

Dear patient!

Please read all of this leaflet carefully because it contains important information on using this medical device. If you have any questions, please ask your doctor or pharmacist.

Package leaflet

Isla-Moos®

Herbal Lozenges

What is in Isla-Moos®?

1 lozenge contains 80 mg aqueous Iceland moss extract (0.4 - 0.8 : 1).

Other ingredients:

acacia, sucrose, light liquid paraffin, caramel (colouring E 150), purified water.
1 lozenge contains 424 mg sucrose = 0.035 BU.

What is Isla-Moos® used for?

The components in Isla-Moos® coat the irritated mucous membranes in the throat like balm. In this way, they are protected from further attacks and can recover faster through the pleasant effect of the lozenges. Isla-Moos® is particularly suitable for throat complaints caused by:

- tickly throat and hoarseness
- excessive strain on the vocal cords (singers, speakers)
- dry air during the heating period
- restricted nasal breathing.

When may you not use Isla-Moos®?

Isla-Moos® may not be used if you are hypersensitive to any of the ingredients contained in the lozenges.

When must you take special care using Isla-Moos®?

If used correctly, no special precautions are necessary.

May Isla-Moos® be used during pregnancy and breast-feeding?

There are no findings that speak against the use of Isla-Moos® during pregnancy and breast-feeding.

How should you use Isla-Moos®?

Let 1 - 2 lozenges melt slowly in the mouth several times daily. **Note for diabetics:**

1 lozenge contains 424 mg sucrose = 0.035 BU.

How long may you use Isla-Moos®?

If necessary, Isla-Moos® can also be used on a long-term basis.

If there is no improvement in symptoms after 10 days, a doctor or a pharmacist should be consulted accordingly.

What side effects can Isla-Moos® have?

If used correctly, side effects are not to be expected.

What else must you take note of?

The expiry date is printed on the carton and blister. Do not use this pack after this date! Explanation of abbreviations on the blister: MFG = manufacturing date, EXP = expiry date, LOT = batch number. The lozenges should be stored in a dry place below 25° C.

What pack sizes are available?

Packs containing 30 lozenges.

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Keep out of the reach of children!

Manufacturer

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Information on Isla-Moos®

Iceland moss: a lichen and its origin

Since the 17th century, Iceland moss has been known in folk medicine under names such as lung moss or fever moss. The plant is at home in the lowland and low and high mountains of Northern, Central and Eastern Europe as well as North America, where it grows on flat, low-nutrient soil.

In spite of its name, Iceland moss is not really a moss.

In the past, all plants that looked like mosses were also considered to be mosses - and were called as such.

Iceland Moss actually belongs to the family of lichens (Parmeliaceae). Certain types of fungi and algae live together in lichens in a permanent biocoenosis (symbiosis). The lichen Iceland moss is approximately 10 cm high, shrub-like and branches out - like a moss - into curly "leaves" of continually decreasing size. The lichen is brown to olive-green on its upper surface with white-grey speckles underneath.

Protecting the mucous membrane from attack

Every day, the defensive powers of our body are challenged by the air we breathe, which is full of germs. The mucous membrane of the upper respiratory tract is the main target.

A healthy mucous membrane can normally fight off such attacks easily. If irritated and weakened through dry air or air full of pollutants (smog, tobacco smoke) however, germs are able to invade our body more easily.

Shielding the mucous membrane from pollutants and irritation

The mucins in the lichen Iceland moss which are contained in Isla-Moos® coat the mucous membrane of the throat like balm. In this way, they shield the mucous membrane from dry and polluted air. Mucous membranes, which have already been attacked, are able to recover more quickly and restore their original defensive powers.

The special thing about Isla-Moos®

Isla-Moos® contains a special extract made from Iceland moss, the hardy lichen from the raw climate of the far North. The

dry residue of the extract consists of more than 80 % mucins. In concentrated lozenge form, the extract dissolves when the lozenges are sucked and coats the areas of the mouth and throat like a balm where it exerts its pleasant action.

Protecting and looking after the vocal cords

A feeble voice and hoarseness are an indication that the extremely sensitive vocal cords are under attack. When this is the case Isla-Moos® unfolds its relieving and soothing effects. Isla-Moos® can, however, also be used as a prophylactic in order to protect the sensitive vocal cords.

Excellently tolerated

Isla-Moos® is excellently tolerated and can be taken without hesitation together with other preparations. The lozenges are suitable for individuals with a sensitive stomach. Isla-Moos® has a pleasant mild taste, which is extremely popular among children and older individuals.

Protecting the mucous membranes while doing sport

Physical fitness training puts the mucous membranes of the respiratory tract under

more strain than normal. Desiccation and tiresome tickly throat can be the outcome. In such cases, Isla-Moos® also naturally protects the mucous membranes. The lozenges are therefore particularly helpful during sport for preventing the mucous membranes of the mouth and throat from drying out.

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