

# HEDERAL®

## DESCRIPTION

**HEDERAL** is the trade name of a natural product (suppositories and alcohol-free cough syrup) developed from the dry leaf extract of *Hedera helix* (Ivy), and intended for the symptomatic relief of respiratory catarrhs and bronchial conditions. Ivy (Family: Araliaceae) is a plant that grows in Europe, northern and central Asia and the United States.

Each 5 ml of **HEDERAL** syrup contains 37mg *Hedera helix* dry leaf extract.

Each **HEDERAL** suppository contains 80 mg *Hedera helix* dry leaf extract.

## COMPOSITION

*Hedera helix* dry leaf extract is standardized to contain a minimum of 10% hederacoside C.

## CLINICAL PHARMACOLOGY

Ivy leaf extract is suggested as an expectorant, secretolytic and antispasmodic. Skin and mucosa have been shown to be sensitive to ivy leaf: glycosidic saponins (such as hederacoside C) present in the leaf trigger responses in the gastric mucosa, leading to the activation of bronchial mucous glands and thereby aiding in the removal of mucous secretions. The extract also possesses antibacterial, antimycotic, analgesic and sedative effects.

## INDICATIONS

**HEDERAL** helps relieve symptoms (including cough and phlegm) associated with the following:

- Bronchial asthma and chronic obstructive pulmonary diseases.
- Catarrhs of the respiratory passages, especially chronic catarrh.
- Acute and chronic inflammatory bronchial conditions, especially spastic bronchitis.

## DOSAGE

### Usual adult oral dose:

2-3 teaspoonful (10-15 ml) of **HEDERAL** syrup, 3 times daily, for at least one week.

### Usual pediatric oral dose:

- Children 1 month - 4 years old: 1 teaspoonful (5 ml) of **HEDERAL** syrup, twice daily (morning and evening), for at least one week.
- Children 4-10 years old: 1.5 teaspoonful (7.5 ml) of **HEDERAL** syrup, twice daily (morning and evening), for at least one week.
- Children 10 years old and above: 2 teaspoonful (10 ml) of

**HEDERAL** syrup, twice daily (morning and evening), for at least one week.

### Usual pediatric rectal dose:

Children 1 year old and above: 1 **HEDERAL** suppository, twice daily (morning and evening), for at least one week.

### Note:

For optimal results, it is recommended to continue using **HEDERAL** syrup or suppositories for 2-3 days after the symptoms of illness disappear.

## ADVERSE EFFECTS

-In rare cases, this product can cause contact dermatitis.

## USE IN PREGNANCY AND LACTATION

Due to lack of data, use of the dry leaf extract of *Hedera helix* should be avoided during pregnancy and lactation.

## DRUG INTERACTIONS

None known.

## CONTRAINDICATIONS

- Hypersensitivity to any of the components of ivy leaf.
- Pregnancy and lactation.

## OVERDOSE

Not documented.

## PRECAUTIONS & WARNINGS

A physician should be consulted if symptoms persist.

## HOW SUPPLIED

- Bottles of 100ml of **HEDERAL** syrup (37mg/5ml).
- Boxes containing 10 **HEDERAL** 80mg suppositories.

## STORAGE CONDITIONS

- Store according to conditions specified on the package.
- Keep out of reach of children.

**Note:** clouthing or precipitation occasionally occurring in herbal medicinal product does not impair the effect.

### This is a medicament

- A medicament is a product which affects your health and consumption contrary to instructions is dangerous for you.
- Follow strictly the doctor's prescription, the method of use and the instruction of the pharmacist who dispensed the medicament.
- The doctor and the pharmacist are experts in medicine.
- Do not by yourself interrupt the period of treatment prescribed for you.
- Do not repeat the same prescription without consulting your doctor.
- Keep medicaments out of the reach of children.

COUNCIL OF ARAB HEALTH MINISTERS  
UNION OF ARAB PHARMACISTS

Prescribing Information Available Upon Request.



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Delass Natural Products

PO. BOX 94, NAOR 11710, JORDAN  
Tel. : (+962 6) 5727207  
Fax : (+962 6) 5727641

دلاص للمنتجات الطبيعية

ص.ب. ٩٤، ناعور ١١٧١٠، الأردن  
هاتف: ٥٧٢٧٢٠٧ (٦ ٩٦٢ +)  
فاكس: ٥٧٢٧٦٤١ (٦ ٩٦٢ +)