



## Plantain Syrup SYRUP

COUGH & BRONCHITIS  
Cough syrup

NPN 80016399

100 ml

### Each ml contains

Plantain	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>	1:5	31 mg	Organic
Echinacea angustifolia	fresh root	<i>Echinacea angustifolia</i>	1:4	17 mg	Organic

Pure vegetable glycerin certified organic, water, certified organic balsam fir essential oil.

### DOSAGE

#### TODDLER UNDER 2 YEARS

Consult a health care practitioner.

#### CHILDREN 2-4 YEARS

INTERVENTION: 0.33-0.37 ml, 4 to 6 times per day.

TREATMENT: 0.5 ml, 3 times per day.

#### CHILDREN 5-9 YEARS

INTERVENTION: 0.5 ml, 4 to 6 times per day.

TREATMENT: 0.75 ml, 3 times per day.

#### ADOLESCENT 10-14 YEARS

INTERVENTION: 1 ml, 4 to 6 times per day.

TREATMENT: 1.5 ml, 3 times per day.

#### ADULT

INTERVENTION: 1.75-2ml, 4 to 6 times per day.

TREATMENT: 3 ml, 3 times per day.

### DIRECTION FOR USE

Dilute in a mouthful of water.

Take 15 to 30 minutes before meals.

### MODE OF ACTION

Plantain Syrup soothes all types of cough, whether or not they are associated to an infection. It is very efficient because it contains a combination of herbs that are emollient, expectorant, that heal tissue and relieve cough. The main ingredient of this syrup is plantain, a herb that has been traditionally used in Europe to treat inflammation of the respiratory system. Compared to *Plantago major*, an other variety of plantain which also restores mucus membranes, *Plantago lanceolata* has a special affinity for the respiratory tract.

The mucilages contained in Plantain Syrup soothe, hydrate and protect the lining of the respiratory tract. It is efficient against dry and irritating coughs as well as for loose coughs, as it liquefies mucus to ease its expectoration. Its toning and healing actions on the mucus membranes increase its beneficial effects on the respiratory system. Plantain Syrup is antimicrobial, it supports immune functions and helps fight infections of the respiratory tract.

Because it is anti-inflammatory, Plantain Syrup acts not only on inflammation of the bronchi but also on the lining of the throat and larynx. It is best to dilute the syrup in a mouthful of water when treating the throat. For respiratory tract problems (bronchitis, bronchiolitis), it can be diluted in a glass of warm water.

**PLANTAIN:** soothes inflammation and irritation of the respiratory tract lining. Plantain protects the bronchi, helps them heal and calms dry cough caused by irritation and dryness of the bronchi. As an expectorant, it helps move catarrh from the airways and relieves loose cough.

**MARSHMALLOW:** the mucilage in marshmallow root is emollient. It reduces irritation and inflammation of the mucus membranes, particularly in the bronchi. Nourishing and tonic, marshmallow is especially useful for dry cough. It soothes and hydrates the lining of the upper respiratory tract, relieves cough and stimulates phagocytosis.

**ECHINACEA:** the root acts on two fronts. On one hand, it increases the immune response during an infection. On the other hand, it is antimicrobial and contributes to the elimination of bacteria and viruses. Echinacea is used to treat all types of infections, from the flu to respiratory tract afflictions to ear-nose-throat problems. The syrup contains a combination of *E.purpurea* and *E.angustifolia* thereby benefiting from their complementary effects.

**MULLEIN:** tones and strengthens the lungs and promotes the health of the respiratory tract. It is used for all affections of the respiratory tract, as well as to calm irritation and inflammation of the bronchi. Mullein is expectorant and reduces spasms that bring on coughing.

### HELPFUL ASSOCIATIONS

**PULMONA TEA** for persistent cough and irritation of the bronchi.

**THYME** infusion for lung catarrh.

**ECHINACEA PROPOLIS** to treat cold and flu.

**ELDER BERRY** tincture or decoction to treat infections.

**COLD & FLU TEA** for cold and flu with nasal drip and fever.

**LULLABY** to promote sleep during an infection.

**SWEET MALLOW** for sore and irritated throat.

### ETHNOBOTANY

**Respiratory system:** dry cough, loose cough, bronchitis, bronchiolitis, irritation of the bronchi, 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 simultaneously with prescription drugs.

## REFERENCES

- AHPA. Botanical Safety Handbook, 2nd Edition. Boca Raton: CRC Press; 2013.
- Barnes J., Anderson L.A., Phillipson 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.
- Boon H., Smith M. The Complete Natural Medicine Guide to the 50 Most Common Medicinal Herbs. Toronto: Robert Rose; 2004.
- Bove Mary. An Encyclopedia of Natural Healing for Children and Infants, 2nd Edition. Keats Publishing: New York; 2001.
- Bove Mary. Medicines From the Earth: Botanical Medicine; 2017.
- Brinker Francis. Herb Contraindications and Drug Interactions. Third Edition. Sandy: Eclectic Medical Publications; 2001.
- British Herbal Medicine Association. British Herbal Compendium, Volume 2. Bournemouth: 2006.
- Buhner Stephen H. Herbal Antibiotics, 2nd Edition. North Adams: Storey Publishing; 2012.
- Chandler Frank. Herbs Everyday Reference for Health Professionals. Nepean: Canadian Pharmacists Association and the Canadian Medical Association; 2000.
- Christopher John R. School of Natural Healing. Provo: Christopher Publications; 1976.
- Duke James A. The Green Pharmacy. Pennsylvania: Rodale Press; 1997.
- Duke J.A., Bogenschutz-Godwin M.J., duCellier J., Duke P.-A. K. Handbook of Medicinal Herbs, 2nd Edition. Boca Raton: CRC Press; 2002.
- ESCAP. Monographs: The Scientific Foundation for Herbal Medicinal Products, Second Edition. New York: Thieme; 2003.
- Felter H.W., Lloyd J. U. King's American Dispensatory. Portland: Eclectic Medical Publications; 1983.
- Gagnon C., Lanctôt-Bédard V. Materia Medica: Flora Medicina; 2009.
- Gladstar Rosemary. Herbal Remedies For Children's Health. North Adams: Storey Publishing; 1999.
- Gray Beverley. The Boreal Herbal. Whitehorse: Aroma Borealis Press; 2011.
- Hoffmann David. Medical Herbalism. Rochester; Healing Arts Press; 2003.
- Jellin J.M., Gregory P.J., Batz F. Hitchens k. et al. Pharmacist's Letter/Prescriber's Letter Natural Medicines Comprehensive Database, 5th Edition. Stockton: Therapeutic Research Faculty; 2003.
- Mills S., Bone K. Principles and Practice of Phytotherapy. St. Louis: Elsevier; 2000.
- Mills S., Bone K. The essential Guide to Herbal Safety. St. Louis: Elsevier; 2005.
- O' Reilly Moira. Interactions, contre-indications et complémentarité, plantes-médicaments. L'herbothèque Inc.; 2004.
- Riggs Maribeth. Natural Child Care: A Complete Guide. New York; Harmony Hardcover: 1988.
- Romm Aviva. Naturally Healthy Babies and Children. New York: Celestial Arts; 2003.
- Romm Aviva. Botanical medicine for women's health. St. Louis; Churchill Livingstone; 2010.
- Schilcher Heinz. Phytotherapy in Paediatrics. Stuttgart: Medpharm; 1997.
- Weiss R.F., Fintelmann V. Herbal Medicine, 2nd Edition. New York: Thieme; 2000.
- Wichtl Max. Herbal Drugs and Phytopharmaceuticals. Boca Raton: CRC Press; 1994.
- Williamson E., Driver S., Baxter K. Stockley's Herbal Medicines Interactions. Grayslake: Pharmaceutical Press; 2009.
- WHO. Who Monographs on Selected Medicinal Plants, Volume 1. Geneva; 1999.
- Wood Matthew. The Practice of Traditional Western Herbalism. Berkeley: North Atlantic Books; 2004.

Organic, fresh herbs from the garden.

Made according to GMP.

Kosher, vegan and non-irradiated.

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

