



Assists in the management of mild upper respiratory tract infections, sore throat, and helps relieve mild bronchial cough and mucous congestion\*

\*Based on use in traditional Chinese and Western herbal medicine

## KEY BENEFITS

A multi-purpose formulation containing herbs traditionally used in Western Herbal Medicine (WHM) and Traditional Chinese Medicine (TCM) as an expectorant to relieve cough due to:

- ✓ Mild bronchial congestion (productive or unproductive cough)
- ✓ Dryness
- ✓ Spasms
- ✓ Mild bronchitis
- ✓ Mild upper respiratory tract infections including sore throat and laryngitis

## PRODUCT FEATURES

- ✓ Therapeutic blend of Chinese and Western herbs
- ✓ High quality herbal extracts
- ✓ Available in liquid and capsule form for convenience

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:

Elecampane ( <i>Inula helenium</i> ) root	750mg
White horehound ( <i>Marrubium vulgare</i> ) herb	500mg
Pinellia ( <i>Pinellia ternata</i> ) rhizome	450mg
Houttuynia ( <i>Houttuynia cordata</i> ) herb	400mg
Aster ( <i>Aster tataricus</i> ) root and rhizome	350mg
Balloonflower ( <i>Platycodon grandiflorus</i> ) root	350mg
Stemona ( <i>Stemona sessifolia</i> ) root	300mg
Chinese licorice ( <i>Glycyrrhiza uralensis</i> ) root and stolon	200mg
Plus: Thyme oil 100%	10mg



Each 5mL contains extracts equivalent to dry:

Elecampane ( <i>Inula helenium</i> ) root	450mg
White horehound ( <i>Marrubium vulgare</i> ) herb	425mg
Pinellia ( <i>Pinellia ternata</i> ) rhizome	400mg
Aster ( <i>Aster tataricus</i> ) root and rhizome	265mg
Houttuynia ( <i>Houttuynia cordata</i> ) herb	265mg
Balloonflower ( <i>Platycodon grandiflorus</i> ) root	265mg
Stemona ( <i>Stemona sessifolia</i> ) root	250mg
Chinese licorice ( <i>Glycyrrhiza uralensis</i> ) root and stolon	170mg
Plus: Thyme oil 100%	10mg

Contains ethanol, glycerol (vegetable), spearmint oil and purified water.

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

## DOSAGE

### Capsules:

Adults: Take 1-2 capsules 1-3 times daily.

Child 6-12yrs: Take ½-1 capsules 1-3 times daily.

Child 2-5yrs: Take ½ capsule 1-3 times daily.

Mix capsule contents with a little syrup or honey.

For all ages, an extra dose may be taken or as professionally advised.

### Liquid:

Adults: Take 7-10mL once or twice daily.

Child 6-12yrs: Take 5-7mL once or twice daily.

Child 2-6yrs: Take 2-5mL once or twice daily.

For all ages, an extra dose may be taken or as professionally advised.

Dilute each dose in 50mL of water or juice.

## CAUTIONS/CONTRAINDICATIONS

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

## BACKGROUND INFORMATION

A cough is a common reason for people to seek medical attention and may indicate minor airway irritation. Coughs are generally diagnosed into one of two categories:

- Acute cough (less than three weeks duration)—usually from viral/bacterial upper respiratory tract infections (URTI)
- Chronic cough (more than three weeks duration)—which may be attributable to underlying factors.

Herbal medicines can be useful in managing coughs secondary to mild URTI, sore throat and mucus congestion.

### THE TCM PERSPECTIVE OF COUGH

In TCM, the causes of cough are mostly associated with the improper functioning of the Lungs. One of the major functions of the Lungs in Chinese medicine is respiration by descending and dispersing *Da Qi* (air). When air and *Qi* (loosely translated as energy) does not adequately descend, it can reverse upwards manifesting as cough. Factors that affect the lungs functioning include:



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1. External pathogens which can enter the body (especially via the nose or skin)
2. Internal disharmonies:
  - Emotional stress (particularly anger or grief) can attack the Lung and inhibit the descent of Lung *Qi*
  - Improper diet and impaired fluid metabolism can generate dampness and phlegm in the body. In Chinese medicine, dampness and phlegm are internally generated pathogens which can disrupt Lung function
  - Chronic illness can exhaust Lung *Qi* and impair their ability to disperse and descend *Qi*

Herbs used in TCM for coughing typically support the healthy function of the lungs and are often combined with herbs that are either drying (for productive cough) or moistening (for dry cough).

### HERBS FOR RELIEVING COUGH

**Elecampane** is traditionally renowned in WHM and TCM for its expectorant, decongestant and relieve coughs associated with symptoms of mild bronchitis.

**White horehound** is traditionally used in WHM for the relief of mild bronchial cough.

**Pinellia** is known to dissolve and clear phlegm, in TCM terms.

**Platycodon** is traditionally used in TCM for the relief of symptoms associated with laryngitis including discomfort, pain and inflammation.

**Stemona** is used in TCM for the relief of coughs and to support healthy lung function and descend Lung *Qi*.

**Chinese licorice** is said to nourish and strengthen Lung *Qi*, in TCM terms. In TCM it's used for its demulcent (soothing) and anti-inflammatory actions to support healthy lung and respiratory function.

**Formula further supported with houttuynia and aster.**



## COMPANION PRODUCTS

**Cold & Flu** - Contains herbs used to help fight cold and flu symptoms in TCM and WHM.



**Astra 8 Immune Tonic** - Contains herbs used to boost immune health plus reduce cold and flu frequency in TCM.