

# Gripp-Heel®



## Treatment Guidelines

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**

**Gripp-Heel®**  
Tablets  
Injection solution

**Composition:** *Tablets:* 1 tablet cont.: Aconitum napellus D4 120 mg; Bryonia cretica D4, Lachesis mutus D12 60 mg each; Eupatorium perfoliatum D3, Phosphorus D5 30 mg each. *Injection solution:* 1.1 ml cont.: Aconitum napellus D3 4.4 µl; Eupatorium perfoliatum D2, Phosphorus D4 1.1 µl each; Lachesis mutus D11, Bryonia cretica D3 2.2 µl each. **Indications:** *Tablets:* Influenza and influenza infections and for the stimulation of the endogenous defence system in other feverish infectious diseases. *Injection solution:* Influenza and influenza 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 3–1 times weekly 1 ampoule i.m., s.c., 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.

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## Administration

For best results

- tablets should be dissolved completely in the mouth. For infants and small children, Gripp-Heel tablets may be crushed for easier administration,
- ampoules may either be injected or taken orally with water (e.g. 20 ml) before bedtime (keep in the mouth for 2–3 minutes before swallowing).

## Tablet dosage for children 11 years or younger

	Acute	General
< 1 year:	½ tablet every 1–2 hours (max. 8 times daily)	½ tablet 2 times daily
1–6 years:	½ tablet every 1–2 hours (max. 12 times daily)	½ tablet 3 times daily
6–12 years:	1 tablet every 1–2 hours (max. 8 tablets daily)	1 tablet 2 times daily

## References:

- 1) Wagner H et al. Influence of Homeopathic Drug Preparations on the Phagocytosis Capability of Granulocytes. *Biological Therapy* 1993, Vol XI, No. 1: 43–49
- 2) Brydak L.B, Denys A. The Evaluation of Humoral Response and the Clinical Evaluation of a Risk-Group Patients' State of Health after Administration of the Homeopathic Preparation Gripp-Heel during the Influenza Epidemic Season 1993/94. *Int. Rev. Allergolog. Clin. Immunol.* 1999, Vol.5, No. 4: 223–227
- 3) Maiwald L et al. The Therapy of the Common Cold with a Combination Homeopathic Preparation, Compared with Treatment with Acetylsalicylic Acid: A Controlled Randomized, Single-Blind Study. *Biological Therapy* 1993, Vol. XI, No.1: 2–8
- 4) Weiser M, Gottwald R. Therapie von Grippe und grippalen Infekten mit einem Homöopathikum. *NaturaMed* 2000, Vol. 15, No.1: 15–18
- 5) Gottwald R, Weiser M: Homöopathische Behandlung von grippalen Infekten bei Kindern. *Arzteitschrift für Naturheilverfahren* 2000, Vol. 41, No. 6: 346–351

## Strengthens the immune system

Gripp-Heel stimulates phagocytic activity of human granulocyte preparations up to 30% more than placebo<sup>1)</sup>.

## 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 acid<sup>2)</sup>.

## Improves symptoms within 3 days

Patients treated with Gripp-Heel exhibited initial improvement of symptoms within 3 days in 65% – 70% of all cases<sup>4,5)</sup>.

## 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 hemagglutinin<sup>2)</sup>.

## 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 trials<sup>2-5)</sup>. 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.

# 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 10,000 – 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.

# Gripp-Heel®



The Modern Homoeopathic Therapy for

Common colds and flu Infections with fever

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