

# HERBAL HEAD COLD

## *Practitioner Quality Compound*

### *Clinical Summary*

#### **Active Ingredients**

Each 10mL contains extracts equivalent to:

Elder Flowers ( <i>Sambucus nigra</i> )	2100mg
Eyebright ( <i>Euphrasia officinalis</i> )	1050mg
Echinacea ( <i>Echinacea purpurea</i> )	1050mg
Ribwort ( <i>Plantago lanceolata</i> )	840mg
Yarrow ( <i>Achillea millefolium</i> )	700mg
Lime Flowers ( <i>Tilia cordata</i> )	700mg
Calendula ( <i>Calendula officinalis</i> )	420mg
Cinnamon ( <i>Cinnamomum verum</i> )	210mg

#### **Also contains:**

Aniseed Oil (*Pimpinella anisum*)  
Glycerol

#### **Indications**

- Treatment and prophylaxis of upper respiratory tract infections
- Take at the first sign of the common cold

### **Overview**

- May reduce duration and intensity of upper respiratory tract infections
- Immune system support
- Anti-inflammatory and antioxidant
- Diaphoretic, lymphatic, warming circulatory stimulant
- Reduces body aches, headaches, congestion and inflammation
- Relieves congestion and soothes inflamed URT mucous membranes

### **Administration and Dosage**

Take 10mL twice daily in juice or water before food or as directed by your healthcare practitioner.

*“Herbal Head Cold contains anti-viral, anti-microbial and anti-bacterial herbs as well as diaphoretic, anti-inflammatory, anti-catarrhal and mucolytic herbs. These combined actions may help to fight infections of the upper respiratory tract.”*