



Summertime – Dry Season – THROMBOSOL aktiv®

Everyone is looking forward to a beautiful, warm summer with holidays somewhere by the water or in the mountains for hiking, relaxing, breathing and recuperating. Climate change is bringing everyone more heat and drought, coupled with stormy downpours. These climatic changes pose major challenges for nature and humans. Brown spots can be seen on healthy apples, which are caused by sunburn and initially have nothing to do with rot. Trees and plants die due to lack of water or are washed away in sudden floods. Humans can find protection from the harshness of nature, but the strain on the cardiovascular system, for example, remains due to fluctuations in air pressure, high humidity and heat.

People who have to do physically demanding work despite these circumstances, e.g. workmen, and especially elderly people, often fail to take breaks to drink, which is necessary to ensure a balanced fluid intake and 'cooling down'. Under no circumstances should ice-cold or alcoholic drinks be consumed, as both lead to unhealthy changes in the blood vessels. Among other things, alcohol dilates the blood vessels due to the release of histamine into the body, thereby promoting water retention in the tissue, which also affects the brain and makes accidents more likely. Ice-cold/cold drinks initially cause the muscles, including the blood vessels, to contract, followed by a reflexive dilation with severe tissue congestion. This is first noticeable in the intestines and legs, where everything becomes 'heavy'. People can seek refuge from the rigours of nature, but the strain on the cardiovascular system, for example, remains due to fluctuations in air pressure, high humidity and heat.

During such heat waves, it is advisable to consume light, steamed, 'multicoloured' vegetables and fruit in order to supply the body with sufficient nutrients and vital substances as well as living 'plant water'. In addition, the amount of clear water consumed must be increased, because the body can only cool down through sweating. At 'normal' temperatures, you should drink 30 g of water per kilogram of body weight per day. In hot weather, you should definitely increase this to at least 2 litres of water or more.

At the same time, summer is also the season for barbecues, where delicious meat dishes are prepared and eaten. However, this can lead to a dangerous combination of dehydration and increased protein intake in the body, resulting in hyperproteinemia in the blood. Such blood can quickly clot and lead to thrombosis and embolism. To prevent this, if you don't want to resort to a medicine such as MUCOKEHL®, you should consider THROMBOSOL aktiv® (Biofrid).

Inside the tomato, in the pulp near the core, special active ingredients have been discovered alongside other valuable components of the tomato, such as lycopene. A fruit extract called



'Fruitflow' contains substances that inhibit platelet aggregation in the blood. The extract is said to inhibit the release of PF4 (platelet-aggregating factor 4) and also promote the synthesis of cAMP. Both of these reduce the risk of thrombus formation in flowing blood. Since the effect of the ingredients is not affected by drying, the dietary supplement can be offered in powder form or in capsules. The 150 mg of powder contained in one THROMBOSOL aktiv® capsule corresponds to the daily amount required to achieve the desired anticoagulant effect, according to the requirements of the EFSA (European Food Safety Authority).

SANUM-Kehlbeck offers three different preparations for preventing unwanted blood flow problems during the summer months: the medicine MUCOKEHL®, the homeopathic mixture V-TH-E KUHL (venous thrombosis embolism) and the food supplement THROMBOSOL aktiv®. At the same time, the effects of the three remedies can be further supported by the carboxylic acid preparations SANUVIS® and RMS drops.

Trading forms

THROMBOSOL aktiv®

60 capsules

Recommended intake:

Adults: Take 1 capsule daily with a glass of water or other liquid.

MUCOKEHL® D5 drops

10 ml (also available in other dosage forms)

Dosage:

Adults and adolescents aged 12 years and older:

Oral administration: 5 drops 1–2 times daily

Topical application: Rub 5–10 drops into the crook of the elbow once daily

V-Th-E Kuhl Tropfen

30 ml

Dosage:

Adults and adolescents aged 12 and over:

Acute: 1-12 x 5-10 drops daily

Chronic: 1-3 x 5-10 drops daily

SANUVIS® drops

100 ml (also available in other dosage forms)

Dosage:

Adults and adolescents aged 12 and over:



1x 60 drops daily in 1 litre of water, spread throughout the day

RMS Biofrid drops

100 ml

Recommended intake:

Adults: Take 20 drops 1-3 times daily diluted in water or tea.

For further product information, please refer to the respective instructions for use or packaging.