



Bionorica®

DEVELOPING A COLD?

Your Imupret® N guide to the common cold



Available Languages

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at home and on the road.

Did you catch a cold?

Not again!

Toddlers are the most susceptible to respiratory infections due to their immature immune systems. They catch them about 8 times a year, while adults will only do so 2 to 3 times a year.



“Leisure illness” also often catches us at the worst possible moment – with an infection raising its head as soon as one has a few days off. People with a great sense of responsibility and high expectations of themselves are particularly susceptible to this. The stress hormones released while subject to high strain protect the body from illness by mobilising the immune system. The hormone level drops back to normal in periods of rest. The body and the immune system will use that time to recover. The immune defence drops, raising the likelihood of developing a common cold.



Did you know? On average, a 75-year-old person has spent about three years of their life with the common cold.

Have you been spared leisure illness, but your family at home has caught it anyway? Are you feeling the first signs of a cold coming on now, too? Close proximity will cause infections to spread quickly throughout the entire family. After all, pathogens of the common cold are transmitted by droplet infection through coughing and sneezing – or by touching contaminated objects such as door handles.

Lack of sleep also weakens the immune system and increases the risk of catching a cold. The pathogens therefore often have an easier time with those not sleeping enough.

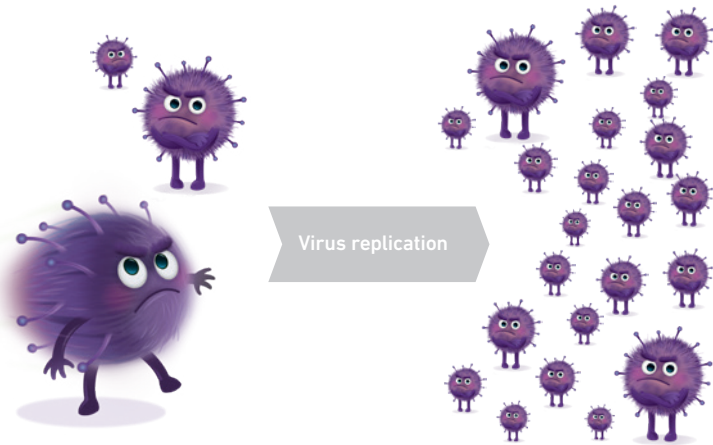


The first signs of the common cold?

What is actually happening in the body?

Colds are mostly caused by viruses. When the first signs make themselves felt, it's already too late – the virus has taken up residence in our airways. They penetrate the cells of our respiratory tract (host cells) and multiply rapidly there. In the process of this, they destroy the infected host cells to release thousands of new viruses that infect new host cells in turn. They multiply rapidly, which makes symptoms grow worse.

A cold usually lasts about 10 days but may take as much as two weeks. Therefore, it is important to act quickly to counteract the mass proliferation of cold viruses.



Mild cold symptoms

Severe cold symptoms

Fighting pathogens of the common cold in the early stages.

What weakens the immune system?

Our immune system usually reacts quickly and effectively to invading pathogens, helping to keep their numbers in check. A weakened immune system will work less effectively. Which increases the risk of catching colds more frequently.



Did you know? Factors that influence the immune system

- **Badly balanced diet** (nutrient deficiency)
- **Lack of sleep**
- **Stress**
- **Age** (younger children and older people fall ill more frequently)
- **Tobacco and alcohol consumption**

However, if the virus is kept from spreading at an early stage, the first symptoms of a cold can be reduced quickly, and the course of the illness can be alleviated considerably.



Flu or the common cold?

How to tell the difference?

The terms of “flu”, “flu-like infection”, or “cold” are often found interchangeably in colloquial use when referring to respiratory diseases in general. However, they actually refer to different illnesses. Though all of these infections are caused by viruses, their symptoms differ greatly.

	Flu	Common cold
Onset of illness	sudden	gradual
Sniffles	rare	typical
Headache	frequent: severe	partly: light
Sore throat	rare	frequently scratchy throat
Pain in the limbs	frequent: severe	rare
Cough	dry, painful cough from the beginning	developing over time
Fatigue	pronounced	moderate
Fever	usually above 38.5 °C	usually below 38.5 °C
Duration of illness	14 –21 days	8 –10 days

What can you do when you are feeling a cold begin?



Rest and bed rest

The necessary rest and sufficient sleep can help your immune system regenerate and promote the healing process.



Drinking enough

Drinking plenty of fluids counteracts the loss of fluids caused by increased temperature. Therefore, consume 2–3 l of liquid per day.



Baths against the common cold

Baths with active substances can help reduce stress and relax – this is ideal if you are starting to feel a cold come on.



Inhalation

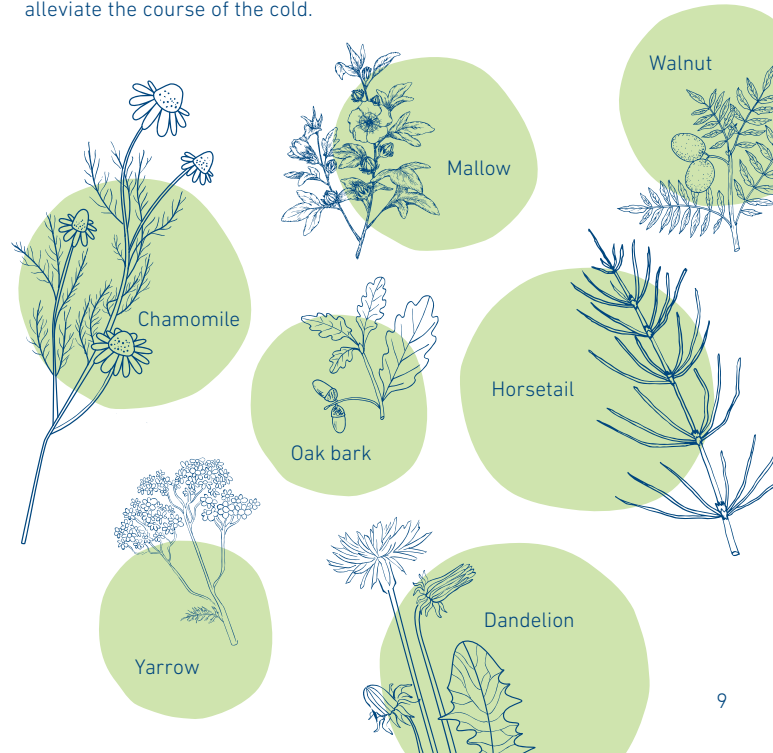
Inhalation, e.g., with chamomile flowers or mint leaves, loosens the mucus and makes breathing easier.

Strong help from plants.

These plants can help with the common cold.

The active substances in certain plants can have a favourable effect on the course of a cold and support recovery.

Chamomile, mallow, horsetail, and dandelion can strengthen the defence mechanisms that are relevant for colds, among other things. Special substances found in oak, walnut, and yarrow also directly combat cold pathogens. They can help to keep the number of viruses in check and alleviate the course of the cold.



When a cold develops: Imupret!

The 7-plant combination against the common cold.

Imupret® N uses the ingredients of tried-and-tested medicinal plants, which makes it effective from the first signs of a common cold.

The unique 7-plant combination of Imupret® N is able to:

Strengthening the defence against the cold

Early support with Imupret® N can actively boost the body's own defence against colds.

Fighting pathogens of the common cold

Its antiviral ingredients counter cold pathogens very early on.

Mitigating the course of a cold

The first symptoms of a cold are reduced, and you will be able to get through your everyday life more easily.



When a cold develops: Imupret!

One step ahead of the common cold.

Imupret® N – for your medicine cabinet at home and on the road!

Were you surprised by the common cold again? Quick action is crucial in the case of incipient infections. Immediate reaction in such cases is made possible by having Imupret® N as an ideal supplement in your medicine cabinet at home and on the road – for use by the entire family. The preparation is tolerated well and can be used in children from the age of 2 onwards*.

The correct dosage of Imupret® N

Daily dose	Acute: 5 to 6 times a day	Once the acute symptoms have subsided: 3 times a day
from 12 years onwards and adults		25 drops/2 coated tablets
6–11 years		15 drops/1 coated tablets
from 2 years onwards		10 drops

Imupret® N coated tablets

- ✓ from 6 years
- ✓ alcohol-free
- ✓ gluten-free



Imupret® N drops

- ✓ from 2 years
- ✓ lactose-free
- ✓ gluten-free
- ✓ vegan



More useful advice and information on the subject of the common cold can also be found on www.imupret.de

*Only Imupret® N drops are approved for use from the age of 2 years onwards.



DEVELOPING A COLD? IMUPRET® N!



Do you have any questions
about our medicines?

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Pharmacy stamp



**When a cold
develops: Imupret!**

Imupret® N lozenges, Imupret® N drops • Traditionally used at the first signs and throughout a cold, e.g. at a scratchy throat, sore throat, difficulty swallowing, cough. Notice: Imupret® N is a traditional plant-based medicinal product that has been registered for this area of application exclusively based on many years of use. **Imupret® N lozenges** are used in children from 6 years of age, adolescents, and adults. Imupret® N coated tablets contain glucose, lactose, sucrose (sugar). **Imupret® N drops** are used in children from 2 years of age, adolescents, and adults. Imupret® N drops contain 210 mg alcohol (ethanol) per 25 drops, corresponding to 152 mg/mL. For risks and side effects, read the package leaflet and ask your doctor or pharmacist.

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