



# RELIEF OF COLD SYMPTOMS

Information for **Health Care Professionals**



## SNEEZING • RUNNY NOSE • NASAL CONGESTION

The common cold is an acute, self-limiting upper-respiratory tract infection caused by viruses.

Colds present multiple symptoms through their various stages, which usually last from two to 10 days. Symptoms also vary according to the type of virus and the patient's sensitivity. Conventional cold medicines typically address these differences by combining several drugs, which may cause side effects or even be dangerous if the patient is taking multiple products containing the same ingredient.

The **ColdCalm**® Liquid Dose line provides an over-the-counter option for babies and children with homeopathic medicines that target specific symptoms of each stage of a cold. These medicines won't cause drowsiness and are not expected to interact with other medications, herbs, or supplements.

**ColdCalm Baby and ColdCalm Kids Liquid Doses are both recommended for children ages 6 months and older.** Both products contain the same formula. Different labels were developed to help parents find these options in separate retail sections for children and baby products. These liquid dose forms are slightly different from ColdCalm Tablets and Children's ColdCalm Pellets. These two solid forms of ColdCalm are both recommended for older children starting at 3 years of age.

ColdCalm's innovative delivery form allows for the individual liquid dose to be squeezed into a child's mouth. The doses are free of preservatives and artificial flavors. ColdCalm Liquid Doses are available over the counter and health professionals can also purchase direct from Boiron.



**BOIRON**®  
World Leader in  
Homeopathic Medicines  
[BoironUSA.com/hcp](http://BoironUSA.com/hcp)

## MEDICINES

<b>ColdCalm® Baby and ColdCalm Kids Liquid Doses</b>	Multi-ingredient homeopathic formula treats most symptoms at each stage of the cold.	Non-drowsy and no known interactions with other medications, herbs, or supplements.	Very low risk of side effects.
<b>Acetaminophen</b>	Analgesic; antipyretic.	Well tolerated; fast acting.	Overdosage induces liver toxicity; interacts with hepatotoxic drugs; use with care in patients with impaired kidney function, as rare serious side effects may occur. Consult physician before using in children younger than age 2.
<b>Antihistamines</b> ( <i>diphenhydramine, chlorpheniramine</i> )	Inverse agonists or antagonists of peripheral H1 histamine receptors.	Long-lasting effect.	Sedative action; contraindicated in patients suffering from shortness of breath; action on rhinitis only. Not recommended for children younger than age 6.
<b>Aspirin and other salicylates</b>	Analgesic; antipyretic.	Effective on mild pain and inflammation; fast-acting.	Increases bleeding time; irritates gastric mucous membrane; contraindicated in children due to risk of Reye's syndrome.
<b>Decongestants</b> ( <i>pseudoephedrine, oxymetazoline, phenylephrine</i> )	Vasoconstrictors ( $\alpha$ 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. Not recommended for children younger than age 6.

## SUPPLEMENTS

<b>Vitamin C</b>	Immune system stimulant.	Non-toxic; may decrease severity and duration of cold and flu symptoms. Likely safe in children ages 1 and up at appropriate dosages and for short term.	Overdose induces diarrhea.
<b>Zinc</b> ( <i>zinc gluconate or acetate</i> )	Binding ions are thought to block or inhibit a virus from a cell.	Well tolerated when taken orally at recommended doses; decreases duration of the common cold in adults.	May cause abdominal cramps, nausea, diarrhea, and metallic taste in mouth at high doses.

## HERBS

<b>Andrographis</b> ( <i>Andrographis paniculata</i> )	Andrographolide inhibit enzymes involved in viral and bacterial infections; andrographis also has antipyretic and immunomodulatory properties.	Likely safe in adults and possibly safe in children when used orally and appropriately short-term.	Possible allergic reaction at higher doses.
<b>Echinacea</b> ( <i>E. angustifolia, E. purpurea</i> )	Non-specific immunostimulant.	Existing clinical studies show controversial results.	Do not use for more than 10 days (curative) or three weeks (prophylactic); use with caution when kidney function is impaired, or when patient is allergic to herbs from the daisy family; preventive efficacy not clearly demonstrated. Not recommended for children ages 12 and younger.
<b>Siberian ginseng</b> ( <i>Eleutherococcus senticosus</i> )	Possible immunostimulant effect and inhibition of RNA virus including human rhino, respiratory syncytial, and influenza A viruses.	Likely safe in adults and possibly safe in children ages 12 and up when used orally and appropriately short-term.	Possible drowsiness and anxiety occur at higher doses; possible interactions with cardiovascular medications.

The ColdCalm® Liquid Dose line is produced by Boiron using the highest standards and quality control processes. The products' active ingredients are manufactured according to the *Homeopathic Pharmacopoeia of the United States*.<sup>4</sup>

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).<sup>5</sup> The ColdCalm Liquid Dose line targets symptoms of the common cold at every stage of its evolution.

**ColdCalm Baby and ColdCalm Kids Liquid Doses should be used only for their labeled indications.**

ONSET STAGE	
<b>Onion</b> (Alliaceae) <i>Allium cepa L.</i>	<b>Honeybee</b> (Apidae) <i>Apis mellifera</i>
<b>Labile sulfur compound:</b> coryza with clear irritating nasal discharge, stinging of the eyes, spasmodic cough.	<b>Phospholipase A2:</b> increases vascular permeability, releases histamine; <b>MCD peptide:</b> induces basophils and mast cells degranulation; <b>Histamine, dopamine, serotonin and noradrenaline:</b> cause an acute inflammatory reaction.
<b>Allium cepa 3C</b>	<b>Apis mellifica 6C</b>
Relieves sneezing and runny nose.	Relieves nasal congestion.

ESTABLISHED STAGE			
<b>Yellow jasmine</b> (Gelsemiaceae) <i>Gelsemium sempervirens</i>	<b>Poison nut</b> (Loganiaceae) <i>Strychnos nux vomica L.</i>	<b>Poke</b> (Phytolaccaceae) <i>Phytolacca americana L.</i>	<b>Wind flower</b> (Ranunculaceae) <i>Pulsatilla vulgaris Mill.</i>
<b>Gelsemine:</b> headaches, vertigo, diplopia, muscular stiffness, trembling, and general sedation.	<b>Strychnine and brucine:</b> hypersensitivity to cold, noises, and light; spasms and neuro-muscular hyperexcitability.	<b>Phytolacca toxin:</b> irritates mucous membranes; <b>Lectins:</b> pokeweed mitogens inducing lymphoblastic transformation in vitro and stimulating B and T lymphocytes.	<b>Ranunculoside, quickly hydrolyzed into anemonin:</b> inflammation of mucous membrane with an abundant, non-irritant, thick yellow discharge; loss of taste and smell; productive cough during the day with thick mucus.
<b>Gelsemium sempervirens 6C</b>	<b>Nux vomica 3C</b>	<b>Phytolacca decandra 6C</b>	<b>Pulsatilla 6C</b>
Relieves headaches associated with colds.	Relieves sneezing attacks.	Relieves mild fever.	Relieves colds with a loss of taste and smell.

RESOLUTION STAGE	
<b>Boneset</b> (Asteraceae) <i>Eupatorium perfoliatum</i>	<b>Potassium dichromate</b> $K_2Cr_2O_7$
<b>Polysaccharides:</b> anti-inflammatory activity; <b>Sesquiterpene lactones:</b> immunostimulant activity; plant traditionally used for “breakbone fever”.	Mucosal and cutaneous lesions with inflammation and secretion of sticky, thick mucus and greenish-yellow membranes; deep painful ulcerations.
<b>Eupatorium perfoliatum 3C</b>	<b>Kali bichromicum 6C</b>
Relieves body aches associated with colds.	Relieves nasal discharge.

## + ADVANTAGES

**As a first-line treatment for common cold symptoms, the ColdCalm Liquid Dose line offers many advantages:**

- Complete homeopathic formula addresses multiple symptoms at every stage of the cold
- Easy to administer by squeezing the liquid dose into the mouth; sublingual absorption leads to quicker general action
- Pre-measured amount allows for hygienic individual use and limits cross contamination between children
- Formulated without preservatives, flavors, lactose, sugar, or artificial sweeteners
- Each box contains 30 pre-measured doses

### 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 2022.
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. Demarque D, Jouanny J, Poitevin B, Saint-Jean Y. *Pharmacology and Homeopathic Materia Medica*. 3rd ed. Sainte-Foy-lès-Lyon: CEDH; 2007.



# ColdCalm®



## 30 PRE-MEASURED LIQUID DOSES (.034 FL OZ EACH)

### Drug Facts

<b>Active ingredients**</b> (in each vial)	<b>Purpose*</b>
Allium cepa 3C HPUS (0.125 mL).....	Relieves sneezing and runny nose
Apis mellifica 15C HPUS (0.125 mL).....	Relieves nasal congestion
Eupatorium perfoliatum 3C HPUS (0.125 mL).....	Relieves body aches associated with colds
Gelsemium sempervirens 6C HPUS (0.125 mL).....	Relieves headaches associated with colds (contains less than 10 <sup>-11</sup> mg gelsemium alkaloids)
Kali bichromicum 6C HPUS (0.125 mL).....	Relieves nasal discharge (contains less than 10 <sup>-10</sup> mg chromium)
Nux vomica 3C HPUS (0.125 mL).....	Relieves sneezing attacks (contains less than 10 <sup>-9</sup> mg strychnine alkaloids)
Phytolacca decandra 6C HPUS (0.125 mL).....	Relieves mild fever
Pulsatilla 6C HPUS (0.125 mL).....	Relieves colds with a loss of taste and smell

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

**Uses\*** temporarily relieves cold symptoms such as:  
 ■ sneezing ■ runny nose ■ nasal congestion

### Warnings

**Ask a doctor before use**  
 ■ in children under 6 months of age

**Stop use and ask a doctor if** sore throat, vomiting, skin rash, diarrhea, difficulty breathing, or fever above 100°F (38°C) develops, or if symptoms persist for more than 2 days, worsen, or new symptoms occur.

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

### Drug Facts (continued)

#### Other information

- do not use if glued carton end flaps are open or if inner foil pouch and vials are not intact
- do not refrigerate or freeze
- after opening foil pouch: store unused vials in the foil pouch for no longer than 3 months at a temperature that does not exceed 77°F (25°C)
- after opening the vial: the product must be used immediately
- after administering: discard vial
- do not reuse
- contains 0.0015% alcohol

#### Inactive ingredients

alcohol, purified water

#### Questions or comments?

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

Children 6 months of age and older: Give 1 dose at the onset of symptoms. Repeat up to 6 times a day. Decrease frequency with improvement.



1. Tear open the foil pouch at the notched edge.



2. Snap off one pre-measured dose.



3. Twist to open.



4. Squeeze entire contents into mouth.

**ALSO AVAILABLE FROM BOIRON**



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