



Helps reduce symptoms associated with **colds and flu**, mild **upper respiratory tract infections** and mild **tonsillitis and laryngitis***

*Based on use in traditional Chinese and Western herbal medicine

KEY BENEFITS

Traditionally used in traditional Chinese medicine (TCM) and Western herbal medicine (WHM) to help relieve symptoms of:

- ✓ Mild upper respiratory infections
- ✓ Sore throat, mild tonsillitis and laryngitis
- ✓ Mild bronchial mucous congestion
- ✓ As an expectorant to relieve mild bronchial cough
- ✓ Mild fever
- ✓ Inflammation

PRODUCT FEATURES

- ✓ Specially formulated according to the principles of TCM
- ✓ High quality herbal extracts

ACTIVE INGREDIENTS

Each 5mL dose contains extracts equivalent to dry:

Honeysuckle (<i>Lonicera japonica</i>) flower bud	666mg
Echinacea (<i>Echinacea purpurea</i>) root	434mg
Forsythia (<i>Forsythia suspensa</i>) fruit	334mg
Balloonflower (<i>Platycodon grandiflorus</i>) root	334mg
Isatis (<i>Isatis tinctoria</i>) root	224mg
Isatis (<i>Isatis tinctoria</i>) leaf	224mg
Japanese catnip (<i>Schizonepeta tenuifolia</i>) herb	200mg
Chinese licorice (<i>Glycyrrhiza uralensis</i>) root	84mg
Contains ethanol, spearmint oil, glycerol (vegetable) and purified water	

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

DOSAGE

Adult: Take 7-10mL 2-3 times daily.
Child 6-12 years: Take 5-7mL 2-3 times daily.
Child 2-5 years: Take 2-5mL 2-3 times daily.
Child under 5 years: Take only under medical supervision.
Dilute each dose in 50mL of water or juice.

CAUTIONS/CONTRAINDICATIONS

- Not recommended during pregnancy and breastfeeding.
- Dosage directions for children aged 2-5 years are provided for health professional reference.

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

BACKGROUND INFORMATION

MILD UPPER RESPIRATORY TRACT INFECTIONS

The common cold is the most prevalent contagious condition in Australia and the main reason people report being absent from school or work (Lung Foundation 2017). Adults get 2-4 colds every year on average, and children get as many as 5-10 every year. More than 200 different viruses can cause colds. (Department of Health, 2017)

TCM AND EXTERNAL PATHOGENIC ATTACKS

According to TCM theory, our *Defensive Qi* which circulates on the skin, is the outmost barrier that works against external pathogens (likened to cold and flu viruses). When *Defensive Qi* is weak, these external pathogens can enter the body and cause symptoms such as mild fever, chills, sore throat, runny or blocked nose and cough. This is known as a 'wind invasion' and can combine with pathogenic heat or cold. A pathogen may enter into the organs and meridians and the first organ usually affected is the Lung organ, and this may result in mild bronchial cough and phlegm.

HERBS AND PATHOGENIC ATTACKS IN TCM

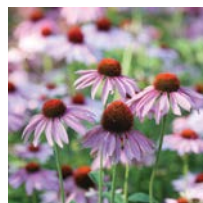
In TCM herbs may be used to help prevent the pathogens reaching deeper into the organs and meridians by clearing them from the exterior parts of the body. Importantly, TCM philosophy maintains that it is important to first clear the pathogen before strengthening the body. Only after the pathogen is cleared (manifesting as the improvement of the acute signs and symptoms) is supporting *Qi* recommended to prevent further attacks.

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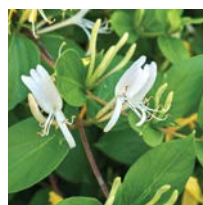
ACTIONS AND INDICATIONS OF HERBS IN COLD & FLU LIQUID



Echinacea and **Japanese catnip** are traditionally used in WHM and TCM to help relieve symptoms of common colds and flu.



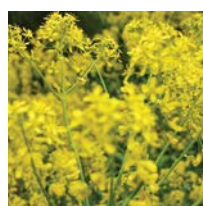
Forsythia is traditionally used in TCM for its mild fever reducing properties and to relieve symptoms of minor boils.



Honeysuckle is traditionally used in TCM to help relieve inflammation.



Balloonflower is traditionally used in TCM for relief of symptoms of mild tonsillitis and laryngitis, and when used with Chinese licorice, to relieve mild upper respiratory tract congestion.



Isatis is traditionally used in TCM for relief of symptoms of minor boils.

COMPANION PRODUCTS



Cough Lung Tonic – Contains herbs traditionally used to relieve mild bronchial coughs and congestion in WHM.



Vitamin C Advanced – High-potency vitamin C to support a healthy immune system, with elderflower.