

# BRONCHA

(HERBAL EXTRACT)

This herbal combination is used for coughs, bronchitis, asthma and flu symptoms in the chest. It relieves cramps in the bronchial tree, increases expectoration, promotes sweat production, supports blood purification and is anti-tussive in relation to the lung and bronchi. According to the German Herbal Pharmacopeia the herbs in BRONCHA are among the most extensively researched and documented in terms of their effectiveness related to lung and bronchial diseases.

---

## Medicinal Ingredients:

Each 100 ml contains:

Hedera helix (English Ivy) . . . . .	2.0 g
Foeniculum vulgare (Fennel) . . . . .	2.0 g
Ammi visnaga (Visnaga) . . . . .	4.0 g
Mentha piperita (Peppermint) . . . . .	2.0 g
Thymus vulgaris (Thyme) . . . . .	6.0 g

Non-medicinal Ingredients:                      water, ethanol

---

## RECOMMENDED DOSAGE

Adult	Take 30 to 40 drops in water three to five times daily or as directed by a practitioner.
Children	Children could receive half or less of the adult dosage or as directed by a practitioner.

**Recommended use or purpose:**              Supports relief from flu symptoms.

## Caution/Warnings

This product is not intended for individuals who have gallbladder or bile-duct obstruction, hiatal hernia, acid reflex. Discontinue use if skin hypersensitivity such as skin or mucous membrane irritation occurs.

## Contraindications

Do not use if pregnant or breastfeeding.

---

---

## INGREDIENTS    INDICATIONS

---

English Ivy	Catarrhs of the respiratory passages and for symptoms of chronic inflammatory bronchial conditions such as asthma. It is also an expectorant, secretolytic, and antispasmodic during bouts of whooping cough, spastic bronchitis and chronic catarrh <sup>1</sup> .
Fennel	Catarrh of the upper respiratory tract.
Visnaga	Asthma relief; antispasmodic action on the smaller bronchial muscles; dilate the bronchial, urinary and blood vessels without affecting the blood pressure <sup>2</sup> ; cardiac insufficiency, aroxysmal tachycardia, extra systoles, hypertonia, whooping cough and cramp-like complaints of the abdomen <sup>3</sup> .
Peppermint	Spasmodic conditions such as asthma, emphysema, fainting and dizziness; increase perspiration during colds and flu; increase diuresis; relief coughs, acute asthma and stomach cramps.
Thyme	Traditionally used as a sedative, antiseptic, antipyretic, expectorant or for treating symptoms of bronchitis and catarrhs of the upper respiratory tract.

---

## SPECIAL COMMENTS

In severe cases add 1 to 3 drops of PEPERITA. This increases the effectiveness and brings great relief. Avoid all cold drinks. For general increase of the immune function, ECHINACEA TABS and LYMPH-A-DROP AND/OR LYMPH-A-DERM can be added. In the case of an allergic cough add ALLERNEST. To calm the cough reflex add 30 drops AVENA SATIVA, whereas GASTROPLEX may be added as an anti-viral.

1. Blumenthal, Goldberg, Brinckmann. Herbal Medicine. Expanded Commission E Monographs. Integrative Medicine Communications (MA); 2000. Ivy page 215-217
2. www.ibiblio.org. Ammi visnaga (Visnaga).
3. PDR for Herbal Medicines. Second Edition. Medical Economics Company, NJ; 2000. Bishop's weed page 81-82 KIDNEY