



Bronchosan

Dry, Tickly Cough syrup
Norway Spruce extract



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

1. What Bronchosan is and what it is used for

Bronchosan is a traditional herbal medicinal product containing the extract of fresh Norway Spruce shoots.

It is used for the relief of coughs in adults and adolescents over 12 years of age. This is exclusively based on long-standing use.

Used to relieve:

- Dry coughs
- Tickly coughs
- Irritating coughs



Do's and Don'ts

2. What you need to know before you take Bronchosan

Do not take Bronchosan

- If you are allergic to:
 - Spruce (*Picea abies*). This product contains Spruce shoots.
 - Pine species
 - Colophony (pine resin)
 - Any of the other ingredients of this product (listed in section 6).

Warnings and precautions

- Talk to your doctor or pharmacist if:

- Your symptoms worsen or last for more than 7 days.
- You are short of breath.
- You have a high temperature (fever).
- Your phlegm is yellow green to brown in colour.

Children

- Do not give this product to children under 12 years of age as it is not known if it is suitable for them.

Other medicines and Bronchosan

- You can use this product with other medicines. Check with your doctor or pharmacist if you are not sure.
- 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 Bronchosan.

Pregnancy and breast-feeding

- Do not take this product if you are pregnant or breast-feeding as it may not be suitable for you.

Driving and using machines

- It is not known if this product can affect the ability to drive or use machines. Make sure you know how this product affects you before you drive or use machinery.

Bronchosan contains sugars

- If you have been told by your doctor that you have an intolerance to some sugars, talk to your doctor before taking this product.
- This product contains 5.25 g of sugar per 5 ml dose, mainly present as sucrose, glucose and fructose. This should be taken into account in patients with diabetes mellitus.



Using

3. How to take Bronchosan

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

Use the measuring cup provided.

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

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

If you take more Bronchosan than you should

- If you take too much and feel ill, talk to your doctor.

If you forget to take Bronchosan

- 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.

Minor side effects

Skin reactions

- Itching
- Rash

Stop taking this product if any of these occur.

These side effects are very rare and likely to affect less than 1 in every 10,000 people.

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:

IMB Pharmacovigilance
Earlsfort Terrace
IRL - Dublin 2
Tel: +353 1 6764971
Fax: +353 1 6762517
Website: www.imb.ie
e-mail:
imbpharmacovigilance@imb.ie



Information

5. How to store

Bronchosan

- 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. The syrup should be 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 Bronchosan contains

5 ml (6.95 g) of syrup contains 1,445 mg of extract (as soft extract) from fresh *Picea abies* (L.) Karsten (Norway Spruce) shoots (0.9 - 1.2:1). Extraction solvent: Water.

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

What Bronchosan looks like and contents of the pack

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

Traditional Herbal Registration Holder and Manufacturer

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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 should also know

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

Email: 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

