Use
For temporary relief of flu symptoms such as fever, chills, and body aches and pains.

Directions
Adults and children 2 years of age and older: take one dose at onset of symptoms. Dissolve entire contents of one tube in the mouth for sublingual absorption. Repeat for more doses at 6-hour intervals.

Warnings
• Do not use if the label sealing the cap is broken
• Ask a doctor before use in children under 2 years of age
• Stop using this product and consult a physician if symptoms persist for more than 3 days or worsen
• As with any drug, ask a healthcare professional before use
• Diabetics: each dose contains 0.85g of sucrose and 0.15g of lactose
• Keep out of the reach of children

Active Ingredient
Anas barbarea hepatis et cordis extractum 200CK HPUS
Homeopathic preparation of the liver and heart of the Muscovy duck is prepared according to the method described in the Homeopathic Pharmacopeia of the United States.

Inactive Ingredients
0.85 g sucrose, 0.15 g lactose (USP)
Homeopathic Medicines are manufactured and marketed in the U.S. under the regulatory authority of the Food and Drug Administration. 7

Advantages
No adverse reactions have been reported to the FDA during Oscillococcinum’s 23 years of use in the U.S. Oscillococcinum has not been studied for its effects during pregnancy and breast-feeding. Based on the method of preparation, everything seems to indicate that Oscillococcinum does not pharmacologically interfere with flu vaccination, concomitant medications or fetal development, nor would it be present in the milk of women who are breast-feeding.

• Easy to prescribe or to recommend (one dose every 6 hours), and doesn’t require lengthy checking for drug interactions or contraindications
• Oscillococcinum can be safely given to children, breast-feeding or pregnant women, elderly patients, patients who cannot be vaccinated, and patients with long-term treatments or chronic diseases
• Safe for use by patients in occupations that prohibit the use of traditional OTC flu medicines, such as truck drivers, machine operators and pilots
• No interaction with other drugs or vaccines
• Does not contain artificial additives or preservatives
• Oscillococcinum has been used successfully by millions of patients in more than 40 countries

How supplied
Boxes of three unit-dose tubes and six unit-dose tubes

Questions, Comments?
Visit us at www.boironusa.com
E-mail us at: info@boiron.com
Call us toll-free at: 1-888-264-7668
Write us at: Boiron Information Center
6 Campus Blvd.
Newtown Square, PA 19073-3267

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### Oscillococcinum, (o-sill-o-cox-see-num) also called Oscillo

- **How it Works**: Decreases the duration and severity of influenza symptoms, including fever, chills, and body aches and pains.
- **Advantages**:
  - Can be used with existing medical conditions or medications;
  - No known drug interactions or side effects; convenient dosing; economical.
- **Side Effects / Disadvantages**: No known

### Zanamivir (Relenza®)

- **How it Works**: Possible inhibition of virus neuraminidase, and alteration of virus aggregation and release.
- **Advantages**:
  - Shortens duration of flu if taken before 2nd day of symptoms;
  - Administration by inhaler potentially inconvenient; nausea, diarrhea and sinusitis may occur.
- **Side Effects / Disadvantages**:
  - Nausea and vomiting may occur.

### Oseltamivir phosphate (Tamiflu®)

- **How it Works**: Possible inhibition of virus neuraminidase, and alteration of virus aggregation and release.
- **Advantages**:
  - Shortens duration of flu if taken within 2 days of symptoms;
  - Nausea and vomiting may occur.
- **Side Effects / Disadvantages**:
  - Nausea and vomiting may occur.

### Rimatadine (Flumadine®)

- **How it Works**: Inhibits type A virus replication at an early stage.
- **Advantages**:
  - Reserved for high-risk patients when vaccination is not possible.
  - Insomnia and nausea may occur.
- **Side Effects / Disadvantages**:
  - Insomnia and nausea may occur.

### Amantadine (Symmetrel®)

- **How it Works**: Inhibits type A virus replication at an early stage.
- **Advantages**:
  - Reserved for high-risk patients when vaccination is not possible.
  - Insomnia and nausea may occur.
- **Side Effects / Disadvantages**:
  - Insomnia and nausea may occur.

### Vaccine

- **How it Works**: For prophylactic use only.
- **Advantages**:
  - Best coverage for exposed or high-risk people.
- **Side Effects / Disadvantages**: Not a cure.

### Echinacea (E. angustifolia, E. purpurea)

- **How it Works**: Non-specific immunostimulant.
- **Advantages**:
  - Existing clinical studies show controversial results.
- **Side Effects / Disadvantages**:
  - 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 not clearly demonstrated.

### Vitamin C

- **How it Works**: Stimulates the immune system.
- **Advantages**:
  - Non-toxic; may decrease severity and duration of flu symptoms.
- **Side Effects / Disadvantages**:
  - Overdosage induces diarrhea.

### Aspirin, NSAIDs

- **How it Works**: Anti-inflammatory, antipyretic and analgesic action.
- **Advantages**:
  - Temporarily reduces symptoms.
- **Side Effects / Disadvantages**:
  - Symptomatic activity only; induces gastrointestinal disturbances; interacts with other drugs.

### Acetaminophen

- **How it Works**: Anti-inflammatory, antipyretic and analgesic action.
- **Advantages**:
  - Temporarily reduces symptoms.
- **Side Effects / Disadvantages**:
  - Symptomatic action only; interacts with hepatotoxic drugs; use with care in patients with impaired kidney function.

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**References:**