



Contains herbs used to help relieve symptoms of uncomplicated **sinusitis** including **sinus** and **nasal congestion, runny nose, headache, sinus pain** in traditional Chinese medicine

KEY BENEFITS

Contains herbs traditionally used in traditional Chinese herbal medicine (TCM) to assist in the management of uncomplicated acute and chronic sinusitis including:

- ✓ Nasal congestion
- ✓ Runny nose
- ✓ Hayfever
- ✓ Headache
- ✓ Sinus pain

PRODUCT FEATURES

- ✓ Synergistic Chinese herbal formula, based on the classical TCM formula *Cang Er Zi San* used to unblock the nasal passages
- ✓ Suitable for adults and children over 2 years
- ✓ Non-drowsy, garlic-free

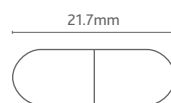
Always read the label. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional. Made in Australia.

ACTIVE INGREDIENTS

Each vegetable capsule contains extracts equivalent to dry:

Houttuynia (<i>Houttuynia cordata</i>) herb	1.5g
White angelica (<i>Angelica dahurica</i>) root	1g
Magnolia flower (<i>Magnolia liliflora</i>) flower bud	750mg
Xanthium (<i>Xanthium sibiricum</i>) fruit	750mg
Asian wild mint (<i>Mentha haplocalyx</i>) leaf	325mg

Suitable for vegetarians and vegans. NO artificial colours, flavours, sweeteners or preservatives, added yeast, gluten, wheat, nuts, dairy or animal products.



DOSAGE

Adults: Take 1-2 capsules twice daily
Adults acute symptoms: Take 1-2 capsules 3 times daily
Child 2-12yrs: Take ½-1 capsule twice daily
Child 2-12yrs acute symptoms: Take ½-1 capsule 3 times daily
For young children, mix capsule contents with a little syrup or honey

CAUTIONS/CONTRAINDICATIONS

- Not recommended during pregnancy and breastfeeding.
- Not to be used by children under 2 years of age without professional advice.

BACKGROUND INFORMATION

WHAT IS SINUSITIS

Sinusitis is an inflammation and infection of the paranasal sinuses (spaces surrounding the nasal cavity) that causes impaired sinus clearance. In Australia, sinusitis also called rhinosinusitis affects about 10% of the population. Sinusitis has many similar characteristics to allergic rhinitis (hayfever).

Sinusitis is most often caused by a viral, bacterial or fungal upper respiratory tract infection. This is followed by allergic rhinitis, dental infection or manipulation and trauma to the sinuses.

UNCOMPLICATED SINUSITIS IN TCM

In TCM theory, the lungs are said to open up to the nose and control nasal mucous. Therefore, symptoms such as sneezing, runny nose, nasal congestion and sinus headaches are considered to be due to phlegm obstruction in the lungs.

One of the key classical formulas in TCM for addressing sinusitis related symptoms is *Cang Er Zi San* or 'Xanthium Powder' (c. 1253) which consists of xanthium, white angelica, magnolia flower and Asian wild mint. These acrid flavoured herbs all enter the lung channel and are used in TCM to unblock the nose, clear the head and alleviate pain to relieve symptoms of sinusitis.

HERBS FOR RELIEVING SINUSITIS SYMPTOMS



Houttuynia is used in TCM for its immune stimulating and anti-inflammatory properties. In TCM this herb clears Lung heat to relieve nasal blockage, inflammation, swelling and discharge.

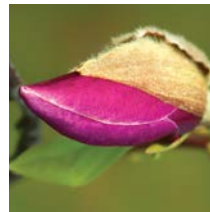
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White angelica is traditionally used in TCM to help relieve symptoms of uncomplicated sinusitis including sinus pain.



Magnolia flower is traditionally used in TCM for its decongestant and anti-infective properties to help relieve symptoms of rhinitis including runny nose, sneezing and nasal mucosal inflammation.



Xanthium is traditionally used in TCM to disperse wind (attacking the exterior and causing sinusitis, rhinitis, and headaches) and wind-damp (nasal congestion with thick discharge and headache).



Asian wild mint is traditionally used in TCM to help relieve symptoms of uncomplicated sinusitis including headache and low grade fever. In TCM terms it releases wind-heat from the exterior and clears the eyes and head.



COMPANION PRODUCTS

Cold & Flu - Andrographis plus herbs used to help relieve cold and flu symptoms in TCM.



Allergy - Contains herbs used to relieve mild allergy symptoms in TCM, including hayfever and eczema.