



## A cold in spring SANUM medicines in the flu and cold season

Wherever you look this year, it feels like you're surrounded by people suffering from respiratory infections. But is it really just a feeling that there are more patients than usual? Unfortunately not, if you look at the figures from the RKI (as of 20 February 2025), 34.2% more people are affected by a respiratory illness compared to previous years (2016-2023). In cases with fever, 27% more patients are affected and 19.6% more patients even need to be hospitalised. These are truly alarming figures. Many of these patients then also come to the naturopathic practice. They complain of a never-ending cough, which often stays with them for weeks. In some cases, the viral infection is compounded by a bacterial infection. A large number also have the feeling that they 'carry' every infection with them and have to endure one cold after the next.

It is best to act in the initial phase - immediately - when you notice that something is 'on the rise' and use QUENTAKEHL® and FORMASAN®. Two phyto-preparations from SANUM, CERVIKEHL® Ø drops and RELIVORA® complex drops, have proved effective for coughs. CERVIKEHL® is used as a supportive treatment for persistent dry coughs, while RELIVORA® Komplex is used for spasmodic coughs reminiscent of whooping cough.

If adults suffer from flu-like infections more than four times a year, they are said to be susceptible to infections. This can be caused by chronic illnesses such as diabetes mellitus. Fortunately, however, most people do not immediately suffer from a chronic illness if they frequently have a flu-like infection. Factors such as prolonged stress, lack of sleep, mental strain, physical overload and lack of exercise can be the cause of such susceptibility to infection. It is important to scrutinise and change your current lifestyle as far as possible.

You can also support your immune system with the L-R-U cure. This treatment includes the Bacto preparations LATENSIN®, RECARCIN® and UTILIN® 'S'. The Bacto preparations are used in SANUM therapy for general immune modulation, but also for prophylaxis and therapy blockages. The combination of LATENSIN®, RECARCIN® and UTILIN® 'S' has proven itself over many years.



## Trading forms

### **QUENTAKEHL® D4 capsules**

20 capsules (also available in other dosage forms)

#### **Dosage**

Adults and adolescents from 12 years: 1-3x 1 capsule daily.

### **FORMASAN® drops**

30 ml dropper bottle (also available in other dosage forms)

#### **Dosage**

Adults: acute: up to 12x 5-10 drops daily; chronic: 1-3x 5 drops daily.

### **CERIVIKEHL® Ø drops**

30 ml dropper bottle (also available in other dosage forms)

#### **Dosage**

Adults and adolescents from 12 years of age:

Acute: up to 6x 5 drops daily; chronic: 1-3x 5 drops daily.

### **RELIVORA® Complex drops**

30 ml dropper bottle (also available in other dosage forms)

#### **Dosage**

Adults and adolescents from 12 years of age:

acute: up to 6x 5 drops daily

chronic: 1-3x 5 drops daily

Children between the ages of 6 and 12 should not receive more than two thirds of the adult dose.

Infants from 1 year to 6 years of age receive no more than half the adult dose.

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