

## Information For the Use

Hebanphsha 300mg + Munakka 300mg + Unnav 300mg + Gajban 200mg + Saunf 200mg + Mulethi 200mg + Reshakatmi 200mg + Anjeer 300mg + Kantkari 300mg + Ustkhodus 200mg + Saunth 200mg + Giloy 200mg + Hanspatri 200mg + Tulsi 200mg Honey Q.S.  
Herbal Anti Cough & Anti Cold Formula

# Honside Herbal Cough Syrup

## Herbal Cough Syrup

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## Description

This herbal cough syrup is a natural, plant-based formulation crafted to relieve cough, cold, and respiratory discomfort. The syrup combines time-tested Ayurvedic ingredients known for their anti-inflammatory, mucolytic, and soothing properties. It helps alleviate throat irritation, clear respiratory congestion, and strengthen the immune system for better defense against infections.

## Composition (Per 10mL)

- Hebanphsha (300mg):** Known for its anti-inflammatory and expectorant properties, aiding in relieving respiratory discomfort.
- Munakka (300mg):** Soothes the throat, reduces dryness, and alleviates cough.
- Unnav (300mg):** Acts as a natural mucolytic and aids in clearing phlegm from airways.
- Gajban (200mg):** A traditional remedy for cold and cough, with antimicrobial effects.
- Saunf (200mg):** Helps reduce congestion and provides relief from respiratory irritation.
- Mulethi (200mg):** Soothes the throat, reduces inflammation, and acts as an expectorant.
- Reshakatmi (200mg):** Moisturizes and protects the respiratory tract lining.
- Anjeer (300mg):** Acts as a demulcent, easing throat irritation and promoting respiratory comfort.
- Kantkari (300mg):** A bronchodilator that aids in reducing asthma and cough symptoms.

- Ustkhodus (200mg):** Eases respiratory issues and enhances overall lung function.
- Saunth (200mg):** Reduces inflammation and combats cold symptoms with its warming properties.
- Giloy (200mg):** A potent immunomodulator that helps fight infections.
- Hanspatri (200mg):** Supports lung health and acts as an anti-inflammatory agent.
- Tulsi (200mg):** A natural remedy for cough, cold, and respiratory congestion.
- Honey (Q.S.):** Provides a soothing effect on the throat while acting as a natural demulcent.

## Indications

This herbal syrup is beneficial for:

- Dry and Productive Cough:** Helps expel mucus and soothes throat irritation.
- Common Cold:** Reduces nasal and respiratory congestion.
- Throat Irritation:** Provides relief from scratchiness and dryness in the throat.
- Bronchitis and Asthma:** Aids in easing breathing difficulties.
- Seasonal Allergies:** Supports respiratory health during pollen or weather changes.

## Dosage and Administration

- Adults:** 10–15 mL, 2–3 times daily after meals, or as directed by a physician.
- Children:** 5–10 mL, 2–3 times daily after meals, or as advised by a healthcare provider.

## Contraindications

- Hypersensitivity to any ingredient in the formulation.**

- **Use with caution in individuals with diabetes (due to honey content).**
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## Warnings and Precautions

1. **Natural Product Variability:** Color and taste may vary slightly due to natural ingredients, but this does not affect efficacy.
  2. **Allergic Reactions:** Discontinue use and consult a doctor if allergic symptoms occur.
  3. **Pregnancy and Lactation:** Consult a healthcare provider before use.
  4. **Children Under 2 Years:** Use only under medical supervision.
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## Adverse Effects

- **Generally well-tolerated.**
  - **Rare: Mild stomach upset or allergic reactions.**
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## Storage Instructions

- **Store in a cool, dry place below 25°C (77°F).**
  - **Keep away from direct sunlight.**
  - **Shake well before use.**
  - **Keep out of reach of children.**
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## Benefits

1. **Natural and Safe:** Free from synthetic chemicals and alcohol, making it suitable for long-term use.
  2. **Multi-Symptom Relief:** Addresses both dry and productive cough while soothing the throat and relieving congestion.
  3. **Boosts Immunity:** Ingredients like Tulsi, Giloy, and Mulethi enhance the body's natural defenses.
  4. **Gentle on Stomach:** Honey and other demulcent ingredients prevent gastric irritation.
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## Presentation

- **Packaged in 100mL, 150mL, or 200mL bottles with a measuring cup for accurate dosing.**
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**Note:** This syrup is a herbal product intended as a supportive remedy. For persistent coughs or severe symptoms, consult a healthcare professional.

Manufactured in India for:

**Cafoli**<sup>TM</sup>  
L I F E C A R E

Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

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