

Why doesn't my doctor
prescribe me any antibiotics?



In respiratory tract infections, antibiotics are usually ineffective

What is an acute respiratory infection?

An acute respiratory infection occurs when the respiratory tract is infected by pathogens. As a consequence, the respiratory tract mucosa becomes inflamed, leading to the typical symptoms. This can affect not only the upper respiratory tract (nose, throat, tonsils), but also the lower respiratory tract (airways, bronchi). The infection triggers coughing, a cold and sore throat. In some cases there is also a fever.

The trigger: approximately 90% of all respiratory tract infections are caused by viruses. The use of antibiotics does not make sense here, as antibiotics only work against bacterial infections. Viruses, on the other hand, cannot be fought with antibiotics. Therefore, they do not alleviate the symptoms of most respiratory tract infections, nor do they act against the cause.

Targeted use of antibiotics!

Antibiotics are important medicines. They can save lives in serious diseases caused by bacteria. However, if antibiotics are used unnecessarily to treat viral infec-

tions, the risk of resistance increases. This means that the bacteria become insensitive to certain antibiotics. In order to ensure that antibiotics remain effective drugs in the fight against bacterial diseases – including those which are life-threatening – it is important to use these preparations responsibly and in a targeted manner.

What helps with coughs and colds?

The treatment of viral infections focuses on alleviating the symptoms of the disease. For this purpose, your doctor has numerous effective medications at his or her disposal, such as herbal medications that have proven their worth over many years.

Please note: if your health deteriorates or has not improved significantly after two weeks, you should consult your doctor again.

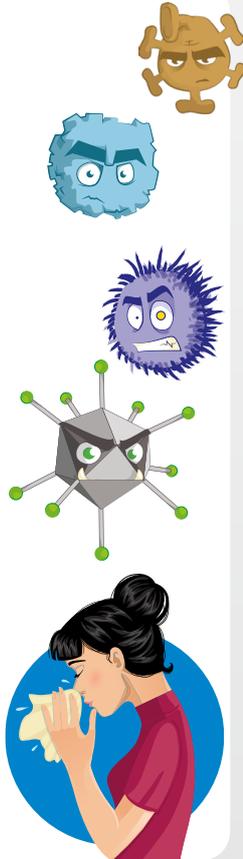


Infections of the upper respiratory tract: sinusitis with a head cold

Common colds and head colds are usually caused by viruses. More than 200 different cold viruses are known. Their large number and ability to change prevents the possibility of vaccination against influenza infections.

The consequence: if the viruses have infected the mucous membrane, it becomes inflamed and the nose produces more viscous mucus. It is now time to intervene quickly so that the harmless cold does not develop into painful sinusitis.

Important: even when the nose is blocked, the trapped mucus should be loosened, the inflammation contained and the pathogens combated in order to prevent the condition from worsening.



Our tip: Sinupret® eXtract

- loosens the mucus
- unblocks the nose
- clears the head

12 years and over:
1 coated tablet 3 times daily

4 times more concentrated* than Sinupret® forte.



More information available at: www.sinupret-extract.de/service

Available in following languages:



*A 4-fold concentration is not equivalent to 4-fold effectiveness. The 4-fold concentration refers to the average 720 mg of plant mixture used in Sinupret® extract (corresponding to 160 mg of dry extract) compared to 156 mg of plant mixture in Sinupret® forte, or to the bioflavonoids which contribute to the secretolytic or anti-inflammatory properties.

Sinupret® extract • For acute, uncomplicated inflammation of the sinuses (acute, uncomplicated rhinosinusitis). For information on risks and side effects, read the package insert and ask your doctor or pharmacist.

Date: 10|15

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Only available from pharmacies.

Infections of the lower respiratory tract: coughs and bronchitis

Coughing is not an isolated disease, but a symptom. It acts as a natural protective reflex against infiltrated foreign bodies, but can also be an accompanying symptom of diseases such as acute bronchitis. But what happens when you cough? In the mucous membrane of the pharynx, larynx and bronchial tubes there are so-called cough receptors. These are sensors that react to certain signals or chemical stimuli. If they are activated, they send signals to the cough centre in the brain stem.

The consequence: severe irritation of the throat. In acute bronchitis, trapped mucus, the swelling of the bronchial mucous membranes and the inflammatory reaction trigger irritation of the throat.

Important: in order to relieve the symptoms quickly, it is advisable not only to calm the cough, but also to address the main cause of the cough: the inflammation. At the same time, a mucus-releasing effect is important so that the viscous mucus can be coughed up more easily.

Our tip: Bronchipret® Drops

- ✓ soothe the cough
- ✓ release the trapped mucus
- ✓ fight the inflammation in the bronchi

**12 years and over and adults:
3x 2.6 ml**

6-12 years: 3x 1.3 ml



More information available at: www.bronchipret.de/service

Available in following languages:



Bronchipret® Drops • For the improvement of symptoms in acute inflammatory bronchial diseases and acute inflammations of the respiratory tract with the accompanying symptom of "coughing with viscous mucus". Contains 24% alcohol by volume. For information on risks and side effects, read the package insert and ask your doctor or pharmacist. Date: 01/16

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Tips for colds

Wash your hands regularly!

Pathogens are not visible to the naked eye. For this reason, hands that are not visibly dirty should also be washed regularly with soap to remove pathogens.



Good indoor climate

Increase the air humidity indoors by hanging damp cloths over the heating, for example. Low humidity dries out the mucous membranes of the respiratory tract. Bacteria and viruses then find it easier to cause an infection. Ventilate your rooms regularly. This keeps down the number of pathogens in the air in the room.



Imupret® N belongs in every medicine cabinet!

Always ready-to-hand when a cold knocks on the door. It acts upon the first signs of a cold, strengthens the body's own defences and alleviates the progression of the cold.



Imupret® N Dragees • Traditionally used for the first signs and during a cold, e.g. tickling in the throat, sore throat, difficulty swallowing, irritation of the throat. Note: Imupret® N Dragees are a traditional herbal medicinal product that is registered exclusively for the field of application on the basis of many years of use. For information on risks and side effects, read the package insert and ask your doctor or pharmacist.

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