



Patient Information
Leaflet



Bronchosan
Pine Cough syrup



i Information

Important things you need to know

- This product is used for the relief of coughs.
- This product is suitable for adults and children over 12 years.
- **Don't take** this product if you are allergic to any of the ingredients: see section 6.
- **Before you take this product:** read section 2.
- **Dosage instructions:** see section 3.
- **Talk to your doctor** if your symptoms worsen or do not improve within 7 days.
- Side effects are minor and very rare: see section 4.

Now read the rest of this leaflet carefully. Keep this leaflet. You may need to read it again.

1. What this product is for

Bronchosan is a traditional herbal medicinal product used for the relief of coughs. This is based on traditional use only.

Used to relieve:

- Dry coughs
- Tickly coughs
- Irritating coughs

✓ **✗** Do's & Don'ts

2. Before you use this product

- Do not give this product to children under 12.

Do not take this product:

- If you are **allergic** to:
 - Spruce (*Picea abies*). This product contains spruce.
 - Pine species.
 - Colophony.
 - Any of the other ingredients in this product (See section 6 Further Information).
- If you are pregnant or breast-feeding.

See your doctor before taking this product:

- If you have been told by your doctor that you have an intolerance to some sugars. This product contains sugars.

Information for people who suffer from diabetes:

- This product contains 5.25 g of carbohydrate per 5 ml dose.

Please turn over...



Using

3. How to use this product

Use the measuring cup provided.

Adults and children over 12 years:
Take 5-10 ml (1-2 teaspoons) two to four times daily.

Not for use in children under 12.

For oral use only. Don't take more than the recommended dose.

If you take too much

- If you take too much and feel ill, talk to your doctor. Taking too much is unlikely to be harmful.

If you forget to take this product

- Don't worry about the missed dose. Take the next dose as usual.

If you feel this product isn't working

Stop taking this product and see your doctor:

- If you are short of breath (dyspnoea)
- If you have a high temperature (fever)
- If your phlegm is yellow green to brown in colour (purulent sputum)
- If your symptoms worsen or you don't feel an improvement within 7 days



Side effects

4. Possible side effects

Like all medicines, this product can cause side effects, although not everybody gets them.

Minor side effects

The following minor side effects can occur when using this product. These are very rare and likely to affect less than 1 in 10,000 people.

Skin reactions

- Itching (pruritis)
- Rash

Stop taking the product if any of these occur.

If you are concerned about any side effect or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.



Information

5. How to store this product

- Keep out of the reach and sight of children.
- Do not use this product after the expiry date which is stated on the packaging. The expiry date refers to the last day of that month.
- This product does not require any special storage conditions.
- Do not use this product if you notice a change in colour. The syrup should be brown in colour.

6. Further Information

What this product contains

5 ml (6.95 g) of oral liquid contains 1,445 mg of extract (as soft extract) from fresh *Picea abies* (L.) Karsten (spruce) shoots (0.9 – 1.2:1). Extraction solvent: water.

The other ingredients used for the liquid are raw cane sugar, honey, concentrated pear juice and pine oil.

What this product looks like and the contents of the pack

It is a brown syrup. This product is available in 100 ml and 200 ml bottles. Not all pack sizes may be marketed.

What is *Picea abies*?

Picea abies is better known as Norway Spruce or the Christmas tree. It is an evergreen tree native to Europe. The young shoots are used to make Bronchosan.

You can get a larger print or audio version of this leaflet. Call this number: 0845 608 5858.

Traditional Herbal Registration Holder and Manufacturer

Traditional Herbal Registration Holder and Batch Release:

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THR No. 13668/0019



Certification Mark

This leaflet was approved on 10/2010

You should also know

Bioforce runs a helpline by phone and email which can provide you with further information.

Email: enquiries@avogel.co.uk

Phone: 0845 608 5858

You can help to make medicines safer by reporting any side effects to the Yellow Card Scheme at www.yellowcard.gov.uk. Alternatively you can get a paper Yellow Card form from your doctor's surgery or pharmacy, or call freephone 0808 100 3352 (available 10am-2pm Monday-Friday).