Blocked nose? Tension headache?

Sinupret® eXtract

Loosens the mucous Unblocks a stuffy nose Relieves pain

Four times more concentrated* than Sinupret® forte

*A four-fold concentration is not equivalent to a four-fold increase in efficacy. The four-fold concentration refers to the Ø 720 mg herbal mixture used in Sinupret® extract (corresponds to 160 mg dry extract) compared to the 156 mg herbal mixture used in Sinupret® forte, or to the bioflavonoids that co-determine the mucolytic action and anti-inflammatory effect.
Sinupret® eXtract – four times more concentrated* than Sinupret® forte

Thanks to an innovative, patented extraction process, Sinupret® eXtract contains a four-fold concentration* of the proven five-plant combination, making it extremely effective in relieving the symptoms of sinusitis.

*A four-fold concentration is not equivalent to a four-fold increase in efficacy. The four-fold concentration refers to the Ø 720 mg herbal mixture used in Sinupret® extract (corresponds to 160 mg dry extract) compared to the 356 mg herbal mixture used in Sinupret® forte, or to the bioflavonoids that co-determine the mucolytic action and anti-inflammatory effect.
How does Sinupret® eXtract help you

- **Loosens the mucous**
  “Stubborn blocked mucous is loosened and you feel better faster.”

- **Unblocks a stuffy nose**
  “Nasal congestion caused by inflammation is reduced, helping you to breathe more freely again.”

- **Relieves pain**
  “Your sinuses are cleared and the tension headache subsides.”

... highly effective!

**The benefit to you:**
- Four times more concentrated* than Sinupret® forte
- You get well again faster\(^1\) – and with tried and tested excellent tolerability.

**How to take Sinupret forte:**
Three times a day, independently of meals, with no need to take anything else into account

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**Helpful tips if you have a cold**

**Blow your nose “properly”**.
Do not blow your nose too hard if it is blocked and never blow both sides of your nose at the same time. The correct method is to hold one nostril closed, blow the other and then do the same for the other side. This avoids excess pressure, which could force the nasal secretions into the paranasal sinuses. Using this method, the mucous is gently loosened and released from the nose.

**Drink plenty of fluids.**
This compensates for water loss (e.g. if you have a temperature) and also helps to loosen the mucous.

**Elevate the head of your bed by approx. 20 degrees.**
This relieves a blocked nose and will also help you to sleep better, even if you have a cold with sinusitis.

**Fill your home with fresh air by ensuring adequate ventilation**
Increase indoor humidity, for example by hanging wet towels over a radiator. If the humidity level is too low, this will dry out the mucous membranes in your respiratory tract, making life much easier for bacteria and viruses!

**Get enough rest**
Has an infection knocked you off your feet? Then slow down a gear and allow your body to rest. Only then will your immune system be able to fight off a cold or flu quickly.

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Sinupret® – The dosage form to suit everyone

Adults | Adolescents

Sinupret® eXtract
For adults and adolescents from 12 years

- Gluten- and lactose-free
- Vegan

3 x 1 coated tablet

Children

Sinupret® Syrup
For children from 2 years

- Gluten- and lactose-free
- Vegan

2–5 years: 3 x 2.1 ml
6–11 years: 3 x 3.5 ml
From 12 years: 3 x 7.0 ml

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Sinupret® extract • For acute, uncomplicated inflammation of the paranasal sinuses (acute, uncomplicated rhinosinusitis). Sinupret® forte • For acute and chronic inflammation of the paranasal sinuses.

Sinupret® Syrup • For the relief of symptoms in acute inflammation of the paranasal sinuses. Sinupret Syrup contains 8% alcohol by volume.

Information correct as of January 2018.

For risks and side effects, please read the patient information leaflet and consult your doctor or pharmacist.

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Only available in pharmacies.
What is the difference between Sinupret® forte and Sinupret® eXtract?

Further information online at:
www.sinupret-extract.de/service

Available in following languages: