**Key indications**

**Acute bronchitis:** Reduces symptoms of acute bronchitis (systematic review and meta-analysis). In adults Pelargonium extract (EPs® 7630) significantly improves bronchitis symptom scores after 7 days, with improvements in coughing, pulmonary rales, sputum, chest pain while coughing and dyspnoea. In adults Pelargonium extract (EPs® 7630) significantly improves bronchitis symptom scores after 7 days, with improvements in coughing, pulmonary rales, sputum, chest pain while coughing and dyspnoea.

**Paediatric bronchitis:** Pelargonium extract (EPs® 7630) has been shown to significantly reduce coughing, sputum and pulmonary rales in children and adolescents suffering from acute bronchitis within 7 days.

**Sinusitis:** In adults with persistent symptoms (> 7 days) of acute rhinosinusitis, presumably of bacterial origin, Pelargonium extract (EPs® 7630) improves recovery time and significantly reduces nasal obstruction, purulent nasal secretion and discharge, maxillary pain and headache.

**Chronic Obstructive Pulmonary Disease (COPD):** Pelargonium extract (EPs® 7630) prolongs the time to acute exacerbation in patients with COPD stage II/III (from 43 to 57 days). Patients may experience fewer exacerbations, less antibiotic use and improved quality of life.

**Children’s asthma:** In children with mild asthma Pelargonium extract (EPs® 7630) reduces cough frequency and nasal congestion and may reduce the risk of having an asthma attack during a viral infection of the upper respiratory tract.

**Recommended Doses**

The majority of successful studies have been conducted on the proprietary extract EPs® 7630 (Kaloba®)

**Acute bronchitis:** Adults EPs® 7630, 20 - 30 mg three times daily

**Paediatric bronchitis:** In children over 6 years the optimal dose of EPs® 7630 is 60 - 90 mg daily. For example: EPs® 7630

2-6 years: 10 drops three times daily

6-12 years: 20 drops three times daily

12-18 years: 30 drops three times daily

**Sinusitis:** EPs® 7630, 60 drops three times daily

**COPD:** EPs® 7630, 30 drops three times daily

**Children’s asthma:** EPs® 7630, dose as per paediatric bronchitis.

**Adverse Effects**

Mild adverse effects may include gastrointestinal complaints such as nausea, vomiting, diarrhoea or heartburn, or allergic skin reactions with pruritus and urticaria. There have been reports of hepatotoxicity resulting from the use of Pelargonium however causality has not been established and effects may have been due to confounding variables including comedication with synthetic drugs and major comorbidities.

**Cautions/ Contraindications**

Human studies confirming safety in pregnancy/ lactation are lacking, but animal models have not demonstrated adverse effects. Consider risk versus benefit in patients with liver impairment.

**Possible Interactions**

Immunosuppressant medications: may theoretically decrease effect