

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

ResCo®: Respiratory Support & Cough Formula

ResCo® is a unique combination of Licorice root, Mullein leaf, Euphorbia herb, Ginger rhizome, Grindelia herb and essential oils of Thyme leaf and 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® Keeps You Healthy

Encourages healthy removal of mucus from the respiratory tract

Euphorbia, Mullein, Grindelia, Licorice, Ginger 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 Thyme essential oil, taken orally, provides a cleansing action on these tissues.^{6*}

Supports the body's normal cough reflex

The pungent, warming nature of Ginger and essential oil of Thyme 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.^{3,7} 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.^{8*}

Supplement Facts

Serving size:	1 tablet	
Servings per container:	40	
Amount per Serving		%DV
Calories	2	
Calcium	40 mg	4%
Licorice root 3.5:1 extract from <i>Glycyrrhiza glabra</i> root 500 mg	142.9 mg	†
Mullein leaf 4:1 extract from <i>Verbascum thapsus</i> leaf 470 mg	117.5 mg	†
Euphorbia herb 4:1 extract from <i>Euphorbia hirta</i> herb 280 mg	70 mg	†
Grindelia herb 4:1 extract from <i>Grindelia camporum</i> herb 280 mg	70 mg	†
Ginger rhizome 5:1 extract from <i>Zingiber officinale</i> rhizome 180 mg	36 mg	†
Sweet Fennel (<i>Foeniculum vulgare</i>) fruit essential oil	12 mg	†
Thyme (<i>Thymus vulgaris</i>) essential oil	12 mg	†

† Daily Value (DV) not established.

Other ingredients: Calcium acid phosphate, cellulose, hypromellose, magnesium stearate, silica and sodium starch glycolate.

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

Product No
M1390

Content
40 Tablets



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."

Assists in maintaining healthy airway passages

Euphorbia, Mullein, Grindelia, Licorice and the essential oils of Thyme and Fennel 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.^{4,9,10} There are accounts of the use of Licorice to assist in maintaining healthy airway passages dating back to ancient Greece and Rome.^{11*}

What Makes ResCo® Unique

ResCo® 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 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, Boumemouth, 1983.
- ⁵ Hansel R, Haas H. *Therapie mit Phytopharmaka*. Springer-Verlag, Berlin, 1983. English language edition, 1997 published by School of Phytotherapy, East Sussex.
- ⁶ Kenner D, Requena Y. *Botanical Medicine: A European Professional Perspective*. Paradigm Publications, Brookline, Massachusetts, 1996.
- ⁷ Mills SY. *The Essential Book of Herbal Medicine*. Penguin Arkana (Penguin), London, 1991.
- ⁸ Fiore C, Calo LA, Ragazzi E et al. *J Nephrol* 2004; **17**(2): 337-341
- ⁹ Pharmaceutical Society of Great Britain. *British Pharmaceutical Codex 1934*. The Pharmaceutical Press, London, 1941.
- ¹⁰ Blumenthal M et al (eds). *The Complete German Commission E Monographs: Therapeutic Guide to Herbal Medicines*. American Botanical Council, Austin, 1998.
- ¹¹ 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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