

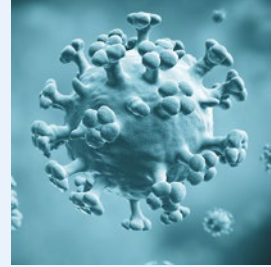
Gripp-Heel®

Effective Symptom Relief of Colds and Flu-like Illnesses



-Heel

Healthcare designed by nature



The Rationale

The disease

Common colds and other typical upper respiratory infections (URI) are usually caused by one of approximately 200 types of viruses, eg. rhinoviruses and adenoviruses. Other pathogens which cause URI include respiratory syncytial viruses, parainfluenza viruses or herpesviruses. So treatment with antibiotics is only useful if secondary infections are present.¹

Therapeutic goals

- Rapid symptom relief is the primary goal for patients.
- Reducing relapses is second.
- And as infants and toddlers are especially affected by fevers due to virus infections, an excellent tolerability of the drugs administered should be the third goal.

The natural solution

For more than 200 years phytotherapeutic ingredients for this purpose include garden monkshood (*Aconitum napellus*), bryony (*Bryonia* spp.), and boneset (*Eupatorium perfoliatum*).¹

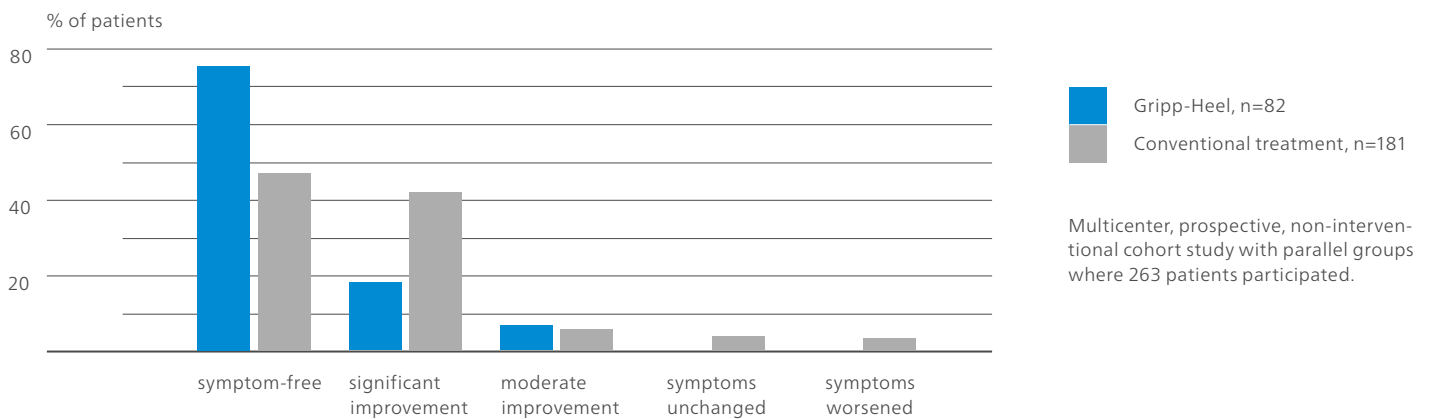
Gripp-Heel® (a combination of these herbal ingredients plus Lachesis and phosphorus) has demonstrated its clinical efficacy and its capacity to activate the body's endogenous defense mechanisms in a variety of studies, including clinical multicentre trials:¹⁻²

Gripp-Heel®

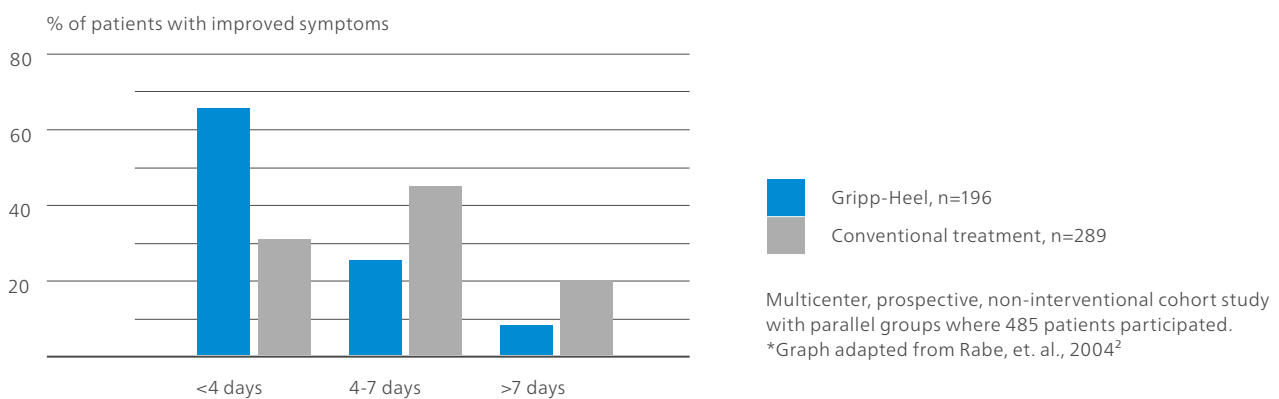
- As effective as conventional therapy in the treatment of URIs in adults and in children¹
- Provides fast symptomatic relief²
- Demonstrated anti-viral effects³⁻⁵
- Stimulates the immune system³⁻⁵
- Shows very good tolerability².

Clinical effectiveness

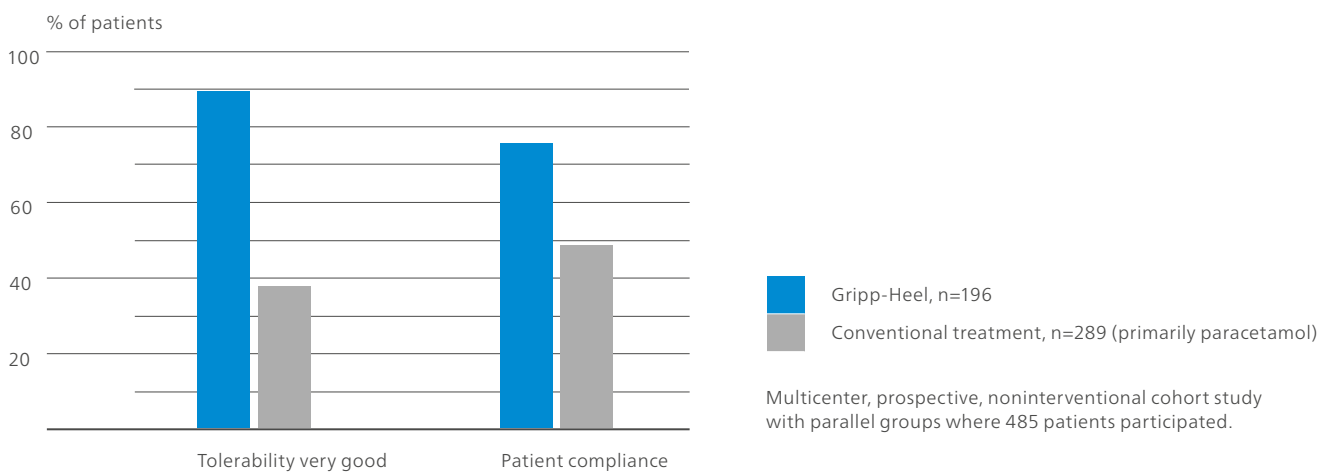
Gripp-Heel® – as effective as conventional treatment¹



Gripp-Heel® – faster symptom relief^{2*}

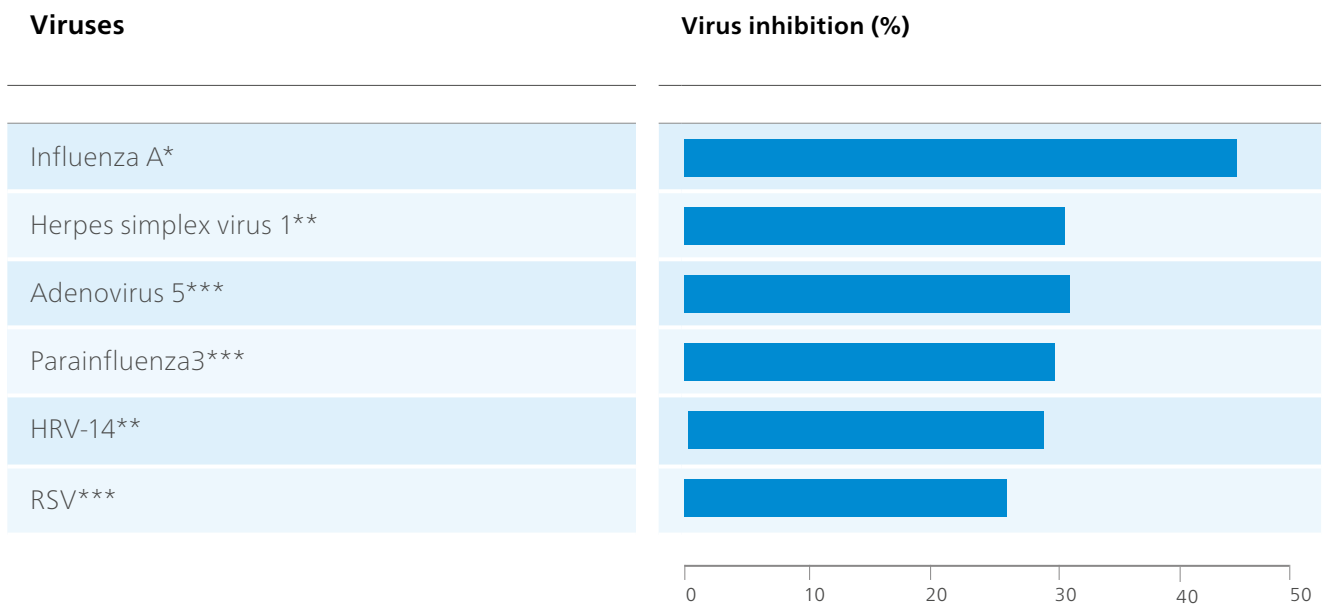


Gripp-Heel® – better tolerability²



Mode of Action

Gripp-Heel® – antiviral activity³



In plaque reduction assays and a virus-specific ELISA Gripp-Heel® induced virus inhibition at the lowest dilution (1:5) depending on the virus and pre-incubation time (* 48 h, ** 24 h, *** 2 h)

Graph adapted from K. Roeska, B. Seilheimer, 2010

Gripp-Heel® stimulates the immune system^{4,5}

Phagocytotic activity ⁴	↑
Antibody responses to components of influenza viruses ⁵	↑

Gripp-Heel®

Ingredients and Effects⁶⁻⁹



Aconitum napellus



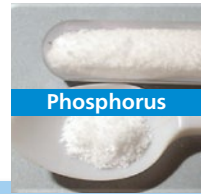
Bryonia



Eupatorium perfoliatum

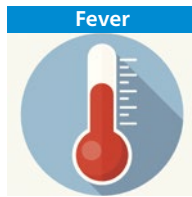


Lachesis mutus



Phosphorus

Focus on



Fever



Inflammation



Dry membranes





Cough





Chills

	Fever	Inflamma- tion	Dry mucous membranes	Cough	Chills
Aconitum napellus	■	■		■	■
Bryonia	■	■	■	■	■
Eupatorium perfoliatum	■	■		■	■
Lachesis mutus	■	■		■	■
Phosphorus	■	■		■	■

Dosage Recommendations

 Tablets		Acute or initial dosage	Standard dosage
Adults (and children 12 years and older)	+ 12	1 tablet every 1/2-1 hour, Up to 12x daily	1 tablet 3x daily
Children 6-11 years		1 tablet every 1-2 hours, Up to 8x daily	1 tablet 2x daily
Children 2-5 years		1 tablet every 1-2 hours, Up to 6x daily	1 tablet 1-2x daily
Children 0-1 year		1 tablet every 1-2 hours, Up to 4x daily	1 tablet 1x daily

 Injection solution		Acute or initial dosage	Standard dosage
Adults (and children 12 years and older)	+ 12	1 ampoule daily	1 ampoule 1-3x weekly
Children 6-11 years		2/3 ampoule daily	2/3 ampoule 1-3x weekly
Children 2-5 years		1/2 ampoule daily	1/2 ampoule 1-3x weekly

This folder contains helpful health information based on scientific data and is intended for educational purposes only. The information and/or treatment recommendations are not meant as a specific treatment for any individual and should not be construed as a substitute for or a contradiction of professional treatment recommendations by an attending physician or other qualified healthcare professional. Heel is not liable for any damage or loss caused or alleged to be caused, directly or indirectly, based on use of the information provided herein.

Be aware that medication names, indications, and/or formulas may vary from country to country and package inserts may provide country specific information. Therefore, you have to ensure that the content of any material you use is in line with your local law and any other regulatory and/or medical requirements.

Product information | References

Gripp-Heel® | Summary of Product Characteristics

Tablets • Injection solution

Compositions: *Tablets:* 301.5 mg contains: Active ingredients: Aconitum napellus D4 120 mg, Bryonia D4 60 mg, Eupatorium perfoliatum D3 30 mg, Lachesis D12 60 mg, Phosphorus D5 30 mg. Excipients: Magnesium stearate 1.5 mg. *Injection solution:* 1 ampoule = 1.1 g containing: Active ingredients: Aconitum napellus D3 4.4 mg, Bryonia D3 2.2 mg, Lachesis D11 2.2 mg, Eupatorium perfoliatum D2 1.1 mg, Phosphorus D4 1.1 mg. Excipients: Sodium chloride 9.8 mg, Water for injections 1089 mg. **Indications:** *Tablets, injection solution:* For the relief of symptoms related to colds and influenza-like illnesses, such as aches and pains, fever, drowsiness, cough and headache. **Contraindications:** *Tablets, injection solution:* Known allergy (hypersensitivity) to one or more of the ingredients. **Special warnings and special precautions for use:** *Tablets:* Patients with rare hereditary problems of galactose intolerance, Lapp lactase deficiency or glucose-galactose malabsorption should not take this medicinal product. *Injection solution:* None. **Side effects:** *Tablets, Injection solution:* Like all medicinal products, this homeopathic medicinal product can cause side effects, although not everybody gets them. In isolated cases transient skin reactions have been reported. **Interactions with other medication:** *Tablets, injection solution:* No interactions have been reported, and none are expected due to the homeopathic dilutions. **Pregnancy and lactation:** *Tablets, injection solution:* For this product no clinical data on pregnancy and lactation are available. Homeopathic dilutions of the substances present in this medicament are not known to be toxic during pregnancy and lactation. No adverse effects have so far been reported. **Effects on ability to drive and use machines:** *Tablets, injection solution:* No effects on the ability to drive and use machines have been reported, and none are expected due to the homeopathic dilutions. **Dosage:** *Tablets: Standard Dosage:* Adults (and children 12 yrs. and older): 1 tablet 3x daily. Pediatric: Below 2 yrs.: 1 tablet 1x daily. 2–5 yrs.: 1 tablet 1–2x daily. 6–11 yrs.: 1 tablet 2x daily. **Acute or Initial Dosage:** Adults (and children 12 yrs. and older): 1 tablet every ½ to 1 hr., up to 12x daily, and then continue with standard dosage. Pediatric: Below 2 yrs.: 1 tablet every 1 to 2 hrs., up to 4x daily, and then continue with standard dosage. 2–5 yrs.: 1 tablet every 1 to 2 hrs.: up to 6x daily, and then continue with standard dosage. 6–11 yrs.: 1 tablet every 1 to 2 hrs., up to 8x daily, and then continue with standard dosage. **Method of administration:** Preferably allow the tablet to dissolve in the mouth, and then swallow. For children it is possible to crush the tablet and add to a small amount of water. This medicine should be taken away from meals. *Injection solution: Standard dosage:* Adults (and children 12 yrs. and older): 1 ampoule 1 to 3x weekly. Pediatric: 2–5 yrs.: ½ ampoule 1 to 3x weekly. 6–11 yrs.: ⅔ of an ampoule 1 to 3x weekly. **Acute or Initial Dosage:** Adults (and children 12 yrs. and older): 1 ampoule daily, and then continue with standard dosage. Pediatric: 2–5 yrs.: ½ ampoule daily, and then continue with standard dosage. 6–11 yrs.: ⅔ of an ampoule daily, and then continue with standard dosage. **Method of administration:** Gripp-Heel, Solution for injection may be administered by the s.c., i.d., i.m., or i.v. route. **Overdose:** *Tablets, injection solution:* No cases of overdose have been reported, and none are expected due to the homeopathic dilutions. **Package sizes:** *Tablets (9674):* Packs containing 50 and 250 tablets. *Injection solution (8549):* Packs containing 5, 10, 50 and 100 ampoules of 1.1 ml.

References

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- 2) Rabe A, Weiser M, Klein P., Effectiveness and tolerability of a homeopathic remedy compared with conventional therapy for mild viral infections. *Int J Clin Pract* 2004;58(9):827-832.
- 3) Roeska K, Seilheimer B. Antiviral activity of Engystol® and Gripp-Heel®: an in-vitro assessment. *J Immune Based Ther Vaccines* 2010;8:6.
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- 5) Brydak LB, Denys A. The evaluation of humoral response and the clinical evaluation of a risk-group patients' state of health after administration of the homeopathic preparation Gripp-Heel during the influenza epidemic season 1993/94. *Int Rev Allergol Clin Immunol* 1999;5(4):223-7
- 6) Murphy R. *The Homeopathic Remedy Guide - 1200 Homeopathic and Herbal Remedies*. 1st ed. Blacksburg (VI): H.A.N.A. Press; 2000.
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- 9) Vermeulen F. *Synoptic Materia Medica*. Vol 1. 6th ed. Haarlem: Merlijn Publishers; 2000.

Gripp-Heel®

The Benefits

- Effective in upper respiratory infections¹
- Shorter recovery time than conventional treatment²
- Demonstrated anti-viral effects³⁻⁵
- Stimulates the immune system³⁻⁵
- Very good tolerability.²



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