

# RELIEF OF SORE THROAT

Information for **Health Care Professionals**



## MINOR SORE THROAT PAIN

Most sore throats are viral in origin and lead to localized throat pain with irritated and raw mucosa. Swallowing causes friction between irritated mucous membranes and may intensify the discomfort.

**ThroatCalm® Spray** targets **localized pain** associated with **occasional minor sore throat** by **delivering homeopathic active ingredients directly to the affected area**. Its emollient properties provide relief without numbing the throat or affecting the gag reflex. ThroatCalm Spray is not a counterirritant that could delay proper healing and is free of numbing agents that may mask symptoms of a more serious condition.

As a spray, ThroatCalm delivers the medicine precisely to the back of the throat. Medication from conventional lozenges and strips reaches this key area only when the patient swallows — a process that can be painful. Additionally, this form proves more practical and portable than gargles and does not require rinsing of the mouth.

ThroatCalm Spray contains the natural flavor L-Carvone, which has an herbal mint-like taste compatible with the use of homeopathic medicines. It may be used in conjunction with ThroatCalm sublingual tablets or pellets, indicated for occasional minor sore throat, overexertion of the vocal cords, and hoarseness.

Medicines in the ThroatCalm line are available over the counter and health care professionals can also purchase direct from Boiron.

  
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World Leader in  
Homeopathic Medicines  
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# RELIEF OF SORE THROAT<sup>1-3</sup>

## HOW IT WORKS

## ADVANTAGES

## SIDE EFFECTS/ DISADVANTAGES

### MEDICINES

<b>ThroatCalm® Spray</b>	Multi-ingredient homeopathic formula for local relief of pain and irritation associated with occasional minor sore throat.	Local emollient action on mucous membrane; natural herbal mint-like flavor; won't mask symptoms of a more serious condition.	Very low risk of side effects.
<b>Benzocaine</b>	Local anesthetic action.	Reduces local pain quickly; few or no systemic effects.	Unpleasant taste; numbs the gag reflex; rare but serious occurrences of methemoglobinemia.
<b>Hexylresorcinol</b>	Antiseptic.	Generally well tolerated.	Possible side effects such as dizziness, tinnitus, or blurred vision; use with caution during pregnancy or breast-feeding.
<b>Menthol</b>	Local counterirritant effect.	Long historical use; well tolerated.	External use only; strong medicinal odor.
<b>Phenol</b>	Analgesic; antiseptic.	Long historical use; well tolerated.	Avoid during pregnancy and with the elderly; repeated use may cause irritation of mucous membranes.
<b>Povidone-iodine (Betadine®)</b>	Antiseptic action.	Used for serious irritations or wounds, and surgery.	May cause irritation, delay in healing, discoloration of mucous membranes, and systemic side effects.

### HERBS

<b>Marshmallow root</b> ( <i>Althaea officinalis</i> )	Demulcent; anti-inflammatory with mucociliary effects.	Soothing action on the throat; likely safe at usual doses.	Mucilage might decrease absorption of other drugs; possible hypoglycemic and diuretic effects.
<b>Slippery elm</b> ( <i>Ulmus rubra</i> )	Demulcent.	Soothing action on the throat; safe at usual doses.	Avoid during pregnancy; mucilage might decrease absorption of other drugs.



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**ThroatCalm® Spray** 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**, the official compendium recognized by the **Food and Drug Administration**.<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 dilutions (in orange).<sup>5-8</sup>

**ThroatCalm Spray should be used only for its labeled indications.**

<b>Purple coneflower</b> (Compositae) <i>Echinacea purpurea</i> L.	<b>Greater plantain</b> (Plantaginaceae) <i>Plantago major</i> L.
In vivo research suggests that echinacea extracts can accelerate wound healing, enhance epithelialization, and reduce inflammation.	Great plantain leaves are traditionally used for wound healing. Polysaccharides, polyphenols, and allantoin in the leaves are thought to be involved with the wound healing effects in laboratory models, possibly related to antioxidant and anti-inflammatory activity.
<b>Echinacea 1X</b>	<b>Plantago major 1X</b>
Relieves sore throat pain.	Relieves sore throat pain.

## + ADVANTAGES

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

- Works on contact at the affected area to relieve discomfort without numbing
- Includes spray nozzle for precise and gentle application
- Free of benzocaine and numbing agents; no artificial flavors, colors, or dyes
- Natural, mint-like herbal flavor compatible with homeopathic medicines
- May be used in combination with other products in the ThroatCalm line
- Convenient, personal-sized tube

### References

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3. Berardi R, et al. *Handbook of nonprescription Drugs: An Interactive Approach to Self-Care*. 5th Edition. American Pharmacists Association. 2006.
4. *Drug Products Labeled as Homeopathic: Guidance for FDA Staff and Industry*. U.S. Food and Drug Administration. December 2022. Available at: <https://www.fda.gov/drugs/information-drug-class/homeopathic-products>.
5. Tragni E, Tubaro A, Melis S, Galli CL. Evidence from two classic irritation tests for an anti-inflammatory action of a natural extract, Echinacina B. *Food and Chemical Toxicology*. 1985;23(2):317-319. doi:10.1016/0278-6915(85)90038-9.
6. Müller-Jakic B, Breu W, Pröbstle A, Redl K, Greger H, Bauer R. In vitro inhibition of cyclooxygenase and 5-lipoxygenase by alkalimides from Echinacea and Achillea species. *Planta Medica*. 1994;60(1):37-40. <https://doi.org/10.1055/s-2006-959404>.
7. Adom MB, Taher M, Mutalabisin MF, Amri MS, Abdul Kudos MB, Wan Sulaiman MWA, Sengupta P, Susanti D. Chemical constituents and medical benefits of *Plantago major*. *Biomedicine & Pharmacotherapy*. 2017;96:348-360. doi:10.1016/j.biopha.2017.09.152.
8. Samuelsen AB. The traditional uses, chemical constituents and biological activities of *plantago major* L. A Review. *Journal of Ethnopharmacology*. 2000;71(1-2):1-21. doi:10.1016/s0378-8741(00)00212-9.





# ThroatCalm<sup>®</sup> SPRAY

## THROATCALM SPRAY

0.68 FL OZ

### Drug Facts

#### Active ingredients\* (one spray)

Echinacea 1X HPUS (0.01 mL) ..... Relieves sore throat pain  
 Plantago major 1X HPUS (0.01 mL) ..... Relieves sore throat pain

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

#### Purpose\*

**Uses\*** temporarily relieves occasional minor sore throat pain

#### Warnings

**Sore Throat Warning:** Severe or persistent sore throat or sore throat accompanied by high fever, headache, nausea, and vomiting may be serious. Consult a doctor promptly. Do not use more than 2 days or administer to children under 12 years of age unless directed by a doctor.

**When using this product** do not exceed recommended dosage.

**If pregnant or breast-feeding,** ask a health professional before use.

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

#### Directions

- Adults and children 12 years of age and older:
  - At the onset of symptoms, apply to the affected area (one spray).
  - Keep in the mouth for at least 15 seconds, then swallow.
  - Use up to 6 times a day until symptoms are relieved.
  - Decrease frequency with improvement.
- Children under 12 years of age: Ask a doctor.

#### Other information

- do not use if glued carton end flaps are open or if the plastic sleeve around container is broken or missing
- store below 77°F (25°C)
- retain this carton for full directions

**Inactive ingredients** alcohol, glycerin, L-carvone, purified water

#### Questions or comments?

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