



Package Leaflet:
Information for the user

A.Vogel

Bronchoforce

Chesty Cough

oral drops

Tinctures of Ivy, Thyme
& Liquorice



i Information

Read all of this leaflet carefully before you start taking this product because it contains important information for you.

Always take this product exactly as described in this leaflet or as your doctor, pharmacist or nurse has told you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. See section 4.
- You must talk to a doctor if you do not feel better or if you feel worse after 7 days.

What is in this leaflet

1. What Bronchoforce is and what it is used for
2. What you need to know before you take Bronchoforce
3. How to take Bronchoforce
4. Possible side effects
5. How to store Bronchoforce
6. Contents of the pack and other information

1. What Bronchoforce is and what it is used for

Bronchoforce is a traditional herbal medicinal product containing the tinctures of Ivy, Thyme and Liquorice.

It is used as an expectorant to relieve a chesty cough associated with a cold. This is exclusively based on long-standing use.

Bronchoforce is for use in adults and adolescents over 12 years of age.

✓ **✗** Do's and Don'ts for taking Bronchoforce

2. What you need to know before you take Bronchoforce

Do not take Bronchoforce

- If you are allergic to any of the ingredients of this product (listed in section 6).

Warnings and precautions

- Talk to your doctor or pharmacist **before** taking this product if you suffer from
 - High blood pressure
 - Kidney disease
 - Liver problems
 - Heart problems
 - Low blood levels of potassium which can cause muscle weakness, twitching or abnormal heart rhythm (hypokalemia)
 - Gastritis
 - Gastric ulcer
- See your doctor or pharmacist if
 - You are short of breath
 - You have a high temperature (fever)
 - Your phlegm is yellow-green to brown in colour
 - Your symptoms worsen, persist or do not improve within 7 days

Children

- Do not give this product to children under 12 years of age.

Other medicines and Bronchoforce

- Do not take this product if you are taking any of the following:
 - Another medicine which is affected by alcohol
 - Another product containing liquorice
 - Diuretics or water tablets
 - Digoxin and other heart medications
 - Corticosteroids
 - Laxatives
 - Medicines which may affect your sodium or potassium levels
- Talk to your doctor or pharmacist before taking this product if you are taking any medicine for high blood pressure. The liquorice root in this product may affect how it works.
- If you are speaking to your doctor, pharmacist or nurse always remember to tell them about any medicines you are taking, including herbal remedies such as Bronchoforce.

Pregnancy and breast-feeding

- Do not take this product if you are pregnant or breast-feeding.

Driving and using machines

- This product contains alcohol (see below for alcohol content). Overdose of this product may result in alcohol intoxication.

Bronchoforce contains alcohol

- This product contains 51 vol % ethanol (alcohol), i.e. up to 212 mg per 20 drop dose, equivalent to 5.4 ml beer (around a teaspoon) or 2.25 ml wine (around half a teaspoon) per dose.
- Harmful for those suffering from alcoholism.
- To be taken into account in pregnant or breast-feeding women, children and high-risk groups such as patients with liver disease, or epilepsy.



Using

3. How to take Bronchoforce

Always take this product exactly as described in this leaflet or as your doctor, pharmacist or nurse has told you. Check with your doctor, pharmacist or nurse if you are not sure.

Recommended dose

Adults and adolescents over 12 years: Take 20 drops in a little water three to five times daily.

For oral short-term use only. Do not take more than the recommended dose.

If you take more Bronchoforce than you should

- If you take too much and feel ill, talk to your doctor.
- Overdose of this product may result in alcohol intoxication.

If you forget to take Bronchoforce

- Do not worry about a missed dose. Take the next dose as usual.
- Do not take a double dose to make up for a forgotten dose.

If you have any further questions on the use of this product ask your doctor, pharmacist or nurse.



Side effects

4. Possible side effects

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

Side effects

The following side effects can occur when using this product.

Digestive symptoms

- Digestive upsets such as sickness, feeling sick or diarrhoea

These are often short-lived and should go away by themselves. However if they are troubling you, talk to your doctor, pharmacist or nurse.

Skin Reactions

- Skin rashes
- Itching

Stop taking the product if these occur.

Other

There have been isolated reports of the following side effects occurring with products containing liquorice:

- Low blood levels of potassium which can cause muscle weakness, twitching or abnormal heart rhythm
- Irregular heartbeat

- High blood pressure
- A serious brain condition resulting from high blood pressure known as hypertensive encephalopathy

Stop taking the product if these occur. Seek medical advice and take this leaflet with you.

The frequency of these side effects is not known. This means it is not known how often these reactions occur as there have not been enough reports to allow this information to be calculated.

Reporting of side effects

- If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet.
- You can also report side effects directly via:
HPRA Pharmacovigilance
Earlsfort Terrace
IRL - Dublin 2
Tel: +353 1 6764971
Fax: +353 1 6762517
Website: www.hpra.ie
E-mail: medsafety@hpra.ie
- By reporting side effects you can help provide more information on the safety of this medicine.



Information

5. How to store Bronchoforce

- Keep this product out of the sight and reach of children.
- Do not use this product after the expiry date which is stated on the label and carton. 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 appearance. It should be a clear liquid that is brown in colour.
- Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6. Contents of the pack and other information

What Bronchoforce contains

Each 20 drop dose contains the tinctures of:

Fresh Ivy herb 198 mg
(*Hedera helix* L.) (1:5.7–6.0)
Extraction solvent: Ethanol 51% V/V

Fresh Thyme 173 mg
(*Thymus vulgaris* L.) (1:8.0–8.2)
Extraction solvent: Ethanol 51% V/V

Liquorice root 123 mg
(*Glycyrrhiza glabra* L.) (1:10–11)
Extraction solvent: Ethanol 51% V/V

1 ml of Bronchoforce is equivalent to 38 drops.

The other ingredients used for the liquid are ethanol, purified water, star anise oil and eucalyptus oil.

What Bronchoforce looks like and contents of the pack

Bronchoforce is a clear liquid that is brown in colour. Bronchoforce is available in 15 ml, 50 ml and 100 ml bottles. Not all pack sizes may be marketed.

Traditional Herbal Registration Holder and Manufacturer

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Irvine, Ayrshire, KA11 5DD - UK
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This leaflet was last revised in 01/2015.

About the ingredients of Bronchoforce

- Ivy is an evergreen climbing plant which is native to Europe. The extract of the leaves is used to make Bronchoforce.
- Thyme is a herb native to Europe which has been consumed as a food and medicine for many years.
- Liquorice is a plant which is native to Southern Europe and parts of Asia. It is the extract of the roots which is used to make Bronchoforce.

You should also know

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

E-mail: enquiries@avogel.co.uk

Phone: **1 890 930 070**

You can get a larger print or audio version of this leaflet.

Call this number:

1 890 930 070