

FLU-LIKE SYMPTOMS

Feeling Run-Down, Headache, Body Aches, Chills & Fever



Each year, millions of people contract influenza or suffer from flu-like symptoms in the United States, resulting in more than 200,000 hospitalizations, approximately 36,000 deaths and considerable loss of productivity. Most patients recover after 1 to 2 weeks; however, the elderly and people at risk often develop serious complications.

Three classic therapeutic approaches are used to counteract the pathology:

- **Vaccines** are formulated in an attempt to match that year's viral antigenic shifts
- **Antiviral drugs** interfere with viral replication
- **Symptomatic drugs**, perhaps the most commonly used treatment, ease aches, nasal congestion and decrease fever

Oscillococcinum[®], used by 20 million people throughout the world, is becoming increasingly popular in the United States. This **homeopathic medicine**, which has been used in Europe for decades, has been shown to decrease the duration and severity of flu-like symptoms such as fever, chills, nasal congestion, cough, sore throat and body aches.

Because they are safe, Oscillococcinum and Children's Oscillococcinum[®] are good first-lines of defense in treating flu and flu-like symptoms.

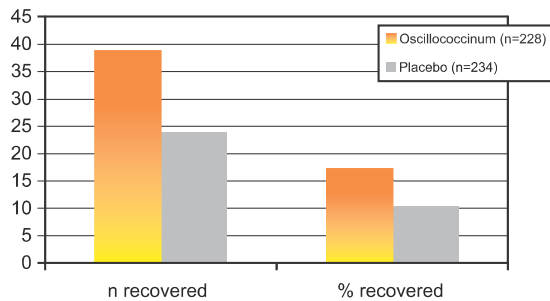
Boiron Specialty

Product ^{3,4,5}	How it Works	Advantages	Side Effects / Disadvantages
Oscillococcinum, also called Oscillo	Decreases the duration and severity of flu-like symptoms, including headaches, body aches, chills and fever.	Can be used in cases of underlying medical conditions or concomitant medications; no known drug interactions or side effects; convenient dosing; economical; also available for children 2 years of age and older	No known
Antivirals			
Zanamivir	Possible inhibition of virus neuraminidase, and alteration of virus aggregation and release	Shortens duration of flu if taken within 2 nd day of symptoms	Nausea, diarrhea and sinusitis may occur
Oseltamivir phosphate	Possible inhibition of virus neuraminidase, and alteration of virus aggregation and release	Shortens duration of flu symptoms if taken within 2 nd day of symptoms	Nausea and vomiting may occur
Vaccine			
Vaccine	For prophylactic use only	Most effective strategy for people at high risk of exposure or complication from influenza	Not a cure
Herbs, Vitamins			
Echinacea <i>E. angustifolia</i> <i>E. purpurea</i>	Non-specific immunostimulant	Existing clinical studies show controversial results	Do not use for more than 10 days (curative) or 3 weeks (prophylactic); use with caution when kidney function is impaired or when patient is allergic to herbs from the daisy family; preventive efficacy is not clearly demonstrated
Vitamin C	Stimulates the immune system	Non-toxic; may decrease severity and duration of flu symptoms	Overdosage induces diarrhea
Symptomatic Medicines for Aches and Fever			
Aspirin, NSAIDs	Anti-inflammatory, antipyretic and analgesic action	Temporarily reduces symptoms	Symptomatic activity only; induces gastrointestinal disturbances; interacts with other drugs
Acetaminophen	Anti-inflammatory and analgesic action	Temporarily reduces symptoms	Symptomatic activity only; interacts with hepatotoxic drugs; use with care in patients with impaired kidney function

REDUCES THE DURATION AND SEVERITY OF FLU-LIKE SYMPTOMS

After 48 hours, 62.9% of the patients receiving Oscillococcinum showed “no symptoms” or “clear improvement” vs. 49% for the placebo group ($p=0.0028$).²

Recovery rate within 48 hours of treatment¹
 $\chi^2=4.60$ $p=0.03$



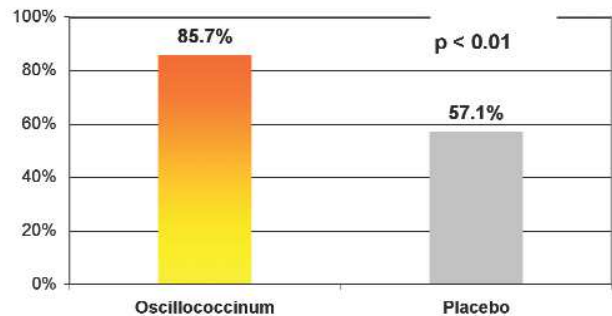
In a double-blind, placebo-controlled clinical trial, the recovery rate within 48 hours of treatment was significantly greater in the group that received the active drug than in the placebo group ($p=0.03$)¹

“CLEAR IMPROVEMENT” AFTER 48 HOURS, 63% RECOVERY VS. 49% WITH PLACEBO¹

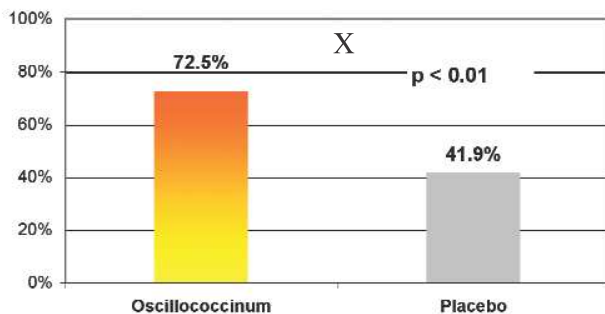
Taken at the First Sign of Flu, Oscillococcinum Significantly Reduces Symptoms

Oscillococcinum has been shown to reduce common flu symptoms such as chills, stiffness and fever

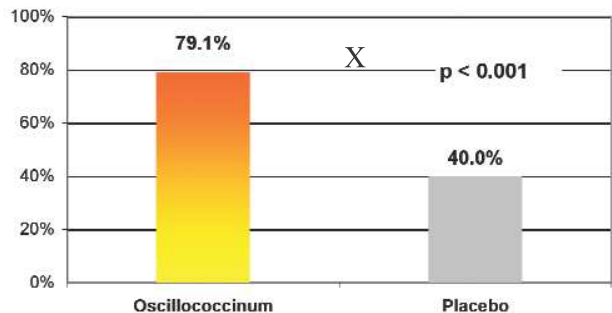
Absence of chills at 48 hours
 (N=84)³



Absence of body aches at 48 hours (N=83)³



Absence of fever at 48 hours (N=88)³



References on back cover.

oscillococcinum®

(o-sill-o-cox-see-num)



ADVANTAGES

Easy to prescribe (1 dose every 6 hours) **and to recommend** (doesn't require lengthy checking for drug interactions or contraindications).

Oscillococcinum can be safely given to children, elderly patients, patients who cannot be vaccinated, and patients with long-term treatments or chronic diseases. No adverse reactions have been reported to the FDA since 1983, when Oscillococcinum was introduced to the U.S. market.

Oscillo is safe for use by patients in occupations that prohibit the use of medicines that could induce drowsiness or lower vigilance, such as truck drivers, machine operators and pilots.

Doesn't interact with other drugs or vaccines.

Doesn't contain preservatives or artificial additives.

Oscillococcinum has been used by millions of patients in more than 50 countries.

DRUG FACTS

USES

Temporarily reduces flu-like symptoms such as feeling run-down, headaches, body aches, chills and fever.

Active Ingredient

Anas barbariae hepatis et cordis extractum 200CK HPUS

Purpose: to reduce the duration and severity of flu-like symptoms.

The letters "HPUS" indicate that this ingredient is officially included in the Homeopathic Pharmacopoeia of the United States.

INACTIVE INGREDIENTS

Each 1g (0.04 oz.) unit-dose contains 0.85g sucrose and 0.15g lactose

References used to prepare this document:

1. Ferley J.P., et al. A controlled evaluation of a homeopathic preparation in the treatment of influenza-like symptoms. *Br J Clin Pharmacol.* 1989;27:329-335.
2. Papp R., et al. Oscillococcinum in patients with influenza-like syndromes: a placebo-controlled, double-blind evaluation. *Br Homeopath J.* 1998;87:69-76.
3. D. Demarque, MD, et al. *Pharmacology and Homeopathic Materia Medica.* Ed. CEDH.
4. *Martindale 30th Edition.* The Pharmaceutical Press. London, UK.
5. *PDR for Herbal Medicines.* 3rd edition. Thomson PDR.
6. U.S. Food and Drug Administration. Sec. 400.400. Conditions Under Which Homeopathic Drugs May be Marketed (CPG 7132.15). Available at www.fda.gov/ora/compliance_ref/cpg/cpgdrg/cpg400-400.html.

DIRECTIONS

Adults and children 2 years of age and older:
Dissolve entire contents of one tube in the mouth every 6 hours up to three times a day.

Children younger than 2 years of age: ask a doctor.



1. Pull dose out of tray.
2. Twist to remove cap.
3. Dissolve entire contents in the mouth.

WARNINGS

- Do not use if glued carton end flaps are open or if the tray seal is broken.
- Ask a doctor before use in children younger than 2 years of age.
- Stop use and ask a doctor if symptoms persist for more than 3 days or worsen.
- If pregnant or breast-feeding, ask a health professional before use. Keep out of reach of children.

Oscillococcinum has not been studied for its effects during pregnancy and breast-feeding.

OTHER INFORMATION

- Store at 68-77°F (20-25°C)
- Contains 1g of sugar per dose

QUESTIONS, COMMENTS ?

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