

# Cofrem-5™

## A NATURAL SOLUTION TO COUGH AND WHEEZING

Cough is one of the cardinal symptoms of many respiratory diseases. Sometimes it is of allergic origin. Cough may be due to various reasons, like mechanical or chemical irritations and infections of the throat and ear. Cough is a reflex stimulation that usually arises from a sensory stimulus often originating in the respiratory tract.

There are generally two types of cough; productive ("wet") and unproductive (dry) cough. Productive cough usually is an inflammatory process often with underlying infections. It helps to remove obstruction such as mucous secretions and sputum. However, long continuous coughing can have dangerous outcomes. In children it can be exhausting, while in older people it can impose a severe workload on the circulatory system. Continuous coughing is a stressful event and may lead to abdominal cramps and to breaking down of elastic tissue in the lungs.

Unproductive (dry) cough may be discomforting without serving any useful purpose. If allowed to persist, it may injure the delicate mucous lining of the airways, leading to a vicious cycle of cough. Thus cough needs to be controlled with an effective cough remedy which controls and provides assured relief in all kinds of cough, without causing undesirable side effects like drowsiness, dryness of mouth and throat, nausea etc.

### COFREM-5™, 100% Herbal

Cofrem-5 is a polyherbal formulation containing five carefully selected medicinal plant materials which are well known for effective management of all types of cough. It is pure, free of chemicals, very gentle in action and free from side effects. The striking advantage of Cofrem-5 is that it is:

- Free from preservatives, alcohol and anti-histamines
- Free from side effects such as drowsiness, dryness of the mouth and throat.
- Has a friendly taste, just right for children and adults. Leaves no aftertaste.

Cofrem-5 is also a proven expectorant which ensures mucolysis, promotes expectoration and provides a soothing effect.

For further information and free home/office delivery, please contact:

**Sindor Healthcare Pte Ltd, Singapore**  
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Website: [www.sindor.com](http://www.sindor.com)

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### Herbal Contents and Their Actions

Cofrem-5 consists of a well researched combination of five time-tested Ayurvedic herbs:

#### *Adathodha vasica*

Widely used and clinically proven expectorant. It possesses bronchodilatory and mucolytic properties. It is quite useful in acute and chronic bronchitis.

#### *Ocimum sanctum (Holy Basil; Thulasi)*

It is a proven demulcent and expectorant. Also found to be useful in bronchitis.

#### *Terminalia bellerica*

Possesses astringent and expectorant properties. It has also been used as a tonic. It is useful in cough, hoarseness and sore throat.

#### *Curcuma longa (Turmeric)*

Believed to be an effective antiseptic. It is a widely used home remedy for sore throat. It also cures inflammation of the throat, loosens the phlegm in bronchial affections, relieving cough.

#### *Glycyrrhiza glabra (Licorice)*

It is considered as one of the best natural demulcents. It is a well known remedy for irritating and hacking cough. It is also helpful in cough, hoarseness, sore throat, asthma etc. It also possesses mucosal protective property.

### Dosage

**Adults :**  
1 to 2 teaspoonful  
3 to 4 times daily

**Children :**  
1 teaspoonful  
3 to 4 times daily

**Infants :**  
1/4 to 1/2 teaspoonful  
3 times daily



Now also available at :



**MUSTAFA CENTRE PHARMACY**  
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