

SINUS PAIN RELIEF

Information for **Health Care Professionals**



SINUS PRESSURE • HEADACHE CONGESTION & PAIN

Facial pressure, heavy-headed feeling, and postnasal discharge can develop after more than just a viral-based cold or flu. Sinus drainage problems can also occur after a viral or bacterial infection or allergies to mold, pollen, and dust. Many sinus pain sufferers rely on general pain relievers to mask the discomfort. They may also take drowsy cold or allergy medications to address different triggers, but do not specifically target sinus symptoms.

SinusCalm® is a blend of three homeopathic active ingredients designed to relieve **sinus congestion, pain, pressure**, and a **related headache** instead of simply masking pain. It works without drowsiness, dizziness, or risk of a rebound effect. **It can be taken at the onset of symptoms** along with cold or allergy medications without interaction. SinusCalm is available in two forms that include meltaway tablets and pellets, which are easy to take without water.

This medicine is available over the counter and health care professionals can also purchase direct from Boiron.


BOIRON®
World Leader in
Homeopathic Medicines
BoironUSA.com/hcp

MEDICINES

SinusCalm® Tablets and Pellets	Homeopathic symptom-specific action on sinus congestion, sinus pain, sinus pressure, and associated headaches.	Non-drowsy; NSAID-free; no rebound effect; no known interactions with other medications, herbs, or supplements.	Low risk of side effects.
Acetaminophen	Analgesic; antipyretic.	Well tolerated; fast acting.	Overdosing induces liver toxicity; interacts with hepatotoxic drugs; use with care in patients with impaired kidney function as rare serious side effects may occur.
Aspirin and other salicylates	Analgesic; antipyretic; anti-inflammatory.	Effective for mild pain and inflammation; fast acting.	Increases bleeding time; irritates gastric mucosa; risk of Reye's syndrome in children.
Decongestants <i>(pseudoephedrine, oxymetazoline, phenylephrine)</i>	Vasoconstrictors (α 1-adrenergic agonists).	Rapid and sustained effect on nasal and sinus congestion.	Rebound congestion with overuse; decongestant shouldn't be administered to children; use with care in open-angle glaucoma.
Nasal corticosteroids <i>(fluticasone propionate, etc.)</i>	Anti-inflammatory action, best for nasal and sinus congestion from allergies and chronic sinus conditions.	Long-lasting action.	Slow acting and decreases local immune response, increasing risk of severe infection.
NSAIDs <i>(ibuprofen, naproxen)</i>	Analgesic; anti-inflammatory.	Effective for pain and inflammation; fast acting.	Produces gastrointestinal disturbances; frequent side effects; interacts with other medications.

SUPPLEMENTS

Saline nasal spray	Drains nasal cavity.	Safe and easy treatment.	None known if sterile saline solution is used.
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HERBS

Cowslip <i>(Primula officinalis)</i>	Decreases inflammation of respiratory tract mucous membranes, including sinus membranes.	Possibly safe when combined with gentian and other herbs in oral combinations for sinus congestion.	Avoid using during pregnancy and breastfeeding.
Gentian <i>(Gentiana lutea)</i>	Anti-inflammatory effect on nasal and sinus membranes.	Possibly safe when combined with cowslip and other herbs in oral combinations for sinus congestion.	Avoid using during pregnancy and breastfeeding.



SinusCalm[®] is produced by Boiron using the highest standards and quality control processes. The product's active ingredients are manufactured according to the *Homeopathic Pharmacopoeia of the United States*.⁴

Indications for homeopathic medicines have been determined experimentally and verified by years of empirical use by thousands of physicians. Insight into these traditional indications is gained throughout the years as advances are made in the fields of biochemistry and pharmacology.

This table shows the relationships between the toxico-pharmacological properties of the strain (in blue) and the general indications of its homeopathic dilution (in orange).⁵⁻⁷

SinusCalm should be used only for its labeled indications.

Deadly nightshade <i>(Solanaceae)</i> <i>Atropa belladonna</i>	Bloodroot <i>(Papaveraceae)</i> <i>Sanguinaria canadensis</i>	West Indian pink root <i>(Loganiaceae)</i> <i>Spigelia anthelmia</i>
Atropine and scopolamine have an anticholinergic effect resulting in sudden febrile syndrome with sweating and a flushed face, dry mucous membranes, head congestion with throbbing headaches and mydriasis.	Used by Native Americans as an expectorant and a curative for respiratory conditions such as bronchitis and asthma.	Pathogenesis shows facial neuralgia with boring, tearing pain, or pain from pressure.
Belladonna 3C	Sanguinaria canadensis 3C	Spigelia anthelmia 3C
Relieves sinus pain with stuffy nose.	Relieves sinus pain with runny nose.	Relieves sinus pain with postnasal drip.

+ ADVANTAGES

As a convenient and reliable first choice for sinus pain relief, SinusCalm offers many advantages:

- Non-drowsy and non-habit forming
- No rebound effect
- Can be taken at the onset of symptoms before condition worsens
- No known interactions with other medications, herbs, or supplements
- Will not mask symptoms of a more serious condition
- Available in two forms: meltaway tablets and meltaway pellets
- No need to take with food or water

References

1. Martindale W, Reynolds JEF. *Martindale: The Extra Pharmacopoeia*. London: Pharmaceutical Press; 1993.
2. *PDR for Herbal Medicines*. 4th ed. Montvale, NJ: Thomson PDR; 2007.
3. Natural Medicines Comprehensive Database. <https://naturalmedicines.therapeuticresearch.com>. Accessed 2021.
4. *Drug Products Labeled as Homeopathic: Guidance for FDA Staff and Industry (revised draft)*. U.S. Food and Drug Administration. October 2019. Available at: <https://www.fda.gov/regulatory-information/search-fda-guidance-documents/drug-products-labeled-homeopathic-guidance-fda-staff-and-industry>.
5. Clarke JH. *A Dictionary of Practical Materia Medica*. New Delhi: B. Jain Publishers; 1993.
6. Demarque D, Jouanny J, Poitevin B, Saint-Jean Y. *Pharmacology and Homeopathic Materia Medica*. 3rd ed. Sainte-Foy-lès-Lyon: CEDH; 2007.
7. Guermontprez M, Pinkas M, Torck M. *Matière Médicale Homéopathique*. 2nd ed. Sainte-Foy-lès-Lyon: Boiron; 1997.



SinusCalm®

SINUSCALM 60 MELTAWAY TABLETS

Drug Facts

Active ingredients** (in each tablet)	Purpose*
Belladonna 3C HPUS (0.8 mg).....	Relieves sinus pain with stuffy nose (contains less than 10 ⁻⁸ mg atropine alkaloids)
Sanguinaria canadensis 3C HPUS (0.8 mg).....	Relieves sinus pain with runny nose (contains less than 10 ⁻⁷ mg chelidonium alkaloids)
Spigelia anthelmia 3C HPUS (0.8 mg).....	Relieves sinus pain with postnasal drip

The letters "HPUS" indicate that the components in this product are officially monographed in the Homeopathic Pharmacopoeia of the United States.

Uses* temporarily relieves sinus symptoms due to the common cold or allergies such as:
 ■ nasal congestion ■ sinus pain ■ headache

Warnings

Ask a doctor before use if you have a fever.
Stop use and ask a doctor if symptoms persist for more than 3 days, worsen, or if new symptoms occur. These could be signs of a serious condition.
If pregnant or breastfeeding, ask a health professional before use.

Keep out of reach of children. In case of accidental overdose, get medical help or contact a Poison Control Center right away.

Directions

■ Adults and children 6 years of age and older: At the onset of symptoms, dissolve 2 tablets under the tongue every 2 hours, up to 6 times a day. Decrease frequency with improvement.
 ■ Children under 6 years of age: Ask a doctor.

Other information

■ do not use if glued carton end flaps are open or if the blister seal is broken
 ■ store below 86°F (30°C)

Inactive ingredients croscarmellose sodium, lactose, magnesium stearate

Questions or comments?

BoironUSA.com | Info@Boiron.com | 1-800-BOIRON-1 (1-800-264-7661)

SINUSCALM TWO TUBES OF APPROX. 80 PELLETS

Drug Facts

Active ingredients** (in each pellet)	Purpose*
Belladonna 3C HPUS (0.14 mg).....	Relieves sinus pain with stuffy nose (contains less than 10 ⁻⁹ mg atropine alkaloids)
Sanguinaria canadensis 3C HPUS (0.14 mg).....	Relieves sinus pain with runny nose (contains less than 10 ⁻⁸ mg chelidonium alkaloids)
Spigelia anthelmia 3C HPUS (0.14 mg).....	Relieves sinus pain with postnasal drip

The letters "HPUS" indicate that the components in this product are officially monographed in the Homeopathic Pharmacopoeia of the United States.

Uses* temporarily relieves sinus symptoms due to the common cold or allergies such as:
 ■ nasal congestion ■ sinus pain ■ headache

Warnings

Ask a doctor before use if you have a fever.
Stop use and ask a doctor if symptoms persist for more than 3 days, worsen, or if new symptoms occur. These could be signs of a serious condition.
If pregnant or breastfeeding, ask a health professional before use.

Keep out of reach of children. In case of accidental overdose, get medical help or contact a Poison Control Center right away.

Directions

■ Adults and children 6 years of age and older: At the onset of symptoms, dissolve 5 pellets under the tongue every 2 hours, up to 6 times a day. Decrease frequency with improvement.
 ■ Children under 6 years of age: Ask a doctor.

Other information do not use if glued carton end flaps are open or if pellet dispenser seal is broken

Inactive ingredients lactose, sucrose

Questions or comments?

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ALSO AVAILABLE FROM BOIRON



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