

200 ml

API Pulmint®

helps with expectoration
primrose, thyme and propolis

Liquid food supplement

Dietary product,
food supplement

Active ingredients:	100 g of the product contains:	15 ml of the product contains:	45 ml of the product contains:
Liquid extract of primrose root (Primulae radicis extractum fluidum, 1:3, extraction agent: ethanol 45%w/w-glycerol-water)	1.5 g	0.3 g	0.9 g
Tincture of thyme (Thymi herbae tinctura, 1:3, extraction agent: ethanol 45%w/w-glycerol-water)	1.0 g	0.2 g	0.6 g
Ethanol extract of propolis (Propolis extractum fluidum 10%)	0.2 g	0.04 g	0.1 g

Ingredients: sucrose, purified water, viscosity-increasing agent: E 420, honey, liquid extract of primrose root, tincture of thyme, orange flavour, ethanol extract of propolis, emulsifier: E 432, colour: E 150a, preservative: E 211.

Nutritional information:	100 g of the product contains on average:	15 ml of the product contains on average:
Energy value: (kJ /kcal)	1080.4 / 254.3	202.5 / 47.7
Fats (g)	0.31	0.058
- of which saturated fatty acids (g)	0.06	0.011
Carbohydrates (g)	62.2	11.66
- of which sugars (g)	50.4	9.45
Proteins (g)	0.65	0.12
Salt (g)	< 0.2	< 0.04

Effects:

Api Pulmint liquid food supplement formulation is based on a combination of primrose, thyme and propolis.

Primrose (lat. *Primula veris*) is a plant rich in triterpen compounds – saponozides and phenolic glycosides which provides secretolytic and mucolytic effects. Thanks to this effects, primrose is used as natural help against productive cough, whether it is caused by infective agent or conditioned by chronic bronchitis. Primrose, by the reflect way, stimulates activation of the respiratory musculature, initiates the coughing reflex and thus removes excess secretion from the lungs. The use of primrose is justified in case of productive cough and bronchitis due to its expectorant effects.

Thyme (lat. *Thymus vulgaris*) is used as help against cough and bronchitis. Essential oil and flavonoids that this plant contains show spasmolytic and antitussive effect, simultaneously inducing secretory activity of the airway epithelium cell cilia, facilitating expectoration of accumulated secretion. Thyme also shows antimicrobial activity that includes elimination of the large number of pathogenic bacteria and fungi.

Propolis is the natural product that bees produce, and it protect them from the influence of various pathogenic microorganisms. In traditional medicine it is used for centuries as a immune system booster, as help against bacterial infections of different causes and as powerfull antimicrobial agent. Propolis is a mixture of over 150 compounds, of which the main are flavonoids, phenols and terpens. Synergy of the presented components enables all positive effects that propolis cause in the human organism, above all antibacterial, antimicotic, immunomodulatory, antioxidative and regenerative.

Honey is used as a sweetner, but it also act as a demulcent. It coats the mucus of the pharynx and protects it from the irritations caused by smoke or dust. It improves hydration of the airways mucus and reduce the irritation, which is especially important in the conditions when the nasal secretion flow down in the throat.

Thanks to this combination of the ingredients, the use of Api pulmint is recommended at the conditions of productive cough and also all the conditions that follows upper airways inflammations.

Dosage and instructions for use:

Adults: 15 ml (1 tablespoon) 3 times a day;

Children over 12 years of age: 5 ml (1 teaspoon) 3 times a day;

Shake before use.

The product should be used for 5-7 days. If the health conditions do not improve after that time, seek for a medical advice.

Notes:

Dietary supplement is not a replacement for a healthy and balanced nutrition.

The recommended daily dose must not be exceeded.

Keep out of reach of children.

Special warnings:

The product should not be used after the expiry date.

The product is not recommended for people oversensitive to its ingredients, children under 12 years of age, pregnant and breastfeeding women. Symptoms of gastrointestinal disorder may appear (nausea, vomiting, diarrhoea). Oversensitive persons may develop symptoms of allergic reactions. The product contains ethanol. Simultaneous use with antitussives is not recommended.

Storage:

The product should be stored in original packaging, in a dry and dark place, at a temperature of up to 25°C. Close the bottle tightly after each use.

Shelf life: 3 years

Net quantity: 200 ml

Manufacturer:

ESENSA d.o.o. Viline vode bb, Belgrade, Republic of Serbia

The country of origin: Republic of Serbia

www.esensa.rs