



Bionorica®



Blocked nose?

Sinupret® Syrup

Available in the following languages:

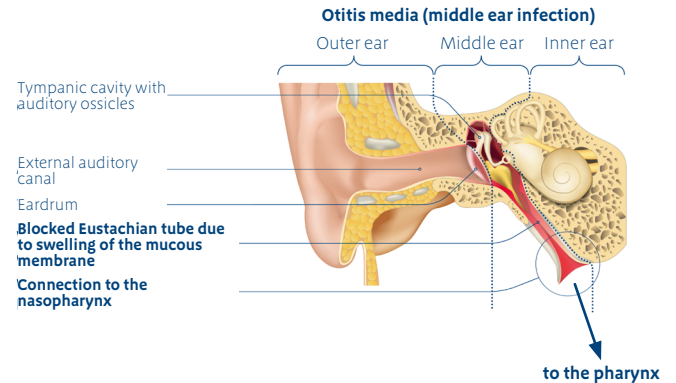


More information at [www.sinupret-saft.de/service](http://www.sinupret-saft.de/service)

## Common Colds – why the little ones catch them so often

### Children's immune systems still need to learn.

Children catch a cold up to eight times a year and therefore suffer from a blocked nose far more often than adults. The reason for this is that a child's immune system is not fully developed. Bacteria and viruses therefore find it particularly easy to get a foothold in small children.



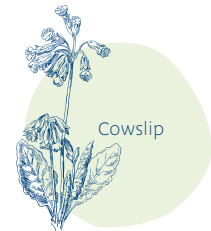
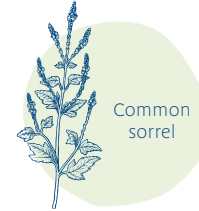
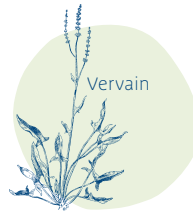
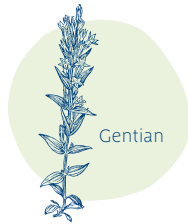
### Watch out! – From a common cold to a middle ear infection

When you have a cold, viruses and bacteria adhere to the mucous membranes of the nose and throat. These pathogens can travel to the middle ear, as the throat and middle ear are connected to each other by a fine passage, the Eustachian tube. In children, in particular, this tube is still very short and narrow. A simple cold or infection can therefore quickly move to the middle ear.

For this reason, it is important to loosen the congested mucus early, reduce inflammation of the nasal mucosa and thereby ensure that the middle ear has sufficient aeration again. Targeted and lasting support is needed for a stuffy cold.

# Sinupret® Syrup – The long-term solution for your child

## How Sinupret® Syrup works



	Gentian	Vervain	Elder	Common sorrel	Cowslip
Loosens the mucus		●	●	●	●
Reduces the swelling of inflamed mucous membranes	●	●		●	●
Effective against pathogens		●		●	●

Thanks to its unique 5-plant combination which has been proven for over 80 years, **Sinupret® Syrup** acts reliably against stuffy colds and sinusitis. **Sinupret® Syrup** loosens the congested mucus and reduces swelling of the inflamed mucous membranes. This allows the mucus to drain, opens the nose and clears the head. Your child will feel better faster!



### A small tip:

Nose drops only clear the nose temporarily.

To treat the symptoms and the cause, we recommend **Sinupret® Syrup**.

## Sinupret® Syrup – from the age of 2



Sinupret® Syrup loosens the mucus, opens the nose and clears the head. It is suitable for children up from 2 years due to its good tolerability.

## How Sinupret® Syrup helps your child

**1** loosens the mucus

The thick, congested mucus drains away and your child gets better faster.

**2** opens the nose

The swelling of the nasal mucosa caused by the inflammation is reduced and your child can breathe more freely again.

**3** clears the head

The nose and head are cleared, your child can sleep better and they are back on their feet faster.

### Daily dose of Sinupret® Syrup

2-5 years

3 x 2.1 ml



6-11 years

3 x 3.5 ml



up from 12 years

3 x 7 ml



**Colour, play and learn -**  
Explore the world of medicinal plants

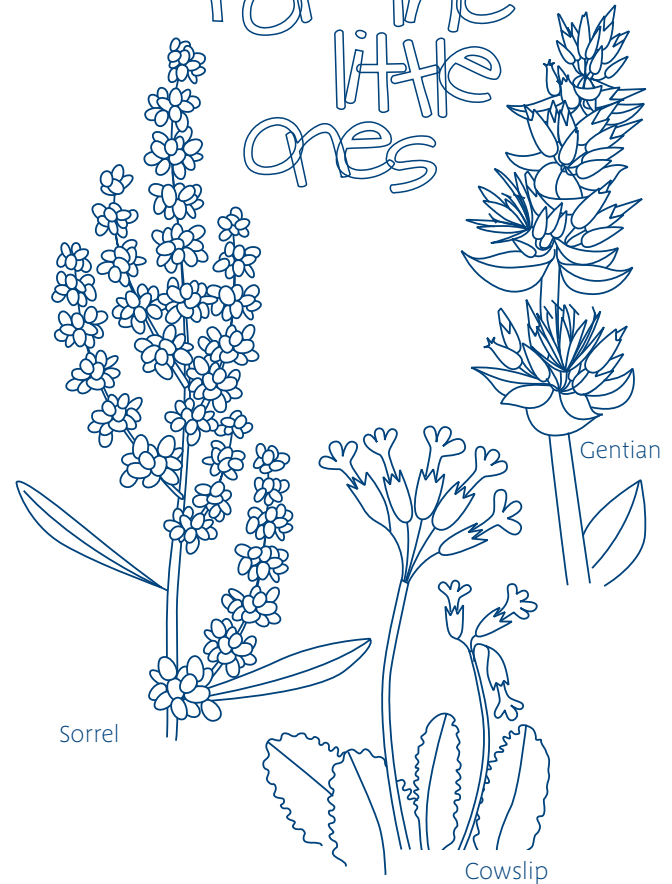
# Colouring fun



**Hi kids!**

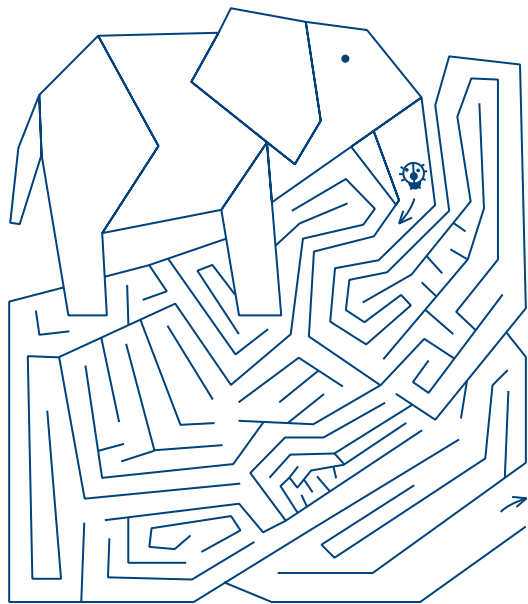
Of course you know that there are amazing plants in nature which not only look beautiful but can also help us when we are sick. Today we would like to introduce you to five medicinal plants which, together as a team, can quickly fight off your cold.

for the  
little  
ones

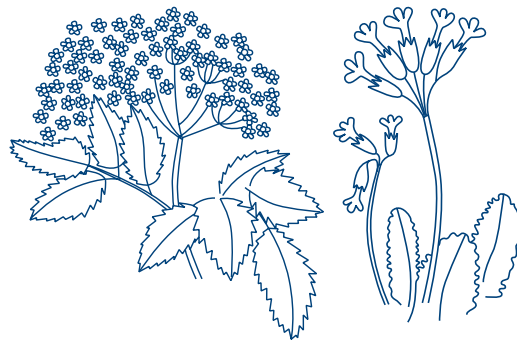


Colour, play and learn -  
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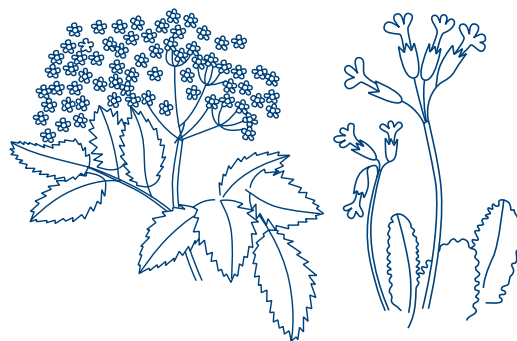
# Fun activities



for the little ones



Can you spot the differences between the two pictures?  
There are 10 to find.



# The Sinupret® family – The right Sinupret® for everyone

For children up from 2 years

For school children up from 6 years

For adults and adolescents up from 12 years




- plant-based
- gentle on teeth
- pleasant tasting
- contains no artificial colours





4 x concentrated\*

## Sinupret® Syrup

For children up from 2 years


2-5 years 3 x 2.1 ml 



6-11 years 3 x 3.5 ml 

up from 12 years 3 x 7 ml 

## Sinupret®


For children up from 6 years

6-11 years 3 x 1 coated tab. 

up from 12 years 3 x 2 coated tab.  

## Sinupret® extract

For adults and adolescents up from 12 years

up from 12 years 3 x 1 coated tab. 

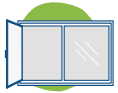
- gluten and lactose-free
- vegan

- gluten-free

- gluten and lactose-free
- vegan

\*4x concentration does not equate to 4x efficacy. The four-fold concentration refers to the 0.720 mg herbal mixture used in Sinupret extract (equivalent to 160 mg dry extract) compared to the 156 mg herbal mixture in Sinupret forte, or to the active properties of the beneficial bioflavonoids.

## Additional tips for treating colds – How your child can get better faster



### Fresh air is important

Warm air from heating dries out the mucous membranes of the airways. This makes them susceptible to bacteria and viruses. Regularly opening windows for short periods ensures oxygen-rich fresh air. To increase humidity, place a bowl of water on the heater or hang damp cloths in the room.



### Have plenty to drink

Ensure your children have adequate fluid intake. This prevents the mucous membranes from drying out.



### Do not overheat!

Feet warm, head cool. Take care not to dress your child too warmly. Choose breathable clothing. Wearing layers is the best way to adjust to changing temperatures.



### Blow your nose – but how?

Blowing your nose properly is important. Take care that your child does not blow too hard if their nose is blocked. The right way is to press one nostril closed and blow the other, then change nostrils. This avoids too much pressure which could possibly force the secretion into the sinuses. The nose is gently cleared of mucus.



### Tip

Before blowing the nose, carefully remove the crusty mucus with a damp cotton bud or soft cloth. If the nose is already inflamed, use mild baby oil.





# Blocked Nose? Sinupret® Syrup



- ✓ loosens the mucus
- ✓ opens the nose
- ✓ clears the head

up from 2 years



Would you like to continue exploring the world of medicinal plants? Find more at [www.sinupret-saft.de/malbuch](http://www.sinupret-saft.de/malbuch)

## The long-term solution for a stuffy cold

**Sinupret® extract** • For acute, uncomplicated inflammation of the paranasal sinuses (acute, uncomplicated rhinosinusitis) with symptoms such as a cold, blocked nose, headache and facial pain or tension. Sinupret Extract can be taken by adults and adolescents aged 12 and over. Contains glucose and sucrose (sugar). **Sinupret® forte, Sinupret®** • For acute and chronic inflammation of the paranasal sinuses. Contains glucose, lactose, sucrose and sorbitol. **Sinupret® Syrup** • To alleviate the symptoms caused by acute inflammation of the paranasal sinuses. Contains 8% alcohol by volume and maltitol solution.

Dated: 10|21

For details about risks and side effects, please read the patient information leaflet and consult your physician or pharmacist. BIONORICA SE | 92308 Neumarkt, Germany | Co-distributor: PLANTAMED Arzneimittel GmbH | 92308 Neumarkt, Germany Sold exclusively in pharmacies.