

## **Package leaflet**

### **Aspecton<sup>®</sup> Cough Suppressant Iceland moss**

For adults, adolescents and children aged 1 year and older

#### **Dear Patient,**

Please read this leaflet carefully because it contains important information that you should bear in mind when using this medical device. If you have any questions, please ask your doctor or pharmacist.

#### **What Aspecton<sup>®</sup> Cough Suppressant contains**

100 mL liquid contain 11.12 g liquid extract of *Lichen islandicus* (1:1)

#### Other ingredients:

Potassium sorbate, maltitol solution, citric acid anhydrous, hydroxyethyl cellulose, macroglycerol hydroxystearate, propylene glycol, sucralose, honey flavouring, purified water.

Alcohol- and sugar-free, gluten- and lactose-free

#### **When is Aspecton<sup>®</sup> Cough Suppressant used?**

Aspecton<sup>®</sup> Cough Suppressant is a syrup used for irritation of the mouth and throat lining (mucous membranes) and associated dry, tickly cough.

The ingredients of Iceland moss (*Lichen islandicus*) form a protective layer over the mouth and throat lining (mucous membranes). This protects the worn-out mucous membranes from external stimuli and prevents coughs from getting started.

The soothing effect is achieved by the high proportion of mucilaginous substances in Iceland moss extract. These prevent the mucous membranes from drying out by binding water to their surface.

#### **Take care when using Aspecton<sup>®</sup> Cough Suppressant**

Aspecton<sup>®</sup> Cough Suppressant must not be used in cases of hypersensitivity to any of the ingredients.

Aspecton<sup>®</sup> Cough Suppressant is not suitable for children under 1 year.

This product contains maltitol solution. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this product.

10 mL contain 3.43 g maltitol equivalent to about 0.29 bread units. You should take this into account if you are on a diabetic diet. The calorific value is 2.3 kcal/g maltitol. Maltitol may have a mild laxative effect.

Macrogolglycerol hydroxystearate may cause upset stomach and diarrhoea.

No adequate studies are available on the use of this product during pregnancy and breast-feeding. Aspecton<sup>®</sup> Cough Suppressant should therefore not be used during pregnancy and breast-feeding without consulting a doctor.

### **How to use Aspecton<sup>®</sup> Cough Suppressant**

Adults and adolescents aged 11 years and older take 10 mL 3-4 times daily, children aged 5-10 years take 10 mL twice daily and children aged 1-4 years take 5 mL 1-2 times daily.

The pack is supplied with a measuring cup for accurate dosing.

#### Advice for diabetics:

10 mL are equivalent to 0.29 BU (bread units/carbohydrate exchange units).

You should not eat or drink directly after taking Aspecton<sup>®</sup> Cough Suppressant because this removes the protective layer from the mouth and throat mucous membranes.

### **How long may you use Aspecton<sup>®</sup> Cough Suppressant?**

If symptoms persist for more than 3 days without improvement, a doctor should be consulted.

### **What shelf life and storage instructions must be observed?**

The expiry date of the unopened bottle is printed on the carton and label. Do not use this pack after this date.

After opening the bottle, use the product within 6 months.

Do not store above 25°C.

### **In which pack sizes is Aspecton<sup>®</sup> Cough Suppressant available?**

Aspecton<sup>®</sup> Cough Suppressant is available in bottles containing 200 mL.

Each pack is supplied with a measuring cup (CE medical device mark 0123).

### **Manufacturer**

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### **Date of information**

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[CE mark]

**Keep out of the sight and reach of children.**