Treatment with Gripp-Heel is best initiated at the first signs of an illness such as body ache, malaise, sore throat and chills.

**Acute Dosage**
During the initial or acute phase of the illness, the following dosage is recommended for patients above 12 years of age:
- 1 tablet every 15 minutes (maximum 8 tablets per day)
- 1 ampoule per day

**General Dosage**
As symptoms subside or as prophylaxis, the following dosage is recommended for patients above 12 years of age:
- 1 tablet 3–5 times per day
- 1–3 ampoules per week

**Strengthens the immune system**
Gripp-Heel stimulates phagocytic activity of human granulocyte preparations up to 30% more than placebo2.

**Is as effective as acetylsalicylic acid**
Three tablets three times daily of Gripp-Heel produced the same improvement after 4 days of treatment as one tablet (500 mg) three times daily of acetylsalicylic acid3.

**Improves symptoms within 3 days**
Patients treated with Gripp-Heel exhibited initial improvement of symptoms within 3 days in 65% – 70% of all cases2,4.

**Works prophylactically**
Gripp-Heel increases antibody response to components of influenza viruses; up to 15.4-fold for neuraminidase and up to 2.1-fold for hemagglutinin2.

**Has an excellent safety profile**
The safety profile of Gripp-Heel has been established by over 40 years of worldwide therapeutic use, clinical studies and drug monitoring trials2-5. Over 1.5 million packages of Gripp-Heel have been sold in the last 5 years, yet no side effects were reported during this period.

**References:**

**Composition:** Tablets: Aconitum napellus D4 120 mg; Bryonia cretica D4, Lachesis mutus D12 60 mg each; Eupatorium perfoliatum D3, Phosphorus D5 30 mg each. Injection solution: Aconitum napellus D3 4.4 µl; Eupatorium perfoliatum D2, Phosphorus D4 1.1 µl each; Lachesis mutus D1, Bryonia cretica D2 2.2 µl each.

**Indications:** Tablets: Influenza and influenzal infections and for the stimulation of the endogenic defence system in other feverish infectious diseases. Injection solution: Influenza and influenzal infections.

**Contraindications:** None known. **Side effects:** None known. **Interactions with other medication:** None known. **Dosage:** Tablets: In general 1 tablet to be dissolved in the mouth 3–5 times daily. In acute disorders 1 tablet every 15 minutes, over a period lasting up to two hours. Injection solution: In acute disorders daily, otherwise 3–5 times weekly 1 ampoule i.m., i.d., i.v. **Package sizes:** Tablets: Packs containing 50 and 250 tablets. Injection solution: Packs containing 5, 10, 50 and 100 ampoules of 1.1 ml.

Revised: January 2003
Upper Respiratory Infections

On the average, adults experience 2–4 common colds each year; for children the incidence is twice as high. Without medical intervention, the illness usually subsides after 5–10 days. During that time patients suffer from familiar symptoms to varying degrees. For most patients this temporary reduction in the quality of their lives is unacceptable.

Unlike common colds, influenza infection results in much more serious symptoms. It has a far higher risk of complications, which are especially common among children and seniors. In the United States it is estimated that influenza leads to 30,000 – 40,000 deaths each year.

Gripp-Heel is a homoeopathic combination preparation. It strengthens the body’s own defense mechanisms resulting in

• less severe symptoms
• shorter recovery times.

Taken prophylactically or at the first signs of an impending cold, Gripp-Heel may even prevent acute outbreaks.