

- Ivy Leaf Extract (*Hedera helix* L.)
- Active Pharmaceutical Ingredient and in addition ingredient for nutritional supplements
- Well established use approach (HMPC-Monograph)
- Suitable for children above two years
- Active Substance Master File available
- Well known in the health area cough & cold



Ivy Leaf
—EFLA®151

Your first choice against productive cough

Traditional Use

Ivy, as an active ingredient in herbal medicinal products, is used as expectorant in case of productive cough.

Traditional healers have used ivy leaves for various complaints such as bronchitis, whooping cough, arthritis, rheumatism and dysentery.

Natural Health Benefits

- Improvement of expectoration
- Spasmolytic effect
- Antibacterial, antimycotic and anthelmintic activity

Science

Thanks to the well-studied status of ivy extracts and the positive assessment of the European Committee on Herbal Medicinal Products, ivy extracts can be used as API in medicinal products in the category "well-established use".

Ivy extracts have a positive effect on the upper respiratory system and children above two years can also benefit from its positive effects.

Manufacturing and Properties

Made in Germany under cGMP.

Product information

Standardized on	Hederacosid
Type of extract	Powder
Grades	Food (EFLA®85151) Pharma (EFLA®90151, EFLA®90001)
Dosage	10-50 mg (EFLA®85151) Adolescents, adults and elderly: 14-18 mg three times daily; children between 6-11 years: 9-18 mg two to three times daily; children between 2-5 years: 7-9 mg, two to three times daily (EFLA®90151) Adolescents, adults and elderly: 15-65 mg one to three times daily; children between 6-11 years: 11-35 mg two to three times daily; children between 2-5 years: 8-18 mg two to three times daily (EFLA®90001)