

# Honeythyme

HONEYTHYME contains standardized thyme (*Thymus vulgaris* L.) extract and natural honey, a synergistic agent for respiratory inflammations.

**Medical indication:** HONEYTHYME is recommended for upper-respiratory tract problems (dry and productive coughs, asthma, bronchitis and laryngitis). It has strong antibacterial and antifungal effects.

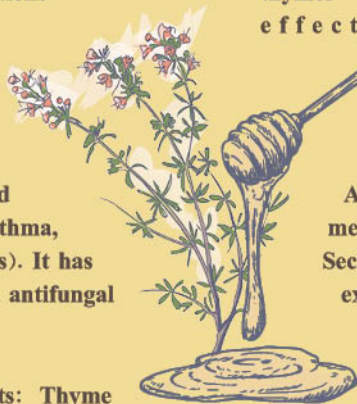
**Medicinal ingredients:** Thyme extract contains essential oils (e.g. thymol and carvacrol), flavones, saponins, and tannins. Natural honey sweetens the syrup, softens the throat and has anti-cough and antibacterial effects. The syrup has been

standardized at 0.06 mg/ml thymol.

**Pharmacology:** It is well-known that thymol and carvacrol have relaxant effects on ileal as well as tracheal smooth muscles through triggering secretion of acetylcholine and histamine.

Also, flavones share the same mechanisms in the thyme extract. Secretomotoric activities of thyme extract due to its volatile and saponin compounds are substantiated.

Antimicrobial effects of thyme extract in common cold are very well documented in the literature. This is because of the presence of phenolic compounds (e.g. thymol and carvacrol) in the extract which makes it 25 times more potent than phenol with much



less toxicity.

**Recommended dosage:** One spoonful, 3 to 4 times a day for adults; one teaspoonful, 3 to 4 times a day for children 12–6 years of age; half of teaspoonful, 3 times a day for children less than 8 years of age.

**Side effects:** There has been no report of side effects so far, but stop using in case of any allergy. **Pregnancy and lactation:** The safety of *Thymus vulgaris* in pregnancy or lactation has not been recognized. As a precautionary measure, the drug should not be used during pregnancy or lactation except on medical supervision.



**Considerable notes:** The biological effect of herbal medicines, therefore it is advised to complete the treatment according to physician's advice. Throw away the remaining syrup after treatment. Extra information about thyme and its products is available under the keywords thyme or *Thymus vulgaris*.

**Packaging:** Offered to the market in 120 ml syrups inside the box along with a brochure.