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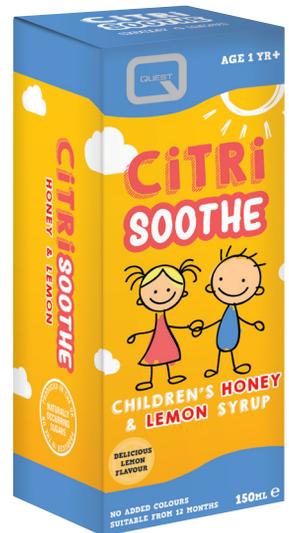
# CITRI SOOTHE

Soothe Irritation  
Age 1 plus.

## Ingredients:

Maltitol, purified water, honey (21%), glycerine (18%), acidity regulator: malic acid (E296), citric acid (E330), flavourings: lemon oil, lime oil, lemon oil terpenesless.

1-6 years: 1-2 teaspoons (5-10ml) up to 4 times per day.  
6 years plus: 2 teaspoons (10ml) up to 4 times per day.  
Not suitable for children under the age of 1 year.



## SUMMARY

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- Traditional and effective relief
- Delicious flavour
- Multiple therapeutic active ingredients

## DESCRIPTION

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Citri Soothe is a syrup designed for children aged one year plus for reducing irritation of the throat. Young children can often develop sore throats and coughs due to their immature immune systems, non-habitual hygiene practices and close contact with other children.

## HOW DOES CITRI SOOTHE RELIEVE IRRITATION OF THE THROAT?

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### Glycerine

Glycerine works by providing a coating against the delicate mucous membranes of the throat and helping to prevent further irritation whilst allowing the mucous membranes to heal. Glycerine also works as a carrier and holds other therapeutic ingredients upon the affected tissue.

### Honey

Honey is traditionally used for sore throats due to its anti-bacterial and wound healing properties. Honey is an effective healer due to its enzymatic glucosidase content which breaks down into hydrogen peroxide<sup>1</sup>. Honey has an acidic pH of between 3.2 and 4.5 due to its content of gluconic acid which is acidic enough to be inhibitory to bacterial pathogens<sup>1</sup>. Microbial resistance to honey has never been reported, making it a possible therapeutic agent for antibiotic resistant bacteria<sup>1</sup>. Honey is effective against both gram positive and gram negative bacteria<sup>3,4</sup>.

Honey is also antiviral and studies have confirmed its significant antiviral inhibitory effects, particularly against respiratory related virus's<sup>2</sup>. This is due to the creation of hydrogen peroxide which is anti-microbial.

Honey also contains phenolic acids and flavonoids which are anti-inflammatory and antioxidant, enhancing the healing properties even further<sup>5</sup>.

### Lemon and lime oil

Lemon and lime oils have been shown to have significant antibacterial properties. Lime oil inhibits both gram positive and gram negative<sup>6</sup> bacteria and research is now indicating its immunomodulatory properties<sup>7</sup>.

## WHY ARE CHILDREN MORE PRONE TO COUGHS AND COLDS?

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A sore throat usually occurs from irritation and inflammation of the mucous membranes of the throat. The most common causes are viral such as with viral pharyngitis. Other common causes are bacterial such as with the case of streptococcal pharyngitis.

Children become vulnerable to infections once breastfeeding has ceased. They are exposed to many new viruses and bacteria, and consequently do not have the immune memory necessary, so are less capable of fighting the infection, allowing it to develop into a pathology.

### Citri Soothe a traditional remedy

Although infections are a traditional part of growing up, there are ways to make children more comfortable. Citri Soothe is a great natural remedy to aid in the healing with many aspects of pathology of the upper respiratory tract. Combine it with bed rest and a healthy diet to fully support the immune system.

## HOW SHOULD CITRI SOOTHE BE TAKEN?

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1-6 years: 1-2 teaspoonfuls (5-10ml) up to 4 times daily.  
6 years plus: 2 teaspoonfuls (10ml) up to 4 times daily.  
Not suitable for children under the age of 1 year.

## FEATURES

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- Delicious tasting syrup
- Multiple active ingredients
- Traditional recipe

## HEALTH NEEDS

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CHILDREN'S HEALTH

## SCIENTIFIC REFERENCES

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