

Herbal Throat Spray

M4465

Quality is our Passion

Passion Flower (*Passiflora incarnata*)

Herbal Throat Spray: Freshening Throat Tonic

Herbal Throat Spray is a unique combination of Marshmallow Root, Echinacea root, Sage herb, Calendula flower, Myrrh resin and essential oil of Clove Bud provided in a convenient spray pump to support a healthy throat. By spraying and swallowing the herbal formulation, the effect on your body is achieved topically (as it comes into contact with your throat tissue) and systemically (as it is swallowed and metabolized).*

How Herbal Throat Spray Keeps You Healthy

Promotes healthy throat tissue and soothes the throat

When salivary flow decreases the mouth feels dry. Stimulation of salivary flow may help soothe the throat.^{1*}

Echinacea angustifolia root has been used traditionally to promote healthy throat tissue. Native Americans also chewed the root of *Echinacea angustifolia* to stimulate the flow of saliva.² In the late 19th Century, natural clinicians in the United States noted that "when chewed the root, if of good quality, imparts a persistent tingling sensation".³ We now know that this tingling sensation is caused by the presence of the plant constituents called alkylamides (pronounced al-ky-l-a-mydes). A small amount of Echinacea sprayed to the back of the throat would provide a mild tingling with a slight saliva flow to assist the normal functioning of the throat tissue.*

Clove Bud essential oil has been widely used in dentistry for its soothing properties.⁴ Due to the demulcent action, Marshmallow Root is used traditionally to soothe the throat. (Like the glycerol extract of Marshmallow Root in Herbal Throat Spray, demulcents are often slippery, mucilaginous liquids. They soothe and provide a protective layer on the membranes they come into contact with).^{5,6*}

Supports oral health and freshens breath

Myrrh resin has been used for centuries. An ancient herbal text records that Myrrh resin held in the mouth or chewed protects against bad breath.⁷ Sage has been used traditionally to support oral health.⁸ Often used in cooking, Sage leaf provides an aromatic and pleasant taste, which freshens the breath.*

Clove buds were used in ancient China. Before appearing in the emperor's court, officials were required to keep cloves in their mouth, so their breath was not offensive.^{9*}

The mouth is a natural habitat for a large population of microorganisms (called 'flora'), mainly bacteria. The oral flora remain relatively constant, and are influenced by factors such as saliva and diet.^{10*}

In a clinical study with healthy men, chewing gum containing Clove Bud essential oil helped maintain a healthy flora in the mouth.¹¹ Although chewing gum would produce a longer contact time, small amounts of Clove Bud essential oil in a herbal throat spray could also have an effect.*

Echinacea angustifolia root had remarkable activity when studied in a test

Supplement Facts

Serving size:	4 sprays (500 mCL)	%DV
Servings per container:	50	
Amount per Serving		%DV
Calories	1	
Marshmallow root 1:5 glycetract from <i>Althaea officinalis</i> root 40 mg	200 mCL	†
Sage herb 1:2 extract from <i>Salvia officinalis</i> herb 30 mg	60 mCL	†
Calendula flower 1:2 extract from <i>Calendula officinalis</i> flower 10 mg	20 mCL	†
Echinacea root 1:2 extract from <i>Echinacea angustifolia</i> root 10 mg	20 mCL	†
Myrrh resin 1:5 extract from <i>Commiphora molmol</i> stem oleo-gum-resin 1 mg	5 mCL	†
Clove (<i>Syzygium aromaticum</i>) bud essential oil	1.25 mCL	†

[†] Daily Value (DV) not established.

Other ingredients: Glycerol, menthol, propyl hydroxybenzoate, methyl hydroxybenzoate, purified water and 16.25% ethanol.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Contraindicated in known allergy to plants of the daisy family, and allergy to clove or eugenol.

Product No
M4465 **Content**
25 mL



Associate Professor Kerry Bone
MediHerb Co-Founder and
Director of Research and Development

A Phytotherapist's Passion

"Philosopher and teacher Rudolf Steiner once said that, for every human illness, somewhere in the world there exists a plant which is the cure. I believe that there is a healing potential locked inside plants which is integral with their evolution, just as it is part of human evolution to learn to tap this wonderful gift of Nature."

tube model for oral malodor production. Dried, ground herbs were added to test tubes containing saliva obtained from healthy volunteers. Echinacea decreased malodor production by 86% and markedly decreased the production of volatile malodorous compounds. Echinacea also produced a favorable shift in the oral flora population. Sage leaves markedly decreased the breakdown of salivary protein. This inhibits the formation of malodorous by-products.^{12*}

Maintains healthy mucosal tissue in the upper respiratory tract

Mouthwashes containing Clove Bud essential oil are recommended in Germany to support healthy mucosal tissue of the mouth and throat.¹³ Marshmallow Root, Myrrh, Calendula and Sage have been used traditionally topically (as mouthwashes or gargles) to maintain healthy mucosal tissue, particularly of the mouth and throat. Some of the mouthwash or gargle is often swallowed, and provides a secondary effect on the body.^{5,14,15*}

Supports the lymphatics and immune system

Calendula, Myrrh and Sage influence activity in the surrounding lymphatic tissues of the throat, which work closely with the body's immune system. Natural clinicians use Echinacea root topically to support the natural immune function in the throat tissues.^{15*}

What Makes Herbal Throat Spray Unique

Herbal Throat Spray is unique in the professional herbal products industry because:

- Top quality organically grown plants are used in the manufacture of the Marshmallow Root and Calendula components of this formulation
- It contains the root of one of the most important Echinacea species (*Echinacea angustifolia*)
- MediHerb has worked with Echinacea growers to help produce superior quality plants (to ensure high levels of the tingling plant constituents)
- MediHerb tests the quantity of essential oil in Myrrh and Sage raw materials
- MediHerb tests the swelling index (hence, demulcency) of Marshmallow Root raw material
- MediHerb helped develop some of the chemical analyses used to regularly test the quantity of alkylamides in Echinacea raw materials
- MediHerb tests the level of pesticides in Echinacea raw material
- MediHerb supports ongoing research and is involved in clinical trials to investigate the effects of Echinacea on the body

Unique Manufacture & Analytical Testing

Quality and safety ensured

- Manufactured in Australia to the high standards of international pharmaceutical Good Manufacturing Practice
- Raw materials and finished product are subjected to tough quality standards, including use of the latest and most relevant chemical analysis methods
- Unique extraction method using cold percolation for the Marshmallow Root, Echinacea, Sage, Calendula and Myrrh components of this formulation (this protects the delicate plant constituents, ensuring a full range of constituents)

References

- ¹ Garwood D. *Pharmaceut J* 2003; **270**(7246): 574-576 ² Moerman DE. *Native American Ethnobotany*. Timber Press, Portland, 1998.
³ Felter HW, Lloyd JU. *King's American Dispensatory*. 18th Edn, 3rd revision. First published 1905, reprinted Eclectic Medical Publications, Portland, 1983. ⁴ Alqadeer A, Alyahya A, Andersson L. *J Dent* 2006; **34**(10): 747-750 ⁵ British Herbal Medicine Association. *British Herbal Compendium*, Volume 1. BHMA, Bournemouth, 1992. ⁶ Sollmann T. *A Manual of Pharmacology and Its Applications to Therapeutics and Toxicology*, 7th Edn. WB Saunders, Philadelphia, 1948. ⁷ Michie CA, Cooper E. *J R Soc Med* 1991; **84**(10): 602-605 ⁸ British Herbal Medicine Association. *A Guide to Traditional Herbal Medicines: A sourcebook of accepted traditional uses of medicinal plants within Europe*. BHMA, Bournemouth, 2003. ⁹ Molnar EJ. *Dental Items Interest* 1942; **64**: 521-528 ¹⁰ Schuster GS. *Infect Dis Clin North Am* 1999; **13**(4): 757-774 ¹¹ Chauncey HH, Shannon IL. *J Dent Res* 1964; **43**(5): 684-696 ¹² Sterer N, Rubinstein Y. *Quintessence Int* 2006; **37**(8): 653-658 ¹³ Blumenthal M et al (eds). *The Complete German Commission E Monographs: Therapeutic Guide to Herbal Medicines*. American Botanical Council, Austin, 1998. ¹⁴ British Herbal Medicine Association. *British Herbal Compendium*, Volume 2. BHMA, Bournemouth, 2006. ¹⁵ Mills S, Bone K. *Principles and Practice of Phytotherapy: Modern Herbal Medicine*. Churchill Livingstone, Edinburgh, 2000.



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Quality is our Passion

MediHerb products are developed by experts and leaders in the field of herbal therapy, using scientific evidence and hundreds of years of traditional knowledge.

Kerry Bone and over 20 health care professionals work within MediHerb while still managing their own clinical practices, plus we consult with an advisory board of health care professionals from around the world.

Our products are made using only the highest quality ingredients which are extensively tested for purity and potency. The MediHerb manufacturing plant operates to a strictly regulated pharmaceutical standard and is regularly audited by the Therapeutic Goods Administration (similar to the FDA), the same body that audits conventional pharmaceutical manufacturing facilities. The comprehensive regulations in Australia mean that you receive a safe and effective product that has been manufactured to pharmaceutical standards.

We know from our experience as health care professionals that the quality of a product you take makes a huge difference to the health outcome you experience. We dedicate ourselves to researching and making the best possible products to deliver health solutions that work.



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