



Bionorica®



# Bronchipret®

Your little helper for coughs and  
acute bronchitis for the whole family

Available in the following languages:



More information at [www.bronchipret.de/service](http://www.bronchipret.de/service)



## Dear Reader,

A cough is annoying and can affect us all at any time – children as well as adults. Our health is our greatest asset – if it suffers, our quality of life is also negatively affected. This is why people who are suffering from a cough want a strong and quick solution.

This guide provides you with helpful information about all aspects of coughing and acute bronchitis and explains what you can do to get well again quickly.

We hope you enjoy reading these texts and hope that you and your family get well soon!

## TABLE OF CONTENTS

Cough? Bronchitis? What is the difference?	4
Cough? Bronchitis? Where Bronchipret® helps	6
How Bronchipret® helps with coughs and acute bronchitis	7
Bronchipret® works with the 3-fold effect	8
Thyme and ivy for coughs and acute bronchitis	9
Tips if you have a cough	10
Acute bronchitis in children	11
For children aged 1 year and older: Bronchipret® Syrup TE	12
Ideal for adults: Bronchipret® Drops	13
Drawing and colouring fun for the little ones	14



## Cough? Bronchitis? What is the difference?

The difference is quite easy to explain: **Coughing is a symptom, whereas acute bronchitis is an illness.**

### **Coughing is primarily a protective reflex of the body.**

If foreign bodies enter the windpipe, it helps to clear the airways. The most common reason for coughing is a viral infection of the airways. In acute bronchitis, coughing serves the purpose of clearing the airways of viscous mucus. Coughing is a reaction, a response, a symptom – but not an illness in itself.

**In acute bronchitis, the mucous membranes of the lower airways are inflamed.** In most cases it is caused by an infection with cold viruses, with bacteria rarely being involved. At first the patient may experience a slight fever, as well as pain in the muscles and limbs, and it is normal for the breastbone to hurt when he or she coughs. If the mucous membranes of the upper respiratory system are also affected, symptoms such as sniffles and a sore throat also occur.



**Important!** It is best to cough into your elbow and turn away from other people. In this way you will reduce the risk of the pathogens being spread further.

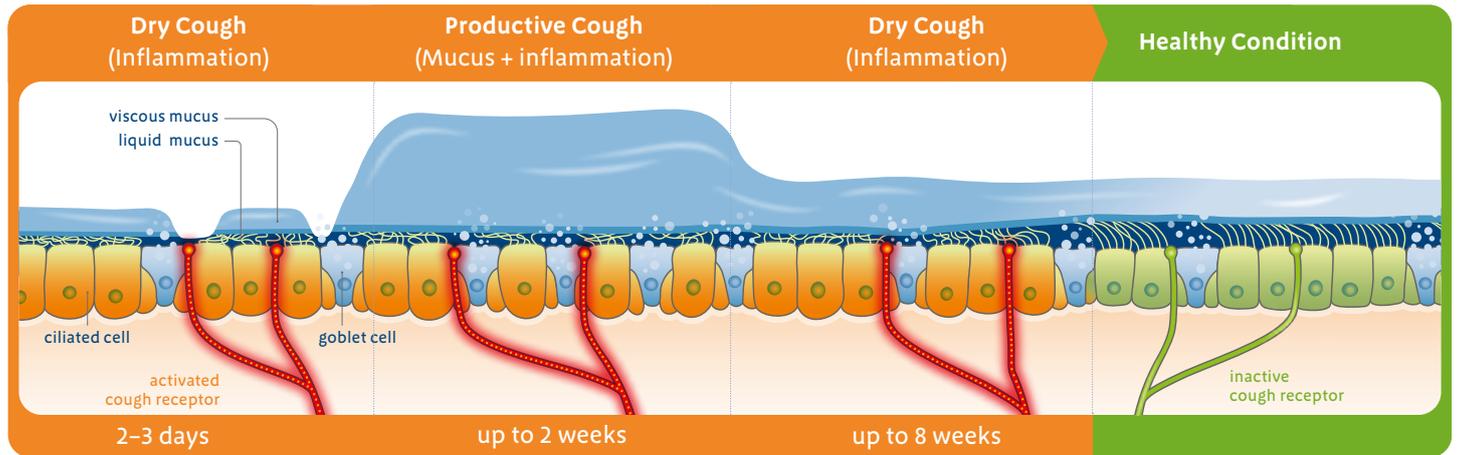
## Cough? Bronchitis? Where Bronchipret® helps

Once someone has caught acute bronchitis, it can take a long time to get rid of the annoying cough. During this time the type of cough also changes: so-called cough receptors in the mucous membranes of the airways are irritated by the inflamed or hypersensitive bronchial mucous membranes during the first and third phase of the illness and cause a dry cough. In the intermediate second phase, the increased production of viscous mucus in the lower respiratory tract causes the wet (productive) cough, which in this case is an essential cleansing mechanism.

## How Bronchipret® helps with coughs and acute bronchitis

The aim of the treatment of acute bronchitis is to relieve the symptoms, combat the cause of the cough – i.e. the inflammation – and speed up recovery.

Bronchipret® works specifically against the symptoms of acute bronchitis and helps in a natural way to get the nagging cough under control.



Schematic cross-section of a bronchial mucous membrane

## Bronchipret® works with the 3-fold effect in all phases of acute bronchitis:

**1** combats the inflammation in the bronchial tubes  
The feeling of soreness and the cough are relieved.

**2** loosens the trapped mucus.  
The viscous mucus can be coughed up more easily and you can breathe more freely.

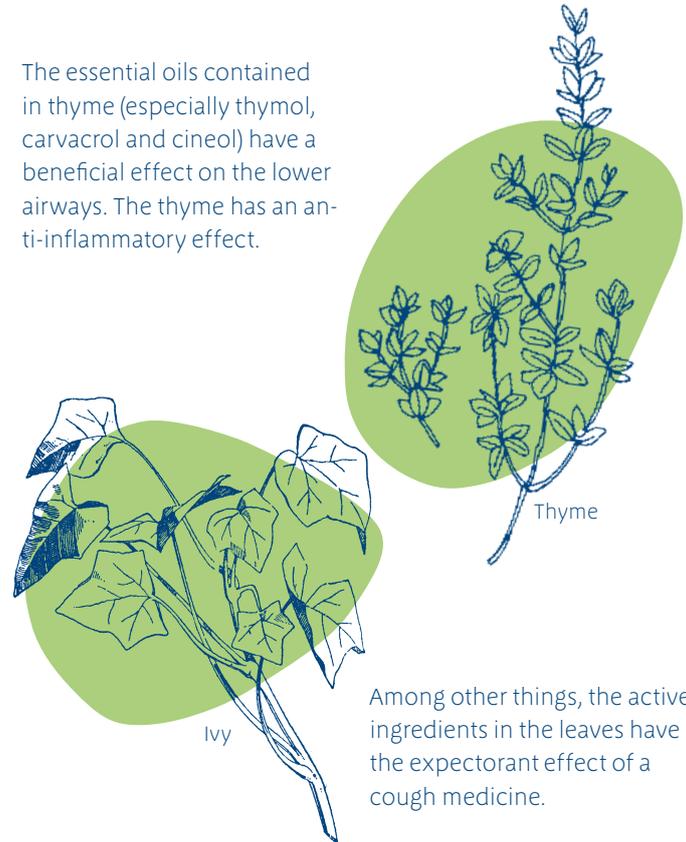
**3** calms the cough  
The urge to cough is reduced.

## Thyme and ivy – A strong team of plants against coughs and acute bronchitis

The combined active power of thyme and ivy contained in Bronchipret® combats not only the symptoms, such as the annoying cough and trapped mucus, but also their cause: the inflammation in the bronchial tubes. As a result, the coughing fits are quickly and sustainably reduced.

Thyme and ivy have long been used in herbal medicine to relieve the symptoms of respiratory tract infections. The ingredients contained in Bronchipret® preparations can be classified as follows:

The essential oils contained in thyme (especially thymol, carvacrol and cineol) have a beneficial effect on the lower airways. The thyme has an anti-inflammatory effect.



Among other things, the active ingredients in the leaves have the expectorant effect of a cough medicine.

## Tips if you have a cough



Allow yourself **enough rest** to get well again.



As the body loses a lot of fluid if its temperature is higher than normal, it is necessary to **make sure you drink enough**. Warm herbal teas or "hot lemon" and water are particularly suitable.



**Warm chest compresses** (e.g. with boiled potatoes) are particularly suitable for a persistent cough with a moderately elevated temperature. Boil 4-5 jacket potatoes, allow them to cool down slightly, mash them and wrap them in a cotton cloth. Place the package on the chest and fix it in place with a large towel.



**Inhalation:** Hot vapours (with or without essential oils) or an inhaler with nebulising function can improve the symptoms. (Caution! Do not use essential oil to treat infants.

Children should only inhale under supervision!)



**No smoking!** Smoking disturbs the self-cleaning mechanism of the respiratory mucous membranes. Therefore, it is particularly important to refrain from smoking if you have bronchitis.



**Important!** Virus infections cannot be treated with antibiotics!



## Acute bronchitis in children – why do our little ones suffer from it particularly often?

Acute bronchitis is one of the most common illnesses during childhood and is associated with a few specific aspects:

- The **respiratory tracts** of children are not yet fully developed. A coughing attack is therefore much more strenuous for children
- In addition, the **immune system** is not yet fully developed in younger years. It is only through contact with viruses and environmental germs that it learns to deal with various challenges and become better able to combat pathogens as a result.

This is why children are more frequently affected by inflammation of the mucous membranes in the upper and lower airways. In most cases everything goes well, although the degree of suffering and the risk of complications are often greater than in adults.



**Did you know?** Up to twelve respiratory infections per year are nothing unusual for a child.

## For children aged 1 year and older: Bronchipret® Syrup TE

Especially for the little ones it is a good idea to support the body during recovery and alleviate the symptoms effectively.

Bronchipret® Syrup TE is the ideal version of Bronchipret® for children aged 1 year and older. The cough syrup is very well tolerated, tastes good and is sugar-free. This is why children with cough do not mind taking Bronchipret® Syrup TE at all.

### Bronchipret® Cough Mixture TE



1-5 years old:  3x3.2 ml  
6-11 years old:  3x4.3 ml

Not only a **very good effect and taste** – but also well tolerated.



-  plant
-  sugar free
-  without dyes
-  very good taste

## Ideal for adults: Bronchipret® Drops

The extra strong and highly concentrated\* Bronchipret® drops [with the combination of thyme and ivy] are especially suitable for adults who wish to see a noticeable effect as quickly as possible.

### Bronchipret® Drops



6-11 years old:  3x1.3 ml  
from 12 years of age and adults:  3x2.6 ml

Highly concentrated\* with a quickly noticeable effect

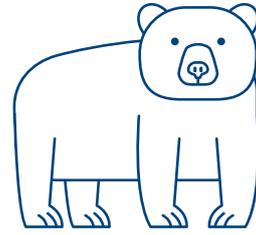
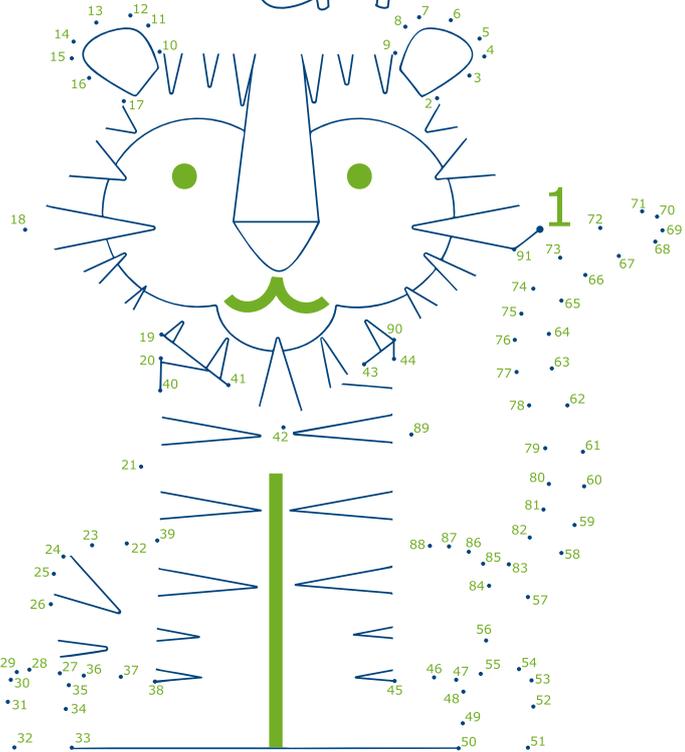


No annoying counting of the drops required! The enclosed measuring cup simplifies individual dosing according to age group. If required, you can also drink some liquid (e.g. a glass of water). Please note: Shake well before each use!

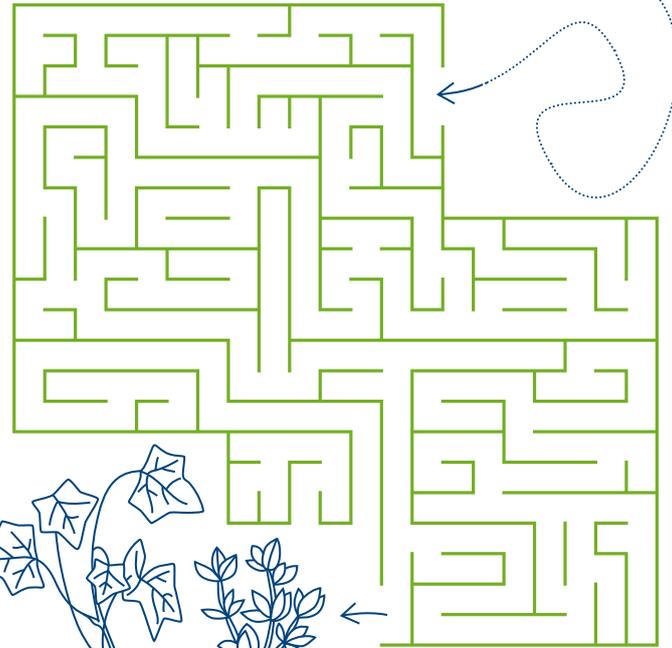


\*Highly concentrated with respect to the concentration of the plant source material [mg/ml] in drops compared to syrup.

# Coloring fun



for the  
little  
ones



# CoughCoughCoughCoughC oughCoughCough Cough



## Bronchipret®

Pharmacy stamp

**Bronchipret® Syrup TE** • For relieving the symptoms of acute bronchitis with coughs and colds associated with viscous mucus. **Bronchipret® Drops** • For the relief of the symptoms of acute inflammatory bronchial diseases and acute inflammation of the respiratory tract with the accompanying symptom of a "cough with viscous mucus". Bronchipret Syrup TE contains 7% (v/v) alcohol. Bronchipret Drops contain 24% (v/v) alcohol. For risks and side effects, read the package insert and ask your doctor or pharmacist.

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Only available in pharmacies.

[www.bronchipret.de](http://www.bronchipret.de)