Pelarcough® is a scientifically formulated herbal syrup designed to relieve cough and support respiratory health, combining the clinically studied extract of “Pelargonium sidoides” root with the natural soothing properties of honey. This dual-action formula addresses both the cause and symptoms of respiratory tract infections. Pelarcough has been extensively researched for its role in reducing symptom severity, shortening illness duration, and improving overall respiratory comfort, while honey offers throat-soothing, mild antimicrobial, and antioxidant benefits. Suitable for adults and children over 1 year, Pelarcough represents a safe, effective, and natural approach to cough relief.

ERX: 94504
ERX: 94845

Pelarcough®

Herbal Cough Syrup
For Kids & Adults

120 ml

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Pelarcough®

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Why choose Pelarcough?

- **Fast symptom relief** — helps soothe cough and throat irritation within days
- **Multi-target action** — tackles cough at its root: anti-pathogen, anti-inflammatory, and expectorant
- **Clinically proven** — supported by multiple clinical trials on "Pelargonium sidoides" extract
- **Naturally powerful** — combines herbal science with the healing properties of honey
- **Enhances lung clearance** — improves mucociliary function for easier breathing
- **Shortens recovery time** — helps you get back to work/school sooner
- **Gentle & well-tolerated** — suitable for adults and children over 1 year old
- **Antiviral, antibacterial and immune-boosting effects**

Serving size

Each 100 mL contains:

•266 mg dry extract of Pelargonium sidoides root
•20 g natural honey

Dosage & Directions

• Adults & adolescents ≥12 years: 7.5 to 10 mL, three times daily.
• Children 12–6 years: 5 mL, three times daily.
• Children <6 years: 2.5 mL, three times daily.
• Shake bottle before use. Continue for 48 hours after symptom resolution.

Mechanisms of Action

Anti-adhesive effect
Mechanism: Active phenolic and coumarin compounds (e.g., Umckalin) interfere with adhesion molecules on pathogens (e.g., viral hemagglutinins, bacterial fimbriae) and prevent binding to epithelial cell receptors in the respiratory tract.
Cellular outcome: Reduced colonization and infection of airway epithelial cells, limiting pathogen replication.

Immunomodulation
Mechanism: Upregulation of type I interferons (e.g., IFN-β) and activation of innate immune cells (macrophages, NK cells). Downregulation of pro-inflammatory cytokines such as TNF-α, IL-1β, and IL-6.
Cellular outcome: Balanced immune response — sufficient to clear infection without excessive inflammation that can damage airway tissues.

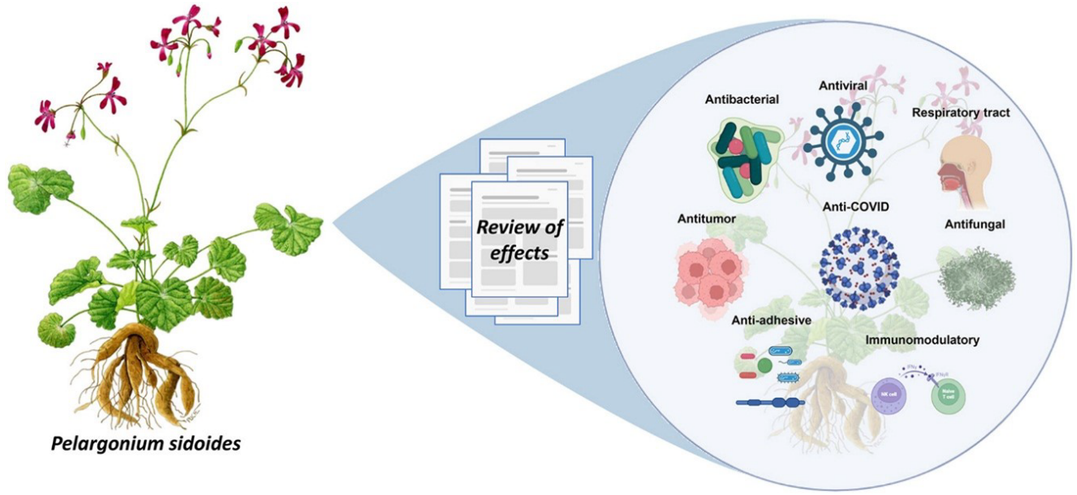
Enhancement of mucociliary clearance
Mechanism: Stimulation of ciliary beat frequency (CBF) in epithelial cells through modulation of intracellular calcium and cyclic AMP pathways.
Cellular outcome: More efficient removal of mucus, debris, and trapped pathogens from the airways.

Expectorant and mucus-thinning
Mechanism: Bioactive compounds alter mucus rheology, breaking down mucin cross-linking and reducing viscosity.
Cellular outcome: Looser, less sticky mucus that can be coughed up more easily.

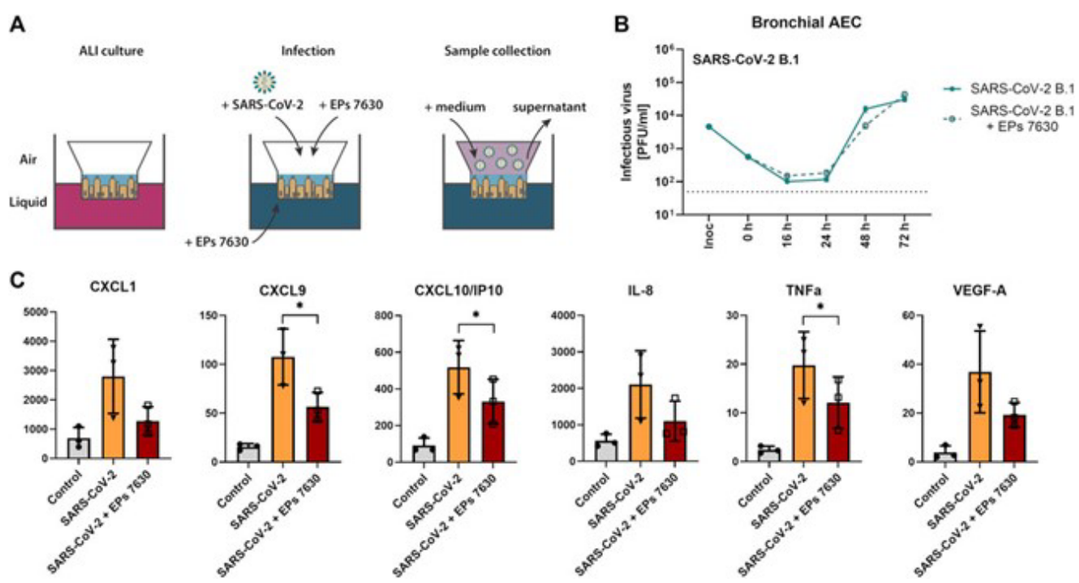
Antioxidant and epithelial protection
Mechanism: Scavenging of reactive oxygen species (ROS) and inhibition of oxidative stress pathways in epithelial cells.
Cellular outcome: Preservation of cell membrane integrity, reduced tissue damage, and faster recovery of mucosal surfaces.

Role of honey
Mechanism: Honey's flavonoids and phenolic acids exert mild antimicrobial effects, reduce oxidative stress, and create a soothing layer over irritated mucosa.
Cellular outcome: Relief of throat discomfort, reduction of nighttime coughing, and enhanced epithelial healing.

Scientific article results for Pelarcough effects



SARS-CoV-2 propagation and inflammatory cytokine expression in human bronchial airway epithelial cells (bAEC)



References:
• Matthys H, et al. Curr Med Res Opin. 331–23:323;2017.
• Chuchalin AG, et al. Explore. 445–1:437;2005.
• Kamin W, et al. Int J Clin Pharmacol Ther. 191–48:184;2020.
• Kolodziej H. Phytomedicine. 18;2011 Suppl 24–1:2.
• Kaloba/Umcka Syrup PILs (typical dosing: 7.5 mL and 5 mL TID).
• AAP: Honey contraindicated in children