

Stop It Cold® Cough Syrup

Features & Benefits:

- Natural Cough Remedy
- Helps relieve symptoms of colds & flu
- Calms coughs
- Coats and soothes the throat
- Made with fresh Elderberry and Wild Cherry Bark
- Blended with honey and essential oils
- Great tasting
- Certified organic (USDA certified)



Great tasting and it works!

Why natural?

Studies show that pharmaceutical cough syrups do not outperform the rich storehouse of nature. Drawing upon nature's healing power, St. Francis Herb Farm is proud to introduce an all natural, certified organic cough syrup. It is available in both adult and children's versions.

How does it work?

Like echinacea, elderberry is a classic antiviral and antibacterial and an essential component of this formula. Rich in flavonoid compounds, elderberry occurs in this syrup with **wild cherry bark**, which has been used over the ages by many indigenous peoples for its anti-inflammatory properties. Also featured in this formula is **marshmallow**, an effective herb for soothing mucous surfaces such as inflamed and irritated bronchial passages. Supplementing these flavourful herbs are **essential oils of lemon peel** and **cinnamon bark**. The base of this formula is a foundation of honey. Besides adding sweetness and taste, honey is a well-established anti-infective, antioxidant agent that alleviates inflamed membranes. In the adult version of this formula we have included **lobelia**, long acknowledged as a calming agent that soothes the spasms associated with coughs.

Adult vs Kids What's the difference?

- We formulated the kids version to be gentler.
- Lobelia has been removed and replaced with thyme, catnip, and anise. These three were chosen not only for their excellent flavour profiles, ideal for a younger age group, but for their medicinal qualities. Thyme has antibacterial properties, while anise calms and soothes and catnip is fever-reducing.
- The kids version also has slightly more honey

StFrancis
HERB FARM
Live real.

Stop It Cold® Cough Syrup

Cough Syrup for Adults

NPN: 80074634

Medicinal Ingredients (per tsp, 5ml):

Wild Cherry (*Prunus serotina*, bark) 1.06 ml (1:2, QCE 531 mg), Elderberry (*Sambucus nigra* subsp. *canadensis* or *Sambucus nigra* subsp. *nigra* – berry juice concentrate) 0.95 ml (4.22:1, QCE 4009 mg), Lobelia (*Lobelia inflata*, fruiting body/herb top) 0.75 ml (1:7, QCE 107 mg), Echinacea (*Echinacea purpurea*, herb top and root) 0.5 ml (1:1, QCE 500 mg), Marshmallow (*Althaea officinalis*, root) 0.5 ml (1:1.85 fresh, QCE 270 mg or 1:4 dry, QCE 125 mg) QCE = Quantity Crude Equivalent

Our herbs are Certified Organically Grown.

Non-Medicinal Ingredients: Distilled water, *Honey, *Alcohol, *Vegetable glycerine, *Lemon peel essential oil (*Citrus limon*), *Cinnamon bark essential oil (*Cinnamomum verum*) *Certified Organic

Recommended Use: Used in Herbal Medicine to help relieve symptoms of colds and flu (such as coughs and catarrh of the upper respiratory tract).

Recommended Dose: Adults: take 5ml (1 tsp), 3 times daily; Take a few hours before or after taking other medications or natural health products.

Duration of Use: Consult a health care practitioner for use beyond 1 week.

Cautions and Warnings: Consult a health care practitioner before use: **if** you have a cardiac or respiratory disorder; **if** you are using tobacco products or are taking lithium. Consult a health care practitioner if symptoms worsen or persist.

Contraindications: Do not use: **if** you are pregnant or breastfeeding; **if** you have high blood pressure or a digestive disorder; **if** you are suffering from infectious or inflammatory gastrointestinal conditions.

Known Adverse Reactions: Hypersensitivity (e.g. allergy) can occur, in which case, discontinue use. Discontinue use in case of gastrointestinal upsets, such as abdominal cramps, nausea, vomiting, diarrhea or if dizziness, increased respiratory rate or tremors occur. Diuretic effect may occur.

Keep out of reach of children.
Do not use if seal is broken.
Store at room temperature.



Cough Syrup for Kids

NPN: 80079144

Medicinal Ingredients (per tsp, 5ml):

Wild Cherry (*Prunus serotina*, bark) 0.67 ml (1:2, QCE 33 mg), Marshmallow (*Althaea officinalis*, root) 0.5 ml (1:1.85 fresh, QCE 270 mg or 1:4 dry, QCE 125 mg), Echinacea (*Echinacea purpurea*, herb top and root) 0.3 ml (1:1, QCE 300 mg), Elderberry (*Sambucus nigra* subsp. *canadensis* or *Sambucus nigra* subsp. *nigra* – berry juice concentrate) 0.2 ml (4.22:1, QCE 844 mg), Catnip (*Nepeta cataria*, herb top) 0.2 ml (1:4, QCE 50 mg), Anise (*Pimpinella anisum*, seed) 0.2 ml (1:4, QCE 50 mg), Thyme (*Thymus vulgaris*, leaf) 0.2 ml (1:4, QCE 50 mg) QCE = Quantity Crude Equivalent

Our herbs are Certified Organically Grown.

Non-Medicinal Ingredients: *Honey, Distilled water, *Alcohol, *Vegetable glycerine, *Lemon peel essential oil (*Citrus limon*), *Cinnamon bark essential oil (*Cinnamomum verum*).
*Certified Organic

Recommended Use: Used in Herbal Medicine to help relieve symptoms of colds and flu (such as coughs and catarrh of the upper respiratory tract).

Recommended Dose: Children and adolescents (10 - 13 years): 3 tsp (15 ml or 1 tbsp.). Children (5-9 years): 1.5 tsp (7.5 ml or ½ tbsp.). Children (2-4 years): 1 tsp (5 ml.). All doses should be taken 3 times daily a few hours before or after taking other medications or natural health products.

Duration of Use: Consult a health care practitioner for use beyond 8 weeks.

Cautions and Warnings: Consult a health care practitioner before use: **if** you are breastfeeding; **if** you have an autoimmune disorder or are taking immunosuppressants; **if** you have a progressive systemic disease such as tuberculosis, collagenosis, multiple sclerosis, AIDS and/or HIV infection. Consult a health care practitioner if cough worsens, persists for more than 7 days, or is accompanied by a high fever. Discontinue use and consult a health care practitioner if symptoms reoccur or are accompanied by a fever, rash or persistent headache. Consult a health care practitioner if symptoms worsen or persist.

Contraindications: Do not use: **if** you are pregnant; **if** you are allergic to plants of the Apiaceae family.

Known Adverse Reactions: Hypersensitivity (e.g. allergy) can occur, in which case, discontinue use. Discontinue use in case of gastrointestinal upsets, such as abdominal cramps, nausea, vomiting, or diarrhea. Diuretic effect may occur. Rare cases of severe allergic reactions have been known to occur; use caution if you are allergic to plants of the Daisy family.

Keep out of reach of children . Do not use if seal is broken.
Store at room temperature.