



Cough Spray



For dry &
tickly coughs

Use for

A.Vogel Cough Spray is a medical device that helps bring rapid and effective relief to dry and tickly coughs. The spray creates a protective film layer in the throat, has an antitussive (cough-relieving) and soothing effect, and helps ensure that irritated mucous membranes are not further irritated.

A.Vogel Cough Spray contains a combination of 100% natural active ingredients. The spray is easy to use and can be carried anywhere. Practical when out and about, at work or on your bedside table.

A.Vogel Cough Spray

- has an antitussive (cough-relieving) and soothing effect
- protects mucous membranes from further irritation
- helps bring rapid and effective relief
- easy to use
- easily portable
- non-habit forming, non-drowsy
- 100% natural active ingredients
- concentrated formula

A 30 ml bottle provides 150 sprays



What is a tickly cough?

A cough is a very common complaint. It is a normal reaction by the body to eliminate foreign substances from the windpipe and upper airways, such as inhaled dust and inhaled (cigarette) smoke, or irritating or congestive mucus from the lungs or nose. A cough often occurs in cases of flu and the common cold or nervousness. Smokers also cough a lot, especially in the morning.

There are various types of cough: dry or tickly cough and persistent cough. Tickly cough is the result of stimulation or irritation of the (inflamed) throat and upper airways, e.g. due to tobacco smoke, air conditioning, poorly ventilated rooms or dry air. No mucus is produced with a dry cough. An itchy sensation occurs, which we keep trying to get rid of by coughing. This can be very bothersome and tiring. Constant coughing may also start to cause soreness. At night, it may stop you from falling asleep.

Characteristics of a dry and tickly cough

- A nagging, tingling sensation in the airways
- No mucus is produced when you cough
- No wheezing or difficulty in breathing
- The cough sounds dry
- Can keep you awake at night

Dosage

Adults: Three sprays up to 6 times daily.

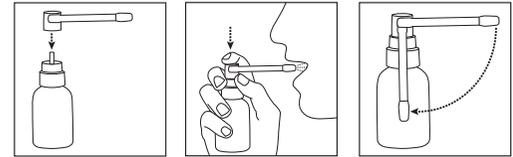
Children aged 4 to 12 years: 1-2 sprays up to 6 times daily. Children should use under adult supervision.

Not suitable for children under 4 years of age.

Shake before use

Using A.Vogel Cough Spray

1. Put the plastic spray head onto the bottle and adjust it until the spray head is horizontal. Place the end of the spray head (nozzle) at the back of your mouth/throat cavity. Push down on the top of the spray head and spray the required amount into the mouth/throat cavity. Do not breathe in whilst spraying; keep the bottle vertical.
2. Do not drink for 5 minutes after use to ensure good adhesion of the film layer.
3. After use, rotate the plastic spray head to a vertical position. If you have not used the spray for a period of time, or if you wish to store it temporarily, rinse the end of the spray head with lukewarm water.
4. Place the protective cap onto the spray head to prevent leakage.



What you need to know before you use A.Vogel Cough Spray

Do not exceed the stated dose.

Contains honey which has natural sugars. Each dose (3 sprays) contains: 0.3g carbohydrate, including 0.3g sugars. Energy 4.9 kJ/1.2 kcal. Patients with diabetes should take this into account.

Usage during pregnancy or breast-feeding

As a precaution, use of A.Vogel Cough Spray is not advised during pregnancy or when breast-feeding, due to insufficient data.

Do not use in case of

Hypersensitivity to any of the ingredients. A.Vogel Cough Spray must not be used by babies, toddlers or children under 4 years of age.

Use with other products

You can generally use this product at the same time as other products. If in doubt, consult your doctor or pharmacist.

Ingredients

Honey, water, *Verbascum thapsus* (Mullein) extract, *Althaea officinalis* (Marshmallow) root extract, potassium sorbate. A.Vogel Cough Spray is a natural product. Its taste and colour may vary slightly due to atmospheric influences and harvesting times.

Storage

Keep out of the reach and sight of children.
Store below 25° C.
After opening, use within 3 months.



Personal advice

A.Vogel aids the body's ability to repair itself with natural products that have been developed using the latest scientific knowledge.

For further details or healthcare advice go to www.avogel.co.uk, or call the A.Vogel Customer Helpline on **0845 608 5858** or send an email to enquiries@avogel.co.uk.

Warnings

Suitable for oral use only. If you have any of the following symptoms, see your doctor or pharmacist:

- Persistent cough producing a lot of mucus and/or high fever.
- A fever for more than 3 days or if fever returns after several days without fever.
- A cough in anyone under 3 months or older than 75 years of age.
- Cold chills.
- A cough lasting for more than three weeks.
- Persistent or recurrent cough as a result of stomach acid and stomach complaints.
- Long-term hoarseness or voice problems.

Stop using this product if

- You notice any unpleasant effect after using A.Vogel Cough Spray.

You should not use A.Vogel Cough Spray for more than 30 days in any one treatment period.

Tips to reduce dry and tickly cough

- Make sure that you always have a glass or small bottle of water handy.
- Make sure that the air in your environment is moist; water pots on the radiator or an air humidifier in your bedroom or living quarters can provide relief.
- Stop smoking and avoid cigarette smoke.
- Try to breathe through your nose. Breathing through the mouth leads to further dehydration of the mucous membranes in your throat.

Alfred Vogel, a globe-trotter fascinated by nature

Alfred Vogel travelled to Africa, Asia and America, where the indigenous people showed him the link between nutrition, lifestyle and health.

He returned from each trip with a treasure trove of plants, which he processed into medicines, medical devices and natural health products. These products now help millions of satisfied users worldwide to become healthy and stay healthy.

A.Vogel gardens: EKO quality mark

We largely cultivate the plants for A.Vogel products in our own gardens. Naturally, we use organic methods (EKO label). This means that no artificial fertilisers or chemical pesticides are used. We harvest the plants when they have the highest concentration of active ingredients. They are then freshly processed to make natural A.Vogel products.

Care for the environment

A.Vogel strives to minimise the impact on the environment. As far as possible our packaging materials are produced using environmentally friendly methods. These can be incinerated without any harmful impact on the environment or they can be recycled.

Biohorma BV

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