

WELLNESS COUGH SYRUP™



Relieves Symptoms of Coughs Due to
Colds and Flu!

Source Naturals is proud to introduce WELLNESS COUGH SYRUP, a Bio-Aligned Formula™ that addresses the multiple, interdependent body systems involved with seasonal upper respiratory health. This unique homeopathic formula is designed to relieve coughs due to bronchitis, colds and flu.

WELLNESS COUGH SYRUP is appropriate for children's use, although not specifically designed for children.





Homeopathy: Fast, Safe Relief

WELLNESS COUGH SYRUP provides fast relief from winter colds, flu and bronchitis. There are no side effects, no possibility of an overdose and no interactions with other medications from WELLNESS COUGH SYRUP. This is because homeopathic medicine uses only minute amounts of natural substances to stimulate your body's own natural defenses to fight symptoms.

Bio-Align™ Your Respiratory System!

Each remedy in WELLNESS COUGH SYRUP was carefully chosen for its specific role in supporting interrelated body systems:

Cough Reflex: The cough that accompanies a cold can persist for 2-3 weeks, especially in young children. Repeated, forceful coughing can inflame the membranes, thus perpetuating the cough. Wild cherry bark tincture is well-known for relieving persistent winter coughs, wheezing in the large bronchi, and coughs left behind after an influenza attack. WELLNESS COUGH SYRUP contains anti-spasmodics, including elecampane and nux vomica.

Upper Respiratory Tract and

Lungs: WELLNESS COUGH SYRUP provides overall support for respiratory and bronchial problems, including bronchitis, colds and lingering coughs. White bryony, blue gum tree, and wild cherry bark are among the homeopathic ingredients that support the lungs and upper respiratory system.

Chest and Throat: Throat and chest pain are relieved by white bryony, potassium hydrate, phosphorus, wind flower, and blood root.

Mucous Membranes: Blue gum tree, horehound, potassium hydrate, phosphorus, wind flower, and yellow dock are expectorants, which help to clear the mucous membranes.

Anti-Inflammatory Mechanisms: Marshmallow is a soothing demulcent. WELLNESS COUGH SYRUP also supports the body's anti-inflammatory mechanisms with ingredients including white bryony, elecampane and yellow dock.

Strategies for WellnessSM Winter Health Plan

Simple nutritional choices and lifestyle patterns are important to your strategy for winter wellness.

Wash Your Hands!

A study evaluated the impact of a one-hour educational session on handwashing for staff members of senior day-care centers. Attendees experienced significantly fewer winter health difficulties.

Handwashing for 10 to 15 seconds with soap and water reduces the spread of germs.

Eat Your Veggies—Skip the Sugar

Studies show that regular meals and consuming green vegetables are associated with a stronger immune response by white blood cells. Conversely, consumption of simple carbohydrates and sweets decreases white blood cell activity. So, eat your greens—and go easy on holiday treats!



Early to Bed, Early to Rise

Sleep does more than make you feel rested. Two studies with healthy volunteers demonstrated suppression of immunological function after one night of

modest sleep deprivation. The activity of certain white blood cells and the production of chemicals essential for immune system performance significantly decreased.

Most U.S. adults get less than seven hours of sleep per night during the work week, while research has determined that certain parameters of immune function are enhanced by more than seven hours of sleep.



Stress, Conflict and Emotional Support

Stressful situations drain our energy and emotions. Science now shows that our immune systems and our physical health are also affected. A supportive approach to resolving conflicts or a strong social/emotional support system ameliorates the impact of stress.

Exercise and Immune Function

Moderate exercise is good for your health. In studies examining the effect of near-daily brisk walking over a 12 to 15-week period, active subjects had half as many sickness days as inactive subjects.

WELLNESS COUGH SYRUP™: A Bio-Aligned Formula

Multiple System Support for Winter Cough

Cough Reflex	Blood Root, Elecampane, Phosphorus, Nux Vomica, Potassium Hydrate, White Bryony, Wild Cherry Bark, Wind Flower, Yellow Dock
Upper Respiratory Tract & Lungs	Blood Root, Blue Gum Tree, Phosphorus, Nux Vomica, White Bryony, Wild Cherry Bark
Chest & Throat	Blood Root, Phosphorus, Potassium Hydrate, White Bryony, Wind Flower
Mucous Membranes	Blue Gum Tree, Horehound, Phosphorus, Potassium Hydrate, Wind Flower, Yellow Dock
Anti-Inflammatory Mechanisms	Blood Root, Elecampane, Marshmallow, White Bryony, Yellow Dock

The Wellness Family™ Supports Your Defenses

You can maintain good health all year long with the Source Naturals Wellness Family of natural defense system products. See your local health food store about these other Wellness products: WELLNESS CELL RESPONSE™, WELLNESS C-1000™, WELLNESS COLD & FLU™, WELLNESS COLLOIDAL SILVER™, WELLNESS EARACHE™, WELLNESS ELDERBERRY™, WELLNESS GARLIC™, WELLNESS HERBAL RESISTANCE™, WELLNESS MULTIPLE™, WELLNESS OLIVE LEAF™, WELLNESS ZINC™ and, of course, original WELLNESS FORMULA®.

WELLNESS COUGH SYRUP is available in bottles of 4 fl oz.

References

Boericke, William. *Pocket Manual of Homeopathic Materia Medica*. New Delhi: B. Jain Publishers; 1983.

Clarke, J.H. *A Dictionary of Practical Materia Medica*. Essex: Health Science Press; 1984.

Reckeweg, Hans-Heinrich. *Materia Medica Homoeopathia Antihomotoxica*. Baden-Baden: Aurelia-Verlag; 1995.



SOURCE NATURALS®

Strategies for Wellnesssm

The above information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.