

PULMINT TUSIK 600

Powder for oral application

With sugar and sweetener
Dietetic product, nutrition supplement

Average net mas of one pouch: 3 g

Active ingredients	100 g of the product contains	1 pouch contains	%NRV*:
N-acetylcysteine	20.0 g	0.6 g	/
Dry thyme extract (Thymus vulgaris), (6-10:1)	2.67 g	0.08 g	/
A dry extract of propolis, standardized to 12% of the total 1.679 0.05g / polyphenols, expressed as galangin	1.67 g	0.05 g	/

*NRV-Nutritive Reference Value not established

Ingredients: dextrose, N-acetylcysteine, mandarin aroma, dry herb extract, dry extract of propolis, anti-coagulating agent: silicon-dioxide and magnesium stearate, sweetener acesulfame K.

Nutritive information	100 g of the product averagely contains:	1 pouch (3g) averagely contains:
Energetic value (kJ/kcal)	1564.7/368.3	46.94/11.05
Fats (g)- from which saturated acids (g)	0.5 <0.2	0.015 <0.001
Carbohydrates (g)- from which sugars (g)	80.8 73.3	2.42 2.20
Proteins (g)	10.3	0.31
Salts(g)	<0.2	<0.001

Effects:

Pulmint Tusik 600 powder for oral administration is formulated on N-acetylcysteine base, dry thyme extracts and standardized propolis extract. The active principles in the product show a beneficial effect on productive cough and the problems associated with inflammation of the throat.

N-acetylcysteine (NAC) is used as a help to the treatment of upper and lower respiratory tracts followed by overexposure of secretion. It directly breaks down the thin mucous, by tearing apart all disulfide bonds of mucoproteins and thus it facilitates the removal and elimination of secretion from the lungs. Exhausting the mucus is very important because the accumulated secret, except developing the bacterial infections, significantly disturbs the respiratory function. In addition, research has shown that it exhibits strong antioxidant activity, easily penetrating through the cell membranes. In the cell, N-acetylcysteine is

deacetylated to L-cysteine, an amino acid which is a glutathione precursor, the main antioxidant in the body. Thanks to its own antioxidant activity and the role of glutathione precursor, N-acetylcysteine exemplifies the protective effect on the respiratory tract thus preventing the formation of oxidative enzymes.

Propolis is a natural product that is collected by the bees from buds of poplar or conifer and used to close their hives, and because of its properties, it protects them from various microorganisms. In folk medicine, for centuries it has been used as a means to strengthen immunity and as an aid against infections of different origin because it is recognized as a naturally-occurring antimicrobial agent. Propolis itself represents a mixture of over 150 compounds among which flavonoids, phenols and terpenes are particularly important. Some of the positive propolis effects studied in clinical studies are: antibacterial, antiviral, antifungal, antioxidative, immunomodulatory and regenerative properties. It has been shown that flavonoid galangin exhibits anticancer and antioxidant activity.

Thyme (lat. *Thymus vulgaris*) finds its application in cough and bronchitis. The essential oil and the flavonoids that this plant contains show spasmolytic and antithetic effect, simultaneously stimulating the secretory activity of the respiratory tract and thus facilitating the expectoration of the accumulated secretion. Thyme also shows antimicrobial activity, which means elimination of a significant number of pathogenic bacteria and fungi.

Pulmint Tusik 600 powder contains the thyme that can:

- help expectoration
- sooth the throat
- have antibacterial activity
- maintain a normal immune system

Method of use: Adults and children older than 12 years: 1 pouch daily to dissolve in a half glass of water (100ml) and drink half an hour before or 2 hours after meals. Administration immediately after the powder dissolution is recommended.

Warnings: The recommended daily dose must not be exceeded. Consult your doctor before using. The product is not recommended for persons who are sensitive to the ingredients of the product, pregnant women, nursing mothers and children under the age of 12. During the use of N-acetylcysteine based preparations it is necessary to increase the intake of fluidity. People with chronic liver disease with kidney stones should not use dietary products containing N-acetylcysteine. Allergic reactions and disorders of the gastrointestinal tract may occur. Co-administration with antitussics is not recommended. In the case of oral antibiotic use, it is recommended to take antibiotics and Pulmint Tusik 600 in intervals of at least of 2 hours.

Notes: Nutritional supplements are not a substitute for healthy and balanced nutrition. Keep out of reach of the children.

Way of preservation: Store at temperatures up to 30 ° C.

Period of use: 3 years.

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