

RELIEF OF SORE THROAT

Information for **Health Care Professionals**



HOARSENESS • VOICE STRAIN

Most sore throats result from a virus and do not require antibiotics. Besides viral infection, voice strain is a frequent cause of sore throat and dysphonia. Singers, speakers, teachers, and coaches are especially vulnerable.

ThroatCalm® is a homeopathic medicine that targets **pain and swelling** associated with sore throat, as well as **overexertion of vocal cords, hoarseness, and dysphonia**.

These tablets dissolve under the tongue, causing no additional pain to swallow. As a low-risk option, ThroatCalm can be taken as soon as possible after vocal strain or onset of a sore throat. It's non-drowsy and does not contain numbing agents that merely mask symptoms that may indicate a more serious condition.

ThroatCalm can be taken by patients being treated for other conditions as it is not expected to interact with other medications. This medicine is available over the counter and health care professionals can also purchase direct from Boiron.


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

MEDICINES

ThroatCalm®	Multi-ingredient homeopathic formula for minor sore throat, hoarseness, and voice strain.	Non-drowsy; no known drug interactions, doesn't mask symptoms of a more serious condition.	Very low risk of side effects.
Acetaminophen	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.
Aspirin and other salicylates	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.
Benzocaine	Local anesthetic action.	Reduces local pain quickly; few or no systemic effects.	Unpleasant taste. Rare but serious occurrences of methemoglobinemia.
Ibuprofen and other NSAIDs	Analgesic; anti-inflammatory.	Relieves pain and inflammation; fast acting.	Produces gastrointestinal disturbances; frequent side effects; interacts with other medications.
Menthol	Analgesic.	Long historical use; well tolerated.	External use only; strong medicinal odor.
Phenol	Analgesic; antiseptic.	Long historical use; well tolerated.	Avoid during pregnancy, with children under 3 years of age and elderly people.

HERBS

Marshmallow root (<i>Althaea officinalis</i>)	Demulcent; anti-inflammatory with mucociliary effects.	Soothes the throat; likely safe when used in usual amounts.	Mucilage might decrease absorption of other drugs. Possible hypoglycemic and diuretic effects.
Slippery elm (<i>Ulmus rubra</i>)	Demulcent.	Soothes the throat; safe at usual doses.	Avoid during pregnancy. Mucilage might decrease absorption of other drugs.



Scan & register for access to on-demand homeopathic protocols.

ThroatCalm® is produced by Boiron using pharmaceutical quality standards, recognized as the most stringent level of Good Manufacturing Practices among health products. Its active ingredients are made 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 dilutions (in red).^{5,6}

ThroatCalm should be used only for its labeled indications.

ACTION ON HOARSENESS AND VOICE STRAIN

Leopard's bane (Asteraceae) <i>Arnica montana</i>	Indian turnip (Arisaemateae) <i>Arum triphyllum</i>	Roasted sponge (Spongidae) <i>Euspongia officinalis L.</i>
Sesquiterpene lactones (helenalin and dihydrohelenaline): anti-inflammatory and analgesic action.	Oxalates: cause irritation of the mouth with a bright red inflammation with hoarseness and dysphonia characterized by a bitonal voice with breaks on high pitch when singing or speaking.	Iodine, bromine, and silica: burning and constriction of the pharynx and larynx, with dry, croupy cough.
Arnica montana 3C	Arum triphyllum 3C	Spongia tosta 3C
Relieves hoarseness due to overexertion of the vocal cords.	Relieves vocal cord fatigue in singers and speakers.	Relieves hoarseness with dry throat.

ACTION ON THROAT MUCOSA

Deady nightshade (Solanaceae) <i>Atropa belladonna</i>	Bromine BR ₂	Bryony (Cucurbitaceae) <i>Bryonia L.</i>	Hahnemann's soluble mercury (defined by its mode of preparation) HgNH ₄ +NO ₃ ⁻
Atropine, scopolamine: anticholinergic action; mucous membranes are swollen and dry.	Bromine vapors are very irritants for respiratory mucosa and trigger hoarseness, aphonia, spasmodic cough and dyspnea.	Cucurbitacin glycosides: cytotoxic effects, irritation of mucous and serous membranes with intense dryness and inflammation.	Chronic mercury intoxication provokes (among many other symptoms) a mercurial stomatitis with pharyngitis, hypersalivation and metallic taste due to the excretion of mercury through salivary glands.
Belladonna 3C	Bromium 3C	Bryonia 3C	Mercurius solubilis 4C
Relieves red and sore throat.	Relieves swollen and painful tonsils.	Relieves sore throat with intense thirst.	Relieves sore throat with intense salivation.

Pokeweed (Phytolaccaceae) <i>Phytolacca decandra L.</i>	Wind flower (Renunculaceae) <i>Pulsatilla vulgaris Mill.</i>
Phytolacca toxin: irritates mucous membranes; Lectins: pokeweed mitogens inducing lymphoblastic transformation in vitro and stimulating B and T lymphocytes.	Ranunculoside, quickly hydrolyzed into anemonin: 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.
Phytolacca decandra 3C	Pulsatilla 6C
Relieves sore throat with pain spreading to the ears.	Relieves raw sore throat.

+ ADVANTAGES

As a first-line treatment for minor sore throat, ThroatCalm offers many advantages:

- Non-drowsy and non-habit forming
- No numbness of the throat; benzocaine-free
- Will not mask more serious underlying conditions
- No known interaction with other medicines, herbs or supplements
- Each box contains 3 sleeves of 20 unflavored tablets

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.
6. Gueronprez M, Pinkas M, Torck M. *Matière Médicale Homéopathique*. 2nd ed. Sainte-Foy-lès-Lyon: Boiron; 1997.



ThroatCalm[®]

60 MELTAWAY TABLETS

Drug Facts

Active ingredients** (in each tablet)	Purpose*
Arnica montana 3C HPUS (0.28 mg).....	Relieves hoarseness due to overexertion of the vocal cords
Arum triphyllum 3C HPUS (0.28 mg).....	Relieves vocal cord fatigue in speakers and singers
Belladonna 3C HPUS (0.28 mg).....	Relieves red and sore throat (contains less than 10 ⁻⁸ mg atropine alkaloids)
Bromium 3C HPUS (0.28 mg).....	Relieves swollen and painful tonsils (contains less than 10 ⁻⁶ mg bromine)
Bryonia 3C HPUS (0.28 mg).....	Relieves sore throat with intense thirst
Mercurius solubilis 4C HPUS (0.28 mg).....	Relieves sore throat with intense salivation (contains less than 10 ⁻⁸ mg mercury)
Phytolacca decandra 3C HPUS (0.28 mg).....	Relieves sore throat with pain spreading to the ears
Pulsatilla 3C HPUS (0.28 mg).....	Relieves raw sore throat
Spongia tosta 3C HPUS (0.28 mg).....	Relieves hoarseness with dry throat

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

Uses* temporarily relieves minor sore throat and hoarseness

Warnings

Ask a doctor before use

- in children under 3 years of age
- if sore throat is severe, accompanied or followed by fever, headache, rash, nausea, or vomiting.

Stop use and ask a doctor if symptoms persist for more than 2 days or worsen.

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 3 years of age or older: At the onset of symptoms, dissolve 2 tablets under the tongue every 15 minutes for 1 hour. Then, take 2 tablets every 6 hours. Decrease frequency with improvement.
- Children 3 to 6 years of age: Dissolve 2 tablets in 1 tablespoon of water for easier intake. Follow directions above.

Drug Facts (continued)

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?

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ALSO AVAILABLE FROM BOIRON



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