S., Zarif R., Asili J., Ghazvini K. Antibacterial activity of Glycyrrhiza glabra against oral pathogens: an in vitro study. Avicenna Journal of Phytomedicines; 2012.
- Silva B.J.C., Seca A.M.L., Do Carmo Barreto M., Pinto D.C.G.A. Recent Breakthroughs in the Antioxidant and Anti-Inflammatory Effects of Morella and Myrica Species. Int. J. Mol. Sci. 16, 17160-17180; 2015. doi:10.3390/ijms160817160.
- Thakur A.K., Raj P. Pharmacological Perspective of Glycyrrhiza glabra Linn.: a Mini-Review. Journal of Analytical & Pharmaceutical Research Volume 5 Issue 5: New Delhi; 2017.
- Tobyn G., Denham A., Whitelegg M. The Western Herbal Tradition. Churchill Livingstone. 2011.
- Van Wyk B.-E., Wink M. Phytomedicines, Herbal Drugs and Poisons. Chicago: Kew Publishing; 2014.
- Williamson E., Driver S., Baxter K., Stockley's Herbal Medicines Interactions. Grayslake: Pharmaceutical Press; 2009.
- Williamson E.M. Potter's Herbal Encyclopedia. Essex: The C.W. Daniel Company Limited; 2003.
- Winston David, Kuhn Merrily A. Herbal Therapy & Supplements. Philadelphia: Lippincott; 2000.

Certified organic ingredients.

Made according to GMP.

Kosher and non-irradiated.

NO additives, colouring, added sugar, gluten, soy or GMOs.

