



Contains andrographis to relieve symptoms of mild **viral infections** of the **upper respiratory tract** such as mild **fever, sore throat, runny nose, mucous congestion and inflammation**

## KEY BENEFITS

- ✓ Assists with the management of mild viral infections of the upper respiratory tract associated with colds and flu
- ✓ Relieves symptoms such as mild fever, sore throat, runny nose, mucous congestion and inflammation
- ✓ May help relieve headache associated with fever, cold or flu

## PRODUCT FEATURES

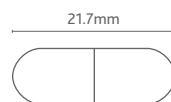
- ✓ High-potency antiviral formula combining standardised extracts of andrographis and olive leaf, plus echinacea and Japanese honeysuckle
- ✓ Formulated according to the principles of traditional Chinese medicine (TCM) to clear heat, cool the Blood and resolve toxicity
- ✓ Also contains vitamin C and zinc glycinate for enhanced absorption and gastrointestinal tolerance

## ACTIVE INGREDIENTS

Ingredients: Each vege capsule contains extracts equivalent to dry:

Andrographis ( <i>Andrographis paniculata</i> ) leaf standardised to andrographolide 62.5mg	4.5g
Olive ( <i>Olea europaea</i> ) leaf standardised to oleuropein 30mg	1.25g
Honeysuckle ( <i>Lonicera japonica</i> ) flower bud	1g
Echinacea ( <i>Echinacea purpurea</i> ) root	750mg
Plus nutrients:	
Ascorbic acid (Vitamin C)	250mg
Zinc glycinate equiv. to elemental zinc 8mg	27.6mg

Suitable for vegetarians and vegans. NO artificial flavours or preservatives, yeast, gluten, wheat, nuts or dairy.



## DOSAGE

Adult: Take 2 capsules, once or twice daily.  
Child 6-12 years: Take 1 capsule, once or twice daily.  
Child 2-5 years: Take ½ capsule, once or twice daily.  
Mix capsule contents with a little syrup or honey.  
Child under 5 years: Take only under medical supervision.

Always read the label. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional. Vitamin and mineral supplements should not replace a balanced diet. Made in Australia.

## CAUTIONS/CONTRAINDICATIONS

- Not recommended during pregnancy and breastfeeding.
- Andrographis may cause allergic reactions; if you experience allergic symptoms, discontinue use and see your healthcare practitioner.
- If diarrhoea persists for more than 6 hours in infants under 6 months, 12 hours in children under 3 years, 24 hours in children aged 3-6 years or 48 hours in adults and children over 6 years, seek medical advice.
- Contains Zinc which may be dangerous if taken in large amounts.

## 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 (which may be likened to cold and flu viruses). When *Defensive Qi* is weak, these external pathogens can enter the body and cause symptoms such as fever, chills, sore throat, runny or blocked nose, cough, muscle 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

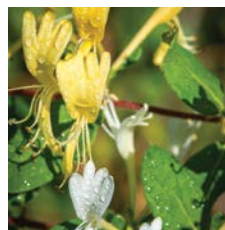
In TCM, herbs may be used to help prevent the pathogens reaching deeper into the organs and meridians by clearing them from the exterior parts of the body and clearing pathogenic heat from the body surface. Importantly, Chinese medicine maintains that it is important to first clear the pathogen before 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.



**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, uncomplicated sinusitis and sinus pain, sore throat, inflammation and mucus congestion. Medicinal actions include anti-inflammatory, anti-infective and antipyretic.



**Honeysuckle** is traditionally used in TCM to help clear 'wind heat' and resolve toxicity. Acts as an anti-inflammatory agent.



**Echinacea** has shown to have anti-infective, antiviral and immune-supportive medicinal properties.

**Zinc and Vitamin C** help support healthy immune function.

**Formula is supported with olive leaf standardised to the active constituent, oleuropein.**



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## COMPANION PRODUCTS



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



**Sinusitis** - Contains herbs traditionally used to relieve sinus pain and nasal congestion in TCM.