

ResCo Phytosynergist®

M4490



Quality is our Passion
Passion Flower (*Passiflora incarnata*)

ResCo Phytosynergist®: Respiratory Support & Cough Liquid

ResCo Phytosynergist® is a unique combination of Licorice root, Mullein leaf, Euphorbia herb, Ginger rhizome, Grindelia herb, Elecampane root and essential oil of Fennel fruit.*

Healthy movement in the respiratory tract

The respiratory tract is kept moist by a layer of mucus that coats the entire surface. (It needs to be kept moist, particularly lower in the tract, to allow the exchange of oxygen and carbon dioxide.) Mucus is produced by special cells in the mucous membranes. The mucus also traps small particles from the inhaled air, keeping them from reaching further into the lungs. The mucus itself is removed from the passages by the whiplike movement of the cilia (hair-like structures on the cells lining the airways), towards the throat. (The mucus and the entrapped particles are either swallowed or coughed to the exterior.) This normal, healthy, self-cleansing process is also called the mucociliary escalator. The expelled mucus is also called sputum. Coughing is a normal protective reflex that rapidly expels sputum from the larger bronchial tubes.^{1-3*}

How ResCo Phytosynergist® Keeps You Healthy Encourages healthy removal of mucus from the respiratory tract

Euphorbia, Mullein, Grindelia, Licorice, Ginger, Elecampane and essential oil of Fennel have all been used traditionally to support healthy bronchial function, thereby helping the body to expel mucus and foreign particles from the bronchial tubes more easily.^{3-5*}

Supports healthy mucous membranes within the respiratory tract

Licorice and Mullein have a demulcent or soothing action on the mucous membranes within the respiratory tract.^{3*}

Supports the body's normal cough reflex

The warming nature of Ginger and Elecampane support the normal cough reflex, providing comfort during cold weather and seasonal changes. Ginger is thought to assist in this way by promoting blood circulation, thereby promoting healthy blood flow in the mucosal tissues of the lung.^{3,6} Ginger and Elecampane may also assist the body in maintaining normal body temperature.^{4,6} Due to their action on bronchial function, Euphorbia, Mullein, Grindelia, Licorice, Ginger and essential oil of Fennel would also support the body's normal cough reflex.³ This is particularly the case for Licorice, with documented use dating back centuries.^{7*}

Licorice has been used extensively in liquid cough mixtures providing a soothing action.^{8*}

Supplement Facts		
Serving size:	5 mL	
Servings per container:	40	
Amount per Serving		%DV
Calories	15	
Mullein leaf 1:2 extract from <i>Verbascum thapsus</i> leaf 625 mg	1.25 mL	†
Licorice root 1:1 extract from <i>Glycyrrhiza glabra</i> root 372.5 mg	1.00 mL	†
Elecampane root 1:2 extract from <i>Inula helenium</i> root 372.5 mg	745 mL	†
Euphorbia herb 1:2 extract from <i>Euphorbia hirta</i> herb 372.5 mg	745 mL	†
Grindelia herb 1:2 extract from <i>Grindelia camporum</i> herb 372.5 mg	745 mL	†
Ginger rhizome 1:2 extract from <i>Zingiber officinale</i> rhizome 250 mg	500 mL	†
Fennel (<i>Foeniculum vulgare</i>) essential oil	15 mL	†

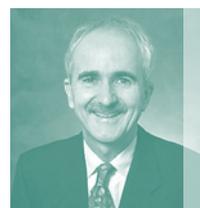
† Daily Value (DV) not established.

Other ingredients: Purified water, dextrin and 46% alcohol.

Caution: Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation. Contraindicated in known allergy to Elecampane.

Product No	Content
M4490	200 mL

ResCo Phytosynergist® M4490



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."

* These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Assists in maintaining healthy airway passages

Euphorbia, Mullein, Grindelia, Licorice, Elecampane and Fennel essential oil have all been used traditionally to assist in maintaining healthy airway passages. Euphorbia, Grindelia and Licorice have also been used in traditional formulations to assist in this way.^{4,9} There are accounts of the use of Licorice to assist in maintaining healthy airway passages dating back to ancient Greece and Rome.^{10*}

What Makes ResCo Phytosynergist® Unique

ResCo Phytosynergist® is unique in the professional herbal products industry because:

- MediHerb tests raw materials for the quantity of:
 - glycyrrhizin in Licorice
 - pungent principles (gingerols, shogaols) in Ginger

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
- Unique extraction method using cold percolation for the Mullein, Euphorbia, Ginger, Elecampane and Grindelia components of this formulation (this protects the delicate plant constituents, ensuring a full range of constituents)

References

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- ³ Mills S. *The Dictionary of Modern Herbalism*. Thorsons, London, 1989.
- ⁴ *British Herbal Pharmacopoeia*. BHMA, Bournemouth, 1983.
- ⁵ Hanseil R, Haas H. *Therapie mit Phytopharmaka*. Springer-Verlag, Berlin, 1983. English language edition, 1997 published by School of Phytotherapy, East Sussex.
- ⁶ Mills SY. *The Essential Book of Herbal Medicine*. Penguin Arkana (Penguin), London, 1991.
- ⁷ Fiore C, Calo LA, Ragazzi E et al. *J Nephrol* 2004; **17**(2): 337-341
- ⁸ Grieve M. *A Modern Herbal*. First published 1931, reprinted Dover Publications, New York, 1971.
- ⁹ Blumenthal M et al (eds). *The Complete German Commission E Monographs: Therapeutic Guide to Herbal Medicines*. American Botanical Council, Austin, 1998.
- ¹⁰ Davis EA, Morris DJ. *Mol Cell Endocrinol* 1991; **78**(1-2): 1-6



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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