



Reduces symptoms associated with **colds and flu** and other mild upper respiratory tract infections, such as mild **tonsillitis, laryngitis and sinusitis**\*

\*Based on traditional Chinese 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 including:

- ✓ Sore throat (including mild tonsillitis and laryngitis)
- ✓ Blocked nose and nasal congestion
- ✓ Sinus pain and congestion
- ✓ Mild bronchial congestion and cough
- ✓ Mild fever and chills
- ✓ Inflammation

## PRODUCT FEATURES

- ✓ Specially formulated according to the principles of TCM
- ✓ Suitable for use during all stages of mild upper respiratory tract infection

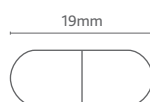
Always read the label. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional. Made in Australia.

## ACTIVE INGREDIENTS

Ingredients: Each tablet contains extracts equivalent to dry:

Isatis ( <i>Isatis tinctoria</i> ) root and leaf	900mg
Echinacea ( <i>Echinacea purpurea</i> ) root	625mg
Honeysuckle ( <i>Lonicera japonica</i> ) flower bud	550mg
Forsythia ( <i>Forsythia suspensa</i> ) fruit	525mg
Andrographis ( <i>Andrographis paniculata</i> ) leaf equiv. to andrographolides 11.9mg	475mg
Balloonflower ( <i>Platycodon grandiflorus</i> ) root	375mg
Magnolia ( <i>Magnolia liliflora</i> ) flower	350mg
Japanese catnip ( <i>Schizonepeta tenuifolia</i> ) leaf	300mg

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



## DOSAGE

Adult: Take 2 tablets three times daily.

Child 6-12 years: Take 1-2 tablets twice daily.

Child 2-6 years: Take ½-1 tablet twice daily. Tablet must be crushed and mixed with syrup or honey.

## CAUTIONS/CONTRAINDICATIONS

- Not to be used by children under 5 years of age without medical supervision.
- Not recommended during pregnancy and breastfeeding.

## 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. 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.

### TCM AND EXTERNAL PATHOGENIC ATTACKS

According to TCM theory, our *Defensive Qi* which circulates on the skin, is the outmost barrier that protects us 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, cough, body aches and headaches. 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 cough, phlegm and fatigue.

### HERBS FOR FIGHTING PATHOGENIC ATTACKS 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 and clearing pathogenic heat from the body surface. Importantly, traditional Chinese medicine 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 which is important for preventing further attacks.

### ACTIONS AND INDICATIONS OF HERBS IN COLD & FLU



**Echinacea and Japanese catnip:** traditionally used in WHM and TCM to help relieve symptoms of colds and flu and mild upper respiratory infections.

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Fusion Health, 54/1 Porter St.,  
Byron Bay, NSW 2481 Australia  
Ph: 1800 550 103



**Andrographis:** Helps fight mild upper respiratory infections and reduce the severity and duration of colds and flu. Andrographis is used to stimulate the immune system and help relieve symptoms of mild fever, sinus pain, sore throat and mucus congestion. Medicinal actions include anti-infective, antipyretic and expectorant.



**Forsythia:** Traditionally used in TCM for its anti-infective and fever reducing properties and for management of minor skin conditions such as minor boils.



**Honeysuckle:** traditionally used in TCM to help relieve symptoms of inflammation and assist in management of gastroenteritis.



**Balloonflower and Magnolia:** Traditionally used in TCM to relieve nasal congestion of the respiratory tract and symptoms of mild tonsillitis, laryngitis and sinusitis.



**Isatis:** Traditionally used in TCM for management of minor skin conditions such as minor boils.



## COMPANION PRODUCTS

**Cough Lung Tonic** – herbs traditionally used to relieve mild bronchial coughs and congestion in Chinese and Western herbal medicine.



**Vitamin C Advanced** – a high potency vitamin C to support immune health with elderflower.