



Preferably without congestion – even in the lymphatic system

Heart attacks, strokes, arteriosclerosis—the cardiovascular system is familiar to many patients and receives a great deal of attention in medical practice, as cardiovascular diseases are one of the leading causes of death in Germany. In contrast, the lymphatic system leads a shadowy existence, even though it is of crucial importance to the cardiovascular system. It is also involved in many important processes in the body, as the lymphatic system contributes to the circulation of bodily fluids and supports the immune system in defending against pathogens. Its main functions include:

- • Transfer of excess interstitial fluid to the blood system
- • Transport of nutrients (especially fats) from the digestive tract
- • Support of the immune system

Lymph vessels run throughout the entire body and, just like veins, many lymph vessels have a valve that allows lymph to flow only toward the heart. Along the way, the lymph is then directed through a lymph node. The lymph nodes contain a large number of immune cells, such as macrophages, lymphocytes, and dendritic cells. Foreign substances, cell material, pathogens, and even cancer cells are intercepted here..

Despite its importance for the body, most people only become aware of the lymphatic system when they experience swollen lymph nodes or lymphedema. The causes of this are very diverse. A common cause of swollen lymph nodes is infection. A flu-like infection often causes massive swelling of the lymph nodes in the neck. On the one hand, this is a good sign, as it means that the immune system is actively fighting off the pathogen. On the other hand, the swelling of the lymph nodes prevents the lymph from draining properly, which can cause additional congestion in this area. This congestion in the system means that immunological waste products cannot be properly removed, which in the worst case can cause the infection to last longer. The swelling can also compress the vagus nerve, which can lead to headaches/migraines.

In the case of a flu-like infection, lymph flow should therefore be supported, especially in the throat area. In SANUM therapy, NIGERSAN® is the drug of choice here. NIGERSAN® can always be used as a supportive measure when lymph accumulates anywhere in the body. It is often helpful to apply NIGERSAN® directly to the affected area, either as a rub or an injection..

TARAXAN SANUM® is a good companion to NIGERSAN® for lymphatic congestion. It contains dandelion (*Taraxacum officinale*). Ingredients such as flavonoids and terpenes help improve lymph flow. Its diuretic effect helps the body reduce swelling caused by fluid retention.



Trading forms

NIGERSAN® D5 Solution for Injection

10x 1ml (also available in other dosage forms)

Dosage:

Adults and adolescents aged 12 years and older:

Inject 2x 1 ampoule weekly either i.c., s.c., or i.m..

NIGERSAN® D5 Drops

10 ml (also available in other dosage forms)

Dosage:

Adults and adolescents aged 12 and over:

Oral use: 1-2 x 5 drops before a meal daily.

Topical use: Rub 1 x 5-10 drops daily into the crook of the elbow.

TARAXAN SANUM® D4 Drops

30 ml Dropper bottle

(Product of the „1000-er Regel“)

Dosage:

Adults and adolescents aged 12 and over:

For acute symptoms, take a maximum of 6 x 5 drops daily; for chronic symptoms, take 1-3 x 5 drops daily.

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