

Strengthens and soothes the airways

Composition

Ingredients per tablet: Extract of pelargonium (*Pelargonium sidoides*) 200 mg; extract of thyme (*Thymus vulgaris*) 160 mg; extract of eucalyptus (*Eucalyptus globulus*) 100 mg; extract of cowslip (*Primula veris*) 75 mg ; silicon dioxide (anti-caking agent); magnesium stearate (lubricant), microcrystalline cellulose (excipient); tricalcium phosphate (excipient).

Form, route of administration and packaging

Tablets for oral use. One box contains 15 or 30 tablets.

Characteristics of FreeSpiraX™

FreeSpiraX™ is a combination of carefully-selected plant extracts, which act specifically on the respiratory tract. The *Pelargonium sidoides* included in FreeSpiraX™ is a plant that is native to South Africa. Pelargonium root has the ability to enhance the body's natural defence system and to help the airways fight infections. Thyme and eucalyptus contain essential oils, which promote expectoration and clear the airways. They soothe the throat and help you breathe more easily. Finally, cowslip is an indigenous European plant which thins mucous secretions. FreeSpiraX™ is thus a unique combination of plants which enhances the body's ability to fight infections, helps you breathe more easily and soothes the airways. It is advisable to take FreeSpiraX™ as soon as you feel the first signs of respiratory discomfort.

Indications

This food supplement is intended to strengthen, clear and soothe the airways when respiratory discomfort is experienced.

Dose and instructions for use

1-2 tablets per day or as otherwise recommended. FreeSpiraX™ is a 5-7 day treatment. Consult your doctor or pharmacist if you do not notice any improvement after a few days.

Adverse reactions

No adverse reaction has been reported for FreeSpiraX™ when taken at the recommended dose. If an excessively high dose is taken the following reactions may occur: nausea, upset stomach, vomiting, diarrhoea, headaches, palpitations and muscle weakness.

These reactions resolve spontaneously when the dose is reduced.

Special precautions

Food supplements cannot replace a varied, well- balanced diet and a healthy lifestyle.

- Do not take FreeSpiraX™ if you are hypersensitive to any of its ingredients.
- Do not take FreeSpiraX™ if you suffer from liver-, gastrointestinal- or bile-related problems; unless recommended by your doctor.
- Ask your doctor for advice if you take anti-coagulants.
- Do not give FreeSpiraX™ to children less than 12 years old.
- Avoid taking FreeSpiraX™ if you are pregnant or breastfeeding.
- Although no data has been collected relating to the effect of FreeSpiraX™ on driving a vehicle, the occurrence of such an effect would appear to be unlikely.
- No overdose has been reported with FreeSpiraX™.

If an excessively high dose is taken, consult your doctor or pharmacist.

Storing the product

Store at room temperature in the original packaging and away from direct sunlight.

Keep out of reach and sight of children.

Do not exceed the recommended dose.

Do not use the product after its expiry date.

FreeSpiraX™ is available in pharmacies.

Additional information:

Net weight for 15 tablets: 14.25 g

Net weight for 30 tablets: 28.5 g

Company

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Manufacturer

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on behalf of

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