

# RELIEF OF COUGH & COLD SYMPTOMS

Information for **Health Care Professionals**



## NASAL & CHEST CONGESTION COUGH • RUNNY NOSE

Chest congestion is often associated with the common cold. It's caused by the accumulation of mucus in the upper respiratory airways and the bronchi. During the night, when exposed to cold or dry air, or when hydration is insufficient, mucus becomes thicker and difficult to expectorate, causing more discomfort.

The homeopathic active ingredients in **Chestal® Cold & Cough** and **Chestal Kids Cold & Cough** relieve **both nasal and chest congestion associated with colds and thick mucus**. Furthermore, they address dry, fitful coughs, minor sore throat, sneezing, and a stuffy or runny nose. The syrup provides an emollient action on the pharynx and is dye-free. Both medicines are non-drowsy, non-habit forming, and have no known interactions with other medications, herbs, and supplements. **They are indicated for children and adults 3 years of age and older.**

Chestal Cold & Cough and Chestal Kids Cold & Cough are available over the counter and health care professionals can also purchase direct from Boiron.

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

RELIEF OF  
**COLD SYMPTOMS**<sup>1-3</sup>

**HOW IT WORKS**

**ADVANTAGES**

**SIDE EFFECTS/  
DISADVANTAGES**

**MEDICINES**

<b>Chestal® Cold &amp; Cough Chestal Kids Cold &amp; Cough</b>	Homeopathic symptom-specific activity on chest congestion and other cold and cough symptoms; emollient action of the syrup.	Non-drowsy; non-habit forming; no known interactions with other medications, herbs, or supplements.	Very low risk of side effects.
<b>Codeine sulfate</b>	Cough suppressant.	Fast acting.	Low dosage efficacy is being disputed; sedative; not indicated in productive cough; may cause constipation in high doses; may mask the cause of cough.
<b>Dextromethorphan</b>	Cough suppressant.	Non-habit forming; fast and lasting action when given at the appropriate dosage.	Not indicated in productive cough; contraindicated in patients with risk of respiratory failure; overdose induces CNS depression; may mask the cause of cough.
<b>Diphenhydramine</b>	Probable anticholinergic action.	Relieves cough caused by allergy.	Sedative action; anticholinergic side effects; interacts with several other drugs.
<b>Guaifenesin</b>	Expectorant; reduces the viscosity of secretions.	Well tolerated.	Doesn't relieve dry or spasmodic cough; combination with cough suppressant is controversial.

**HERBS**

<b>Licorice</b> ( <i>Glycyrrhiza glabra</i> )	Increases mucus production.	Traditionally used in teas or herbal preparations as natural self-medication.	Increases blood pressure; may induce hemostatic disorders; many contraindications (hepatic or renal impairment, high blood pressure, arrhythmia, etc.).
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Scan & register for access to on-demand homeopathic protocols.

The **Chestal**® syrups are produced by Boiron using pharmaceutical quality standards, recognized as the most stringent level of Good Manufacturing Practices among health products. Their active ingredients are made 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>

**Chestal Cold & Cough and Chestal Kids Cold & Cough should be used only for their labeled indications.**

<b>Bittersweet nightshade</b> (Solanaceae) <i>Solanum dulcamara</i>	<b>Ferrosferric phosphate</b>
<b>Solanine, atropine:</b> anticholinergic effect; <b>Saponines:</b> expectorants.	Dilutions of 5C and 9C have been shown to produce a significant inhibition of the release of free oxygen radicals during the initiation and maintenance of inflammation involving polynuclear neutrophils. <sup>6</sup>
<b>Dulcamara 5C</b>	<b>Ferrum phosphoricum 9C</b>
Relieves colds and coughs worsened by exposure to damp cold.	Relieves colds with gradual onset, minor sore throat, and dry, fitful cough.

<b>Goldenseal</b> (Ranunculaceae) <i>Hydrastis canadensis</i>	<b>Potassium dichromate</b> $K_2Cr_2O_7$	<b>Poison nut</b> (Loganiaceae) <i>Strychnos nux-vomica L.</i>
<b>Hydrastine:</b> astringent; <b>Berberine:</b> antisecretory and hypotensive by adrenergic blockage.	Highly oxidant, corrosive, causing sensitization and dermatitis; 30C dilutions have been shown to decrease tracheal secretions in critically ill patients with COPD. <sup>7</sup>	<b>Strychnine and brucine:</b> increases neuronal excitability, spasms and convulsions.
<b>Hydrastis canadensis 9C</b>	<b>Kali bichromicum 9C</b>	<b>Nux vomica 9C</b>
Relieves colds and coughs associated with runny nose.	Relieves nasal discharge.	Relieves sneezing fits.

## + ADVANTAGES

As a convenient and reliable first choice for relieving cough and cold symptoms, Chestal Cold & Cough syrups offer many advantages:

- Simple, multi-symptom solution for nasal and chest congestion, coughs, sneezing, minor sore throat, and a runny or stuffy nose
- Won't mask symptoms of a more serious condition
- Syrup provides emollient action and is dye-free
- Non-drowsy and non-habit forming
- No known drug interactions

### References

1. Martindale W, Reynolds JEF. *Martindale: The Extra Pharmacopoeia*. London: Pharmaceutical Press; 1993.
2. *PDR for Herbal Medicines*. 3rd ed. Montvale, NJ: Thomson PDR; 2004.
3. Chevallier A. *The Encyclopedia of Medicinal Plants*. New York: Dorling Kindersley Publishing; 1996.
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.
6. Poitevin B, Royer JF, Aubin M. Effects of Belladonna and ferrum phosphoricum on human polynuclear neutrophils chemiluminescence. *Annales Homeopathiques Francaises*. 1983;25(3):5-12.
7. Frass M, Dielacher C, Linkesch M, et al. Influence of potassium dichromate on tracheal secretions in critically ill patients. *Chest*. 2005;127(3):936-941.



# Chestal®



## CHESTAL COLD & COUGH 6.7 fl oz (200 mL)

### Drug Facts

**Active ingredients\*\*** (in each mL) **Purpose\***  
 Dulcamara 5C HPUS (0.13 mg).....Relieves colds and coughs worsened by exposure to damp cold  
 Ferrum phosphoricum 9C HPUS (0.13 mg).....Relieves colds with gradual onset, minor sore throat, and dry, fitful cough  
 Hydrastis canadensis 9C HPUS (0.13 mg).....Relieves colds (contains less than 10<sup>-19</sup> mg and coughs associated with hydrastine and berberine alkaloids) with runny nose  
 Kali bichromicum 9C HPUS (0.13 mg).....Relieves nasal discharge (contains less than 10<sup>-19</sup> mg chromium)  
 Nux vomica 9C HPUS (0.13 mg).....Relieves sneezing (contains less than 10<sup>-20</sup> mg strychnine alkaloids) fits

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

**Uses\*** temporarily relieves symptoms of the common cold such as:

- nasal and chest congestion
- sneezing
- fitful cough
- minor sore throat
- runny or stuffy nose

### Warnings

**Ask a doctor before use if you have**

- severe sore throat that is accompanied or followed by fever, headache, rash, nausea, or vomiting
- persistent or chronic cough such as occurs with smoking, asthma, chronic bronchitis, or emphysema
- cough that occurs with too much phlegm (mucus)

**Stop use and ask a doctor if**

- sore throat persists for more than 2 days
- cough lasts for more than 7 days, comes back, or is accompanied by fever, rash, or a persistent headache. 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.

### Drug Facts

#### Directions

Age	Dose
Adults and children 12 years of age and older	Take 10 mL <sup>1</sup> as needed, up to 8 times per day
Children 6 to 11 years of age	Take 5 mL <sup>1</sup> as needed, up to 6 times per day
Children 3 to 5 years of age	Take 5 mL <sup>1</sup> as needed, up to 3 times per day
Children under 3 years of age	Not recommended

<sup>1</sup>Use only with dosing cup provided. Do not use dosing cup with other products.

#### Other information

- do not use if glued carton end flaps are open or if the seal at base of cap is broken or missing
- contains 4.3 g of sugar per 5 mL
- dispose of 1 year after opening
- contains 0.00004% alcohol

#### Inactive ingredients

alcohol, citric acid, purified water, sodium benzoate, sucrose

#### Questions or comments?

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

## CHESTAL KIDS COLD & COUGH 6.7 fl oz (200 mL)

### Drug Facts

**Active ingredients\*\*** (in each mL) **Purpose\***  
 Dulcamara 5C HPUS (0.13 mg).....Relieves colds and coughs worsened by exposure to damp cold  
 Ferrum phosphoricum 9C HPUS (0.13 mg).....Relieves colds with gradual onset, minor sore throat, and dry, fitful cough  
 Hydrastis canadensis 9C HPUS (0.13 mg).....Relieves colds (contains less than 10<sup>-19</sup> mg and coughs associated with hydrastine and berberine alkaloids) with runny nose  
 Kali bichromicum 9C HPUS (0.13 mg).....Relieves nasal discharge (contains less than 10<sup>-19</sup> mg chromium)  
 Nux vomica 9C HPUS (0.13 mg).....Relieves sneezing (contains less than 10<sup>-20</sup> mg strychnine alkaloids) fits

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

**Uses\*** temporarily relieves symptoms of the common cold such as:

- nasal and chest congestion
- sneezing
- fitful cough
- minor sore throat
- runny or stuffy nose

### Warnings

**Ask a doctor before use if you have**

- severe sore throat that is accompanied or followed by fever, headache, rash, nausea, or vomiting
- persistent or chronic cough such as occurs with asthma
- cough that occurs with too much phlegm (mucus)

**Stop use and ask a doctor if**

- sore throat persists for more than 2 days
- cough lasts for more than 7 days, comes back, or is accompanied by fever, rash, or a persistent headache. These could be signs of a serious condition.

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

#### Directions

Age	Dose
Children 6 to 11 years of age	Take 5 mL <sup>1</sup> as needed, up to 6 times per day
Children 3 to 5 years of age	Take 5 mL <sup>1</sup> as needed, up to 3 times per day
Children under 3 years of age	Not recommended

<sup>1</sup>Use only with dosing cup provided. Do not use dosing cup with other products.

### Drug Facts

**Other information**  
 ■ do not use if glued carton end flaps are open or if the seal at base of cap is broken or missing  
 ■ contains 4.3 g of sugar per 5 mL  
 ■ dispose of 1 year after opening  
 ■ contains 0.00004% alcohol

#### Inactive ingredients

alcohol, citric acid, purified water, sodium benzoate, sucrose

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