



# AYURSCIENCE®

## HERBITUS Dry Cough Relief



AyurScience Herbitus Dry Cough Relief is a multi-action cough syrup providing soothing relief to dry and irritating cough. A synergistic blend of six specific botanicals makes this non-drowsy and great tasting syrup a must to help stop irritating and dry coughs.

### PRODUCT BENEFITS:







- Synergistic power of six specific herbals
- Non-drowsy formula
- Great tasting and easy to take
- All-in-one, multi-benefit elixir
  - Reduce coughing
  - Relieve and soothe a dry cough
  - Cough suppressant
- Suitable for vegetarians and vegans
- Manufactured in Australia

### WHEN TO USE:

Take AyurScience Herbitus Dry Cough Relief with a dry and irritating cough. The specialised blend of six medical herbals synergistically work together to soothe and relieve a dry cough. The pleasant tasting syrup has a gentle warming and soothing feel on the throat. Consider AyurScience Herbitus Dry Cough Relief for:

- dry cough
- non-productive cough (with no mucus)
- dry cough triggered by allergens
- where a cough suppressant is needed

**AyurScience Herbitus Dry Cough Relief is suitable for adults and children over 6 years old.**

ACTIVE INGREDIENTS	PER 10ML	RESPIRATORY FUNCTION ACTION
 <b>Albizia lebbek (Albizia)</b> Stem bark extract Equivalent to dry bark	50 mg 2500 mg	Cough relief. Actions help to manage dry cough, including cough triggered by allergens or irritants.
 <b>Cinnamomum cassia (Cinnamon)</b> Stem bark extract Equivalent to dry bark	50 mg 500 mg	Helps to reduce cough, with a relaxing effect on airways helping to address dry cough.
 <b>Glycyrrhiza glabra (Liquorice)</b> Root extract Equivalent to dry root	50 mg 1000 mg	May help provide cough relief with a soothing effect on the throat, and may help to support relaxation of the airways. Naturally sweet tasting.
 <b>Justica adhatoda (Adhatoda)</b> Leaf extract Equivalent to dry leaf	50 mg 1000 mg	May help provide dry cough relief with a soothing action. Traditionally used in Ayurveda to help reduce cough symptoms triggered by allergens.
 <b>Ocimum tenuiflorum (Tulsi)</b> Leaf extract Equivalent to dry leaf	50 mg 1000 mg	May provide dry cough relief and provide a soothing effect on the throat.
 <b>Piper nigrum (Black Pepper)</b> Fruit extract Equivalent to dry fruit	6.1 mg 97.6 mg	Enhances the actions and bioavailability of other herbals. Warming spice, traditionally used to support respiratory health, which may help to soothe dry cough.

### DOSAGE & DIRECTIONS FOR USE:

#### Adults and children 12 years and above:

10mL twice a day with food or as professionally prescribed.

#### Children 6-11 years:

10mL daily or as professionally prescribed.

#### Children under 6 years:

Not recommended without healthcare professional supervision.



Recyclable



Manufactured in Australia



Cruelty-Free



Plant-based, suitable for Vegetarians & Vegans



Tested for Heavy Metals

#### Shake well before use.

If symptoms persist or worsen, consult your doctor.

Talk to a health professional if you are pregnant, before taking this medicine.

Contains sorbates and sulfites.

### ***Albizia lebbek*: Albizia**

Albizia is a key herbal medicine used to help manage respiratory ailments, including cough. It is particularly used to help manage dry and irritating cough which may be triggered by irritants such as allergens. It may help to support the relaxation of the airway muscles, helping to promote healthy breathing.

Albizia is widely used in many traditional medicine cultures, including Ayurveda, Traditional Chinese Medicine and Unani Medicine, and is used in complementary and Western Herbal Medicine, to support the health of the respiratory and body systems. Albizia is also known as Siris or Shiris with the bark traditionally used in Ayurvedic medicine.

Albizia bark is rich with many active constituents – one scientific paper noted over 45 actives, including alkaloids, phenols, flavonoids, saponins, phytosterols and terpenes. Several scientific pharmacological studies have identified the specific actions of Albizia, and confirmed its clinical applications in traditional medicines.



### ***Cinnamomum cassia*: Cinnamon**

Cinnamon is a revered culinary and medicinal spice used in many cultures and traditional medicines, including traditional Ayurvedic and Western Herbal Medicine. It is used in a wide range of cooking, medicines as well as in fragrances and perfumes. Records from Ancient Egypt, 2000BC, show it was even more valuable than gold. As a traditional medicine cinnamon is used for many body systems, including the respiratory system to help with cough. Cinnamon is a gentle and natural warming spice with essential oils and a number of active compounds, including cinnamaldehyde, which can aid in suppressing cough reflexes, providing a soothing effect and promote general respiratory health.

This in part is the reason Cinnamon is a key traditional herbal medicine use in Ayurvedic cough remedies and other traditional medicines. In Ayurveda it is considered for those with either Kapha or Vata constitutions.



### ***Glycyrrhiza glabra*: Liquorice**

Liquorice is a widely researched herbal, with clinical research showing it can significantly decrease cough severity and respiratory discomfort, helping to soothe the throat and reduce inflammation in the airways.

With so many beneficial properties, and being naturally sweet without sugar, it is no wonder liquorice is so popular in food and traditional medicines. In traditional medicine it is used to help healing in many different body systems including the respiratory system. Its benefit in helping to support clear breathing, relieving coughs and soothing sore throat makes it a very important herb to include in cough formulas.

Mucous membranes, such as that of the throat and respiratory tract, benefit greatly from liquorice. Its demulcent action soothes inflamed and irritated airways, thereby reducing irritation and promoting healing.

Traditionally used in Ayurvedic Medicine as an anti-tussive (reducing and suppressing cough), with glycyrrhizin being the main active compound attributed to the soothing action of liquorice. In Ayurveda it pacifies overstimulated Vata and Pitta doshas.



### ***Justicia adhatoda*: Vasaka / Malabar Nut / Adhatoda**

Clinical research indicates Adhatoda helps reduce coughs and support a return to healthy breathing. Historically Adhatoda has been used in indigenous medicines of India and Middle East for about 2500 years where it has been used to relieve cough as well as other conditions.

Its medicinal properties make it a well-used herbal plant in Ayurvedic and Unani medicines, and is increasingly being used by Western Herbalists and in complementary medicines. Adhatoda has many active constituents. It is typically used in combination with other botanicals to relieve irritating coughs which may be triggered by allergens or infection.

The plant is a common ingredient in many popular Ayurvedic cough syrups, often combined with Ginger and Holy Basil for synergistic effect, with each herb enhancing the actions of the other.



### ***Ocimum tenuiflorum*: Holy Basil / Tulsi**

Holy Basil, also known as Tulsi, is an effective botanical for reducing cough frequency and severity as shown by scientific research. Eugenol and rosmarinic acid, two active constituents, are the main contributors for Tulsi's significant action in decreasing cough symptoms.

Tulsi has been traditionally used in Ayurvedic medicine, with increasing popularity in lifestyle and wellness due to its extensive range of health benefits. Traditionally Tulsi is used to help respiratory health, among other body systems. It is often combined with other Ayurvedic botanicals, such as Adhatoda and Ginger, in cough formulations due to its ability to relieve cough symptoms by helping soothe the throat. Tulsi may also help with inflammation, aiding in reducing throat irritation and cough triggers, therefore reducing irritating and dry coughs.

From an Ayurvedic perspective Tulsi is also used to increase 'agni', the fire behind metabolic processes.



### ***Piper nigrum*: Black Pepper**

Black pepper is known as a strong potentiator of medicines and botanicals, increasing the action of medical properties. It is one of the most widely used spices, earning the crown title of "King of Spices". It has warming and heating properties, and enhances flavour, hence making it a necessary ingredient for many popular recipes.

Black pepper has many health benefits. It helps stimulate saliva production, and in traditional Ayurvedic medicine is used to relieve cough and support healthy breathing. In Ayurveda it is thought to help address the cough reflex which may contribute to an unproductive cough.



### Why choose AyurScience Herbitus Dry Cough Relief?

AyurScience Herbitus Dry Cough Relief provides multiple actions in the one formula to address irritating dry coughs.

Our team of scientists and health experts have selected botanicals with strong traditional use, and science, combined to provide you with a formula that not only helps soothe your cough, but also tastes great!

The synergistic power of six carefully selected botanicals, based on traditional use in Ayurvedic and Western Herbal Medicine, help to:

- Relieve cough (or Kasa Hara in Ayurveda terms)
- Suppress cough
- Reduce an irritating and dry cough

AyurScience Herbitus Dry Cough Relief is made with natural flavours and herbs to create a great tasting and therapeutic formula.

### Complementary support to consider:

A long standing dry and irritating cough can be the symptom of an underlying condition that should be addressed in a holistic manner with your healthcare professional. If you keep getting a dry and irritating cough it could be because you are being exposed to an irritant or something else.

If you have a medical history of asthma or other serious breathing issues, please consult with your healthcare professional as a matter of urgency.

These complementary measures may be considered to help support your health:

- Avoid inhaled irritants or allergens, such as smoke or pollen.
- Maintaining healthy hydration is important for respiratory health. Ensure you have at least 2 litres of water daily. Herbal teas, such as peppermint or chamomile, are a great way to increase hydration. A hot drink with lemon juice and a slice of ginger makes a delicious drink that also soothes the throat.
- Some people can find dairy products aggravate cough, you may like to trial temporarily avoiding dairy such as milk or cheese for the period you have a cough and assessing the longer term impact with your healthcare professional.
- Honey, especially a good manuka honey, can be used to help soothe an irritated throat and help relieve cough.
- Ensure you get good sleep and rest while you recover from a chest infection.
- Be sure to address any underlying conditions or lifestyle that is contributing to ongoing or reoccurring dry cough. If you smoke, consider the longer term impact on your health, and speak to your healthcare professional about a plan to help you stop. If you have an underlying respiratory condition, it is imperative that you speak to your healthcare professional to help manage the condition effectively.
- See your healthcare practitioner, especially if your symptoms do not improve, worsen or are reoccurring.

**ABOUT AYURSCIENCE**

We are a proudly Australian, family-owned business guided by a deep appreciation for the ancient, botanical preparations of Ayurveda, backed by the latest clinical data. Pronounced AH-YUR-SCIENCE, AyurScience comes from the word Ayurveda, a traditional and natural system of medicine originating in India more than 5,000 years ago and is still widely used today.

We blend ancient wisdom with modern science to create powerful remedies accessible to everyone. Using carefully selected ingredients that must meet our strict quality criteria, each product is formulated to support synergistic benefits, and manufactured in Australia to our high standards in a TGA approved facility meeting TGA criteria for therapeutic goods and complementary medicines.

We work with a team of naturopaths, pharmacists, Ayurvedic practitioners and scientists, in Australia and internationally, to bring you quality natural herbal remedies to support you and your family's health.

**How we formulate:**

At AyurScience we value quality and efficacy. We ensure our ingredients go through additional screening to ensure high quality, and our products are produced in Australia to high TGA standards.

We do not add gluten, lactose, dairy, soy, egg or animal products to our formulas.

Our AyurScience formulations are made with minimum processing aids and to ensure good stability.

**Contact our practitioner experts:** [ayurscience.edu@alphamed.com.au](mailto:ayurscience.edu@alphamed.com.au) **OR** 02 9748 0007

