

# Recolic<sup>®</sup> Syrup 120mL

«Recolic »syrup is an herbal syrup is made from «German chamomile» effective ingredients with the scientific name of «*Matricaria recutita*» and honey. Through centuries, chamomile has been used in the traditional and also modern herbal medicine.

This syrup, in addition to the active ingredients of «German chamomile», contains effective ingredients of «Anise» with the scientific name «*Pimpinella anisum*» that serves as a natural flavor creating a better taste and synergetic effects of this drug upon GIT.

## Main components:

The most important components existing in chamomile are: volatile oils (0.4-1.5) % such as Alpha-bisabolol and Chamazulene and these two ingredients contain about 65% of all volatile oils, Flavonoids as Apigenin and Luteolin , mucilage, and hydroxycoumarines.

## Indications:

- Colic, spasm & Gastro-intestinal tract (GIT) inflammations
- Flatulence, dyspepsia, the adjustment of GIT function
- Prevention and treatment of GIT ulcers and inflammations
- A suitable choice for the simultaneous use with non-steroidal anti-inflammatory drugs (NSAID's) in order to decrease their side effects on the stomach
- Effective in inflammations and spasms in IBS

## Administration & Dosage:

- The adults and person over 12years: 3 times per day, each time one spoonful (equal to 10 ml)
- The people of 6-12 years: 3 times per day, each time one teaspoonful (equal to 5 ml)
- Child of 3-5 years: According to the physician prescription, 3 times per day, each time one teaspoon (equal to 2.5 ml)
- This drug is not recommended for the infants under 3 years of age.
- This drug can be taken at any time for flatulence & dyspepsia. In other cases it is better to be taken 30 minutes before or more than one hour after the meal.

## Duration of use:

- Continue to take the medicine up to the moment the signs of disease is completely eliminated.
- In colic disease and IBS, the effects of medicine may be observed from the second week of usage, and after the regular and continuous consumption of «Recolic» syrup up to 2 months, its effectiveness would be stable. Since then the dosage maybe decreased and only to continue the keeping dosage which corresponds to the minimal dosage in which the effect of the drug maybe observed.

## Side effects:

No side effect would emerge when taken in permitted quantities and therapeutic dosage. In over- dose usage, vomiting may happen. In rare cases it may cause allergic reactions in the persons sensitive to this plant. In very rare cases in the persons with precedence of allergy, anaphylactic shock has been reported. In the case of any allergy emergence, discontinue taking the drug and consult with your physician.

## Interactions:

Some eventual interactions have been reported with Warfarin and Cyclosporine that probably is for the thin therapeutic index of these two drugs.

## The usage in pregnancy and breast-feeding:

There are some occasional reports on not to take it during the pregnancy therefore, it's better not to take it during the pregnancy. As there is not any precise info about contraindicating in breast-feeding, in the case of need you might consult with your pharmacist or physician.

## Packaging:

This drug is presented in bottles of 120 mL, in boxes containing leaflets.

## Remarkable points:

- Proper storage temperature is 4-25 ° C.
- After opening the bottle, keep it in a temperature between 5-20° C and after each time of use, close the cap well.
- Prevent it from freezing, high and low temperature.
- As the drug contains different plant effective ingredients some sediments may form or the color may get dull or some suspensions may appear in the bottle and these are not the signs indicating its disposal, only by shaking it well the content get an homogenous appearance and you may use it. It is recommended to shake the bottle well before use since even sometimes the sediments or suspensions are not visible and by shaking it the drug gets homogenous and the dosage will be maintained accordingly.
- Considering that chamomile has got anti-anxiety and relieving effects, it may cause a moderate drowsiness therefore, it's better not to do the things requiring much attention such as driving.
- This drug could be used by diabetic persons.
- Keep the drug away from reach of children.

**The name of «Recolic» has been taken from herb « Recutita » and «Colic» disease.**

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## Specialized info:

In compliance with the prestigious PDR reference the chamomile flowers contain (0.4- 1.5) % of volatile oils. The two main volatile oils are Alpha-bisabolol (Levomenol) and Chamazulene that comprise collectively (50-65) % of the chamomile volatile oils volume. Chamomile also contains flavonoids such as Apigenin and Luteolin. Other materials such as mucilage, coumarines, some tannin and other various materials in different quantities also exist in the extract of German chamomile.

The active ingredients of chamomile plant in GIT uses is used for treating the colic, spasm & gastro-intestinal tract (GIT) inflammations, flatulence, dyspepsia and ulcers.

In addition to this, the studies have revealed that the chamomile extract inhibits the collectivity of *Helicobacter pylori*, and *E.coli*.

Alpha-bisabolol decreases the pepsin proteolytic activity in the digestion system. It also creates a protective effect in the stomach against acetyl salicylic acid. The studies have shown that Alpha-bisabolol inhibits the side effects of non-steroidal anti-inflammatory drugs (NSAID'S) in the stomach.

Therefore, «Recolic » syrup is a suitable choice for consuming simultaneously with non-steroid anti-inflammatory drugs in order to decrease their side effects on the stomach tissue.

The effective material in German chamomile inhibits both cyclooxygenase and lipoxygenase and subsequently causes the inhibition of prostaglandins and leukotrienes synthesis and the decrease of inflammation. The main anti-inflammatory effect of chamomile refers to the two materials of Alpha-bisabolol and Chamazulene.

The Chamazulene applies its anti-inflammatory effect thru the inhibiting of leukotriene B<sub>4</sub> and applies its anti-oxidant effect thru the inhibition of fats peroxidation also by effecting on adrenal, causes the releasing of cortisone and consequently decreases the releasing of histamine.

Apigenin, Alpha-bisabolol and some other components in the German chamomile extract have an anti-spasmodic effect in GIT.

In a study it has been indicated that the anti-spasmodic effect of 10 mg Apigenin equals to the anti-spasmodic effect of 1 mg Papaverine (one opioid with a good anti-spasmodic effect).

In other studies, similar results have been achieved in concern to Alpha-bisabolol and some other active ingredients in German chamomile extract. In addition to Alpha-bisabolol and Apigenin, other flavonoids and Coumarines, thru relaxing the smooth muscles in GIT, cause the anti-spasmodic effect. In a clinical study on 79 infants of 6 months to 4 years having diarrhea, after 3 days of treatment, a significant health (85%) in comparison to placebo (58%) has been seen.

In addition to this, the commission E\* has also confirmed the usage of German chamomile for the treatment of cough, bronchitis, fever and cold.

As the Apigenin functions as a ligand for benzodiazepine receptors, this drug shows an anti-anxiety and sedative effect consequently improve the sleep of patients.

The honey has been used in this syrup as a natural and healthful sweetener. The inhibiting effects of honey on *Helicobacter pylori* enriches the effects of, «Recolic » syrup.

For any more info, you might refer to the site of our company: [www.ktp.co.ir](http://www.ktp.co.ir) or send your email to: [info@ktp.co.ir](mailto:info@ktp.co.ir) or call us at 88390745.

## References:

1-PDR 2010

2-Alternative Medicine Review, Volume 13, Number 1, 2008

3- Martindale 35

4- International Journal of Pharmaceutical Sciences and Drug Research 2010, 2 (1); 12-16

5- MedliePlus

6-WHO Monograph

6- Iranian Herbal Pharmacope

The components of the product: Effective materials of German chamomile, effective materials of Anise, sorbitol, sucrose and benzoic acid.

Commission E \* is a supervising governmental organization in Germany that with the cooperation of experienced physicians and pharmacists compiles and prints articles in the field of evaluating the immunity and effectiveness and studies on medicinal herbs and is considered a prestigious international source.

**Know.Tech.Pharm. is a knowledge base company, specialized in formulation and production of herbal medicine, located in Tehran University Science and Technology Park.**