

RELIEF OF FLU-LIKE SYMPTOMS



Information for **Health Care Professionals**

BODY AGES • HEADACHE • FEVER • CHILLS • FATIGUE

Each year, millions of people contract influenza or suffer from influenza-like conditions in the United States. The result is as many as 710,000 hospitalizations and up to 56,000 deaths per year, as well as a considerable loss in productivity.¹ Most patients recover within one to two weeks; however, the elderly and people at risk often develop serious complications.

Three classic therapeutic approaches are used to counteract the pathology:

- **Vaccines** are formulated in an attempt to match that year's viral antigenic shifts.
- **Antiviral drugs** interfere with viral replication.
- **Symptomatic drugs**, perhaps the most commonly used medications, ease aches, clear nasal congestion, and decrease fever.

Used in Europe for decades, **Oscilloccinum**[®] has become increasingly popular in the United States, and it is now the **#1 homeopathic flu medicine** recommended by U.S. pharmacists.² Oscilloccinum has been shown in clinical studies to decrease the duration and severity of flu-like symptoms such as body aches, headache, fever, chills, and fatigue.³⁻⁴



World Leader in Homeopathic Medicines

BoironUSAhcp.com

RELIEF OF FLU-LIKE SYMPTOMS

HOW IT WORKS

ADVANTAGES

SIDE EFFECTS/ DISADVANTAGES

MEDICINES ^{1; 3-7}

Oscillococcinum®	Decreases the duration and severity of flu-like symptoms, including body aches, headache, fever, chills and fatigue.	Not contraindicated in cases of underlying medical conditions or concomitant medications; non-drowsy; no known drug interactions	Very low risk of side effects
-------------------------	--	--	-------------------------------

ANTIVIRALS

Zanamivir	Possible inhibition of virus neuraminidase, and alteration of virus aggregation and release	Shortens duration of flu if taken before second day of symptoms.	Nausea, diarrhea and sinusitis may occur.
Oseltamivir phosphate	Possible inhibition of virus neuraminidase, and alteration of virus aggregation and release	Shortens duration of flu if taken before second day of symptoms.	Nausea and vomiting may occur.

VACCINES

Trivalent or quadrivalent influenza vaccines	Used prophylactically only.	Offers effective strategy for people at high risk of exposure or complication from influenza.	Contraction of virus may still occur
---	-----------------------------	---	--------------------------------------

HERBS AND SUPPLEMENTS

Echinacea <i>(E. angustifolia E. purpurea)</i>	Provides non-specific immunostimulation.	Shows contradictory results in existing clinical studies.	Curative use should be limited to 10 days and prophylactic use to three weeks; possible allergic reactions; contraindicated in patients with impaired kidney function; preventive efficacy is not clearly demonstrated.
Elderberry extract <i>(Sambucus nigra)</i>	Possible inhibition of influenza virus activity and replication.	Could decrease the duration of influenza when given by the second day of symptoms.	Possible interactions with immunosuppressants; possible allergic reactions to elderberry extract.
Vitamin C	Stimulates the immune system.	Non-toxic; may decrease severity and duration of flu symptoms.	High doses induce diarrhea.

SYMPTOMATIC MEDICINES FOR ACHES AND FEVER

Aspirins, NSAIDS	Provides anti-inflammatory, antipyretic and analgesic action.	Reduces symptoms temporarily.	Symptomatic activity only; induces gastrointestinal disturbances; interacts with other medications, cases of Reye's syndrome in children.
Acetaminophen	Provides anti-inflammatory, antipyretic and analgesic action.	Reduces symptoms temporarily.	Symptomatic activity only; interacts with hepatotoxic drugs; use with care in patients with impaired kidney function.

PHARMACOLOGY

OSCILLOCOCCINUM® REDUCES THE DURATION AND SEVERITY OF FLU-LIKE SYMPTOMS.

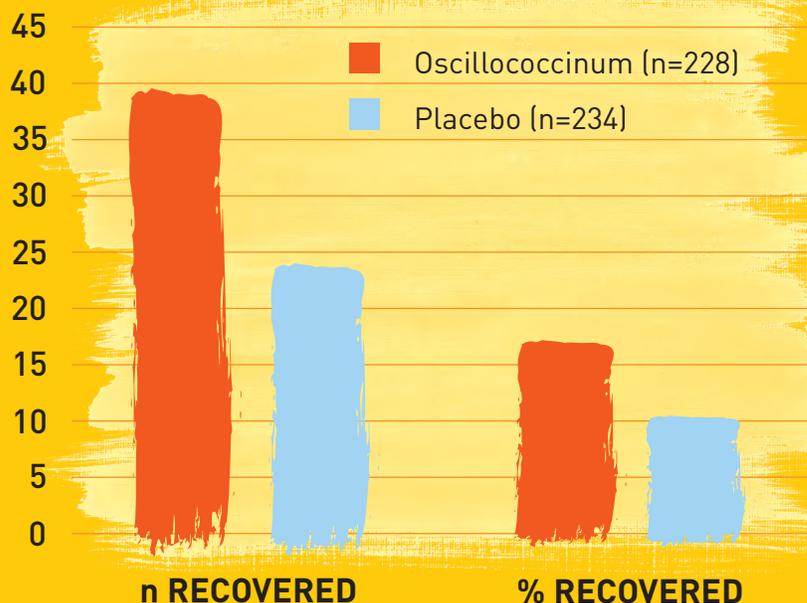
Oscillococcinum has been shown in two placebo-controlled, double-blind, randomized clinical trials to help reduce the severity and shorten the duration of flu-like symptoms.³⁻⁴

In the first study, the recovery rate within 48 hours of treatment was significantly greater in the group that received the active drug than in the placebo group (17.1% vs. 10.3%, P=0.03).³

In the second clinical trial, 62.9% of patients showed “complete resolution” or “clear improvement” at 48 hours vs. 48.5% for the placebo group [Krauth test P=0.0028]. This confirms the conclusion of the first trial.³⁻⁴

RECOVERY RATE WITHIN 48 HOURS OF TREATMENT³

$\chi^2=4.60$ $p=0.03$



ADVANTAGES

- Easy to prescribe (1 dose every 6 hours) and to recommend (doesn't require lengthy checking for drug interactions or contraindications); see the drug facts for more details
- Can be given to children, the elderly, patients who cannot be vaccinated, and patients with long-term treatments or chronic diseases
- Can be used by patients in occupations that prohibit the use of medications that could induce drowsiness or lower vigilance, such as truck drivers, machine operators, and pilots
- Does not cause drowsiness or interact with other medications or vaccines
- Does not contain preservatives or artificial additives
- Does not require water, chewing or swallowing; it is absorbed sublingually
- Readily available at pharmacies, natural product stores and supermarkets, or through online retailers

References

1. Disease Burden of Influenza. Centers for Disease Control and Prevention. www.cdc.gov/flu/about/disease/burden.htm. Updated May 22, 2018. Accessed May 29, 2018.
2. *Pharmacy Times/U.S. News & World Report* 2017 OTC Survey of Pharmacists' OTC Recommendations. #1 Pharmacist Recommended Brand in the Homeopathic Flu Products category: Oscillococcinum. Awarded July 2018.
3. Ferley JP, Zmirou D, D'Adhemar D, Balducci F. A controlled evaluation of a homeopathic preparation in the treatment of influenza-like syndromes. *British Journal of Clinical Pharmacology*. 1989; 27(3):329-335. doi:10.1111/j.1365-2125.1989.tb05373.x.
4. Papp R, Schuback G, Beck E, et al. Oscillococcinum® in patients with influenza-like syndromes: a placebo-controlled double-blind evaluation. *British Homeopathic Journal*. 1998;87(2):69-76. doi:10.1038/sj.bhj.5800208.
5. Natural Medicines Comprehensive Database. <https://naturalmedicines.therapeuticresearch.com>. Accessed 2017.
6. Martindale W, Reynolds JEF. *Martindale: The Extra Pharmacopoeia*. London: Pharmaceutical Press; 1993.
7. *PDR for Herbal Medicines*. 3rd ed. Montvale, NJ: Thomson PDR; 2004.
8. U.S. Food and Drug Administration. Compliance Policy Guide Sec. 400.400 Conditions Under Which Homeopathic Drugs May be Marketed. www.fda.gov/oc/ceci/compliancemanuals/compliancepolicyguidancemanual/ucm074360.htm. Accessed 2017.



Oscillococcinum®

6, 12 AND 30 UNITS OF MELT-AWAY PELLETS

Drug Facts	
Active ingredient	Purpose
Anas barbariae.....	To reduce the duration and severity of flu-like symptoms
200CK	
Uses	
<ul style="list-style-type: none"> ■ temporarily relieves flu-like symptoms such as: ■ body aches ■ headache ■ fever ■ chills ■ fatigue 	
Warnings	
<p>Ask a doctor before use in children under 2 years of age.</p> <p>Stop use and ask a doctor if symptoms persist for more than 3 days or worsen.</p> <p>If pregnant or breastfeeding, ask a health professional before use.</p> <p>Keep out of reach of children.</p>	
Directions	
<ul style="list-style-type: none"> ■ Adults and children 2 years of age and older: Dissolve entire contents of one tube in the mouth every 6 hours, up to 3 times a day. ■ Children under 2 years of age: Ask a doctor. 	
Other information	
<ul style="list-style-type: none"> ■ do not use if glued carton end flaps are open or if the tray seal is broken ■ each 0.04 oz dose (1 g) contains 1 g of sugar ■ store at 68-77° F (20-25° C) 	
Inactive ingredients	
lactose, sucrose	
Questions or comments?	
<p>Oscillo.com BoironUSA.com Info@Boiron.com 1-800-BOIRON-1 (1-800-264-7661) Distributed by Boiron Inc. 6 Campus Blvd. Newtown Square, PA 19073-3267</p>	



World Leader in Homeopathic Medicines

BoironUSAhcp.com