



POWERFUL COMBINATIONS

Elecampane root / Andrographis / Liquorice root / Cowslip / Wild mallow

Inula helenium/Andrographis paniculata/Glycyrrhiza glabra/Primula veris/Malva sylvestris



Areas of application

- Acute and chronic respiratory tract infections, bronchitis
- Cough (dry and productive)
- mucus trapped in the bronchi and sinuses
- mucous membranes
- Colds and a weakened immune system

Usage/Indications

The combination of mallow, Cowslip, liquorice, Andrographis and Alant combines soothing, expectorant and immune-modulating properties and is particularly suitable for the respiratory tract.

Thanks to its mucilage, mallow has a soothing effect on irritated mucous membranes and relieves dry coughs. As a classic expectorant, Cowslip helps to loosen stubborn mucus, whilst Alant also has expectorant and mild antibacterial properties.

Liquorice soothes inflamed mucous membranes and supports the regeneration of the respiratory tract, whilst Andrographis strengthens the immune system and is used in particular for acute and chronic respiratory tract infections.

Overall, this creates a synergistic blend that provides supportive relief for both acute colds and chronic respiratory tract irritation.

Good to know



This blend combines mucosal protection, mucolytic action and immune support in a balanced respiratory care formula. A key feature is the combination of gentle plants such as mallow and liquorice with strongly immune-stimulating herbs such as Andrographis and Alant. Cowslip complements this as an effective mucolytic for loosening stubborn secretions. In this way, both the symptoms and the underlying causes of respiratory complaints are addressed synergistically.

Side effects/Contraindications

Liquorice can raise blood pressure and cause water retention if used for prolonged periods or in high doses, which is why it should be used with caution in cases of high blood pressure. Andrographis may occasionally cause gastrointestinal complaints or allergic reactions. Caution is generally advised during pregnancy, in cases of cardiovascular disease (particularly with liquorice), and when taking other medicines without consulting a healthcare professional.

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